

## Chapter 7

### *Questions to Ponder*

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1. Can you see how blaming yourself for your abuser's behavior has taken its toll on you?
2. Taking responsibility for yourself, your life, and your choices is empowering. But only you can do this. What is still keeping you from choosing you?
3. When you look in the mirror, who do you see? How have you changed? Are those closest to you noticing the impact the abuse is having on you?
4. List the goals, dreams, and passions you once held dear. Are you ready to pursue them again? Who and what can support you in reconnecting with your dreams? Consider, if you

haven't already, working with a trained domestic violence counselor and joining a support group for victims of domestic violence.

### ***Prayer of Reflection***

*Jesus, it is painful to see how much I have changed. When I look in the mirror, the woman looking back at me isn't the me I once knew. It's hard to admit this, but it's true. Living in this toxic relationship and keeping the secret have taken their toll on me. So much effort is needed now for me to complete even the most menial of tasks. I wear a mask, and I hide behind it. Help me, Jesus, to remove the mask and to see myself as You do with a future and a hope. I know that all things are possible for those who believe. Enable me to believe where I still have so much doubt in myself and in my future. I want to dream again and pursue the aspirations I held before this relationship became my focus. Open my eyes and open my heart to the wonderful possibilities that await me. I want to reconnect with all the things that used to inspire me and fill me with joy. I want to believe that there is life again after abuse. Show me the way. Amen.*

### ***God's Enduring Promises***

But those who wait for the LORD [who expect, look for,  
and hope in Him]  
Will gain new strength and renew their power;  
They will lift up their wings [and rise up close to God] like  
eagles [rising toward the sun];  
They will run and not become weary,  
They will walk and not grow tired. (Isaiah 40:31 AMP)

I can do all things [which He has called me to do] through Him who strengthens and empowers me [to fulfill His purpose—I am self-sufficient in Christ's sufficiency; I am ready for anything and equal to anything through Him who infuses me with inner strength and confident peace.] (Philippians 4:13 AMP)

Though I am surrounded by troubles,  
you will protect me from the anger of my enemies.  
You reach out your hand,  
and the power of your right hand saves me.  
The LORD will work out his plans for my life—  
for your faithful love, O LORD, endures forever.  
(Psalm 138:7–8 NLT)

He is close to all who call on him sincerely. He fulfills the desires of those who reverence and trust him; he hears their cries for help and rescues them. (Psalm 145:18–19 TLB)