

Chapter 3

Questions to Ponder

1. Other than calling it what it is, what names, phrases, or terminology have you used to describe the abuse you have experienced?
2. What feelings are generated when you call it what it is: abuse?
3. Now that you understand that in order for you to heal you need to feel, and you connect with your feelings by sharing your story, where do you see yourself in this process?
4. Permitting yourself to grieve is crucial to healing well. Are you allowing yourself to grieve, or are you substituting true grieving with other distractions?
5. Do you see indications of shock, denial, anger, bargaining, and/or depression in your journey as you continue to heal well?

Prayer of Reflection

Reading this book is not easy for me. Many times I have wanted to put it down and not pick it up again. But You,

Jesus, continue to call my name. I hear You whispering for me to come sit with You and to allow You to comfort me. Calling it what it is has been one of the toughest steps for me. Because once I call it what it is, then I am faced with a decision. I have to decide whether I am worth what it will take to heal well and eventually live free again. Abuse is a serious word. It's much more serious than having "an issue" or "a challenge." Everyone has those. But abuse is different. No one deserves to be abused. That includes me.

How I got here and how I allowed this in my life are hard for me to understand. But I know that if I continue to minimize what I see and what I know to be true, I will never heal, and my life will never change. I want to heal. I want to change. Please help me, Jesus, to continue calling it what it is. I see the cycle. Tension builds, explosion happens, empty promises are made. Nothing changes. This is not what I want for my life. This is not how I want to live. Please enable me, Jesus, to no longer deny what I see. Give me strength and give me courage to call it what it is from this day forward. Amen.

God's Enduring Promises

"If you'll hold on to me for dear life," says GOD,

"I'll get you out of any trouble.

I'll give you the best of care

if you'll only get to know and trust me.

Call me and I'll answer, be at your side in bad times;

I'll rescue you, then throw you a party.

I'll give you a long life,

give you a long drink of salvation!" (Psalm 91:14–16

Message)

For God has not given us a spirit of fear, but of power and of love
and of a sound mind. (2 Timothy 1:7 NKJV)

“For I will restore health to you
And heal you of your wounds,” says the LORD,
“Because they called you an outcast saying:
‘This is Zion;
No one seeks her.’” (Jeremiah 30:17 NKJV)

Heal me, O LORD, and I will be healed;
Save me and I will be saved,
For You are my praise. (Jeremiah 17:14 AMP)