

# PAST ABUSE AND YOUR RECOVERY

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## DEEP SEATED EMOTIONAL AND PHYSICAL OR SEXUAL ABUSE

**Emotional Abuse:** It sometimes starts as simple neglect for your Feelings and Emotions.

You may begin to feel that Somehow Your relationship is draining you Emotionally, mentally and even physically.

You are getting constant Criticism from the very one You love, and are losing ground in Your own Feelings about Your Value and Self-Esteem.

You are battling Depression, and the one closest to You, doesn't seem to really Care or take notice.

You are feeling limited in the realization of Your own dreams. They don't seem to matter to your c lose friend.

You begin to feel crushed in the essence of Who You are and have been, apart from this particular relationship.

You are kept from the things You have enjoyed in living. You feel isolated from family, friends, sports, hobbies or simple personal pleasures.

You and Your loved one can't talk about Your Feelings. He or She is just to impatient with You, or gets angry that You have problems with them.



Some even jump into Marriage, thinking that they will Change their Spouse's ways, later on. it's like, they are trying to change the Person, by their own pressure, to Conform to Them.

Some exercise their power and try to control your actions. they expect You to be Passive and submit to their demands.

Then the Friend or Spouse may become Jealous, or even extremely possessive of You.

**Physical Abuse:** is abuse involving physical contact that is intended to cause feelings of intimi-

dation, or injury, suffering, or bodily harm.

**Sexual Abuse:** or molestation, is the forcing of undesired sexual behavior of one person upon another.

All of these 3 abuses are destructive to the self esteem of the one being Victimized and Traumatized.

These 3 have been like a Plague upon this Generation. So many young people, teenagers, and Adults, have suffered at least one of these forms of Abuse, somewhere in their lifetime.

Let's Look Into The Teachings Of JESUS CHRIST. Matt 18:6-11 **"But whoever Causes One Of These Little Ones Who Believes In ME to sin, it would be better for him if a Millstone were hung around his neck, and he were drowned in the depths of the Sea"**.

(Christ Expressed No Grace At All For Child Abusers. And I'm Not suggesting these harsh actions. Just relating HIS Words).

How do we know that HE is talking about Child abuse here? **"Woe to the world Because Of Offences! For Offences must (will) come, BUT WOE TO THAT MAN BY WHOM THE OFFENCE COMES!"**

**"IF YOUR HAND OR FOOT CAUSES YOU TO SIN, cut it off and cast it from you. it is better for you to enter into Life lame or maimed, rather than having TWO HANDS OR TWO FEET, TO BE CAST INTO THE EVERLASTING FIRE."**

**"AND IF YOUR EYE CAUSES YOU TO SIN, Pluck it out and cast it from you. It is better for you to enter into Life with ONE EYE, rather than having 2 EYES, TO BE CAST INTO HELL FIRE."**

**"Take heed that you do NOT DESPISE ONE OF THESE LITTLE ONES, FOR I SAY TO YOU THAT IN HEAVEN THEIR ANGELS ALWAYS SEE THE FACE OF MY FATHER WHO IS IN HEAVEN."**

**"FOR THE SON OF MAN HAS COME TO SAVE THAT WHICH WAS LOST."**

When Innocence and Purity has been Stolen, it's LOST. But JESUS can **Still SAVE** and **Restore** what the World has robbed from it's vulnerable victims.

**JESUS CHRIST Wants To SAVE the SOUL** of every Person. The Mind, the Will and The Emotions! **"HE Restores My Soul"** —Psa 23:3

Now What does it mean, to offend?

**OFFEND:** skandalizo = To Scandalize. TO ENTRAP, TRIP UP, ENTICE TO SIN. from 'skandalon' = a trap stick. a bent sapling, snare that causes displeasure or sin. thing that offends.

You may have been Offended, Your Dignity Diminished, Your Faith in others Destroyed.

How can You, now, Entrust Yourself to another Man or Woman?

Can You Unload The Guilt that Someone, Close To You, Tried to Unload On You? And Let the Offender Cary the Millstone Around His or Her Own Neck. Let them Cary The Hardship That They Have Caused You; By Their Sin Offence. And Free Yourself From This Immobility And Entrapment.

CAN YOU SEE HOW **Father GOD HATES THE ABUSE THAT YOU SUFFERED?**

EVEN YOUR ANGEL HAS REPORTED THE ABUSES YOU SUFFERED DOWN HERE, AND GOD WILL PUNISH YOUR ABUSERS.

Don't be Plunged Down, Submersed and Drowned in the Sea of Misery. Don't be Crippled or Maimed Emotionally. Don't Let Your Soul, Shrivele. Let No One Dis—Esteem You. **DON'T LET YOUR SPIRIT SINK.**

**UN—SEAT THE DEEP SEATED ABUSE. AND REIGN ONCE MORE WITH CHRIST, YOUR DELIVERER AND SAVIOR!**

**"For if by one man's Offence (Trespas) death reigned through the one, Much More Those Who RECEIVE ABUNDANCE OF GRACE And The GIFT OF Righteousness WILL REIGN IN LIFE THROUGH THE ONE, JESUS CHRIST."** —Rom 5:17 USING KJV+ STRONG'S HEBREW AND GREEK DICTIONARIES.

