



CHRIST CHURCH RESOURCES

ABUSE

Violence and abuse happen to both men and women in all backgrounds and all settings. A lot of times abuse can be overlooked, especially when the abuse is psychological, rather than physical.

Studies show that abuse and control tend to escalate over time. Controlling behavior may become more frequent, less disguised, more damaging, and closer to lethal over time. The trauma from an abusive relationship will begin to steal your self-worth and alienate you from your support system. This traps you before you realize what is happening to you. Whether your abuse is physical, verbal, or emotional it is hard to admit that someone you love is hurting you.

It is not God's design for you to live in fear of a person that you love. It is important to acknowledge the signs of an abusive relationship to be taking steps forward.

If you would like to talk to someone about your situation or need immediate care you can call the Wichita Area Sexual Assault Center 24/7 Hotline 316-263-3002. You can also email cturner@christpeople.church.

SCRIPTURE

Isaiah 41:10

Philippians 4:13

2 Corinthians 3:17

Proverbs 6:32

Psalms 138:7

2 Timothy 1:7

RESOURCES

Why Does He Do That? by Lundy Bancroft