



Secrets

I've Been Abused (Genesis 37:3-4; 16-28)

By Yvonne DeV Vaughn, 31 August 2014

BIG IDEA: Healing from and overcoming the impact of abuse takes time, courage and support.

- **Jesus desires that we be whole, healthy people (John 10:10)**
 - The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.
- **It is never too late to reveal your abuse or ask for help (Daniel 2:22)**
 - He reveals deep and mysterious things and knows what lies hidden in darkness, though he is surrounded by light.
- **There are different pathways to healing (Mark 8:22-25; Job 9:6-7)**

22 When they arrived at Bethsaida, some people brought a blind man to Jesus, and they begged him to touch the man and heal him. 23 Jesus took the blind man by the hand and led him out of the village. Then, spitting on the man's eyes, he laid his hands on him and asked, "Can you see anything

24 The man looked around. "Yes," he said, "I see people, but I can't see them very clearly. They look like trees walking around."

25 Then Jesus placed his hands on the man's eyes again, and his eyes were opened. His sight was completely restored, and he could see everything clearly.

- **Healing is a journey requiring support and determination (Deuteronomy. 31:6)**

So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you.
- **Grieving is a natural part of the healing journey (Psalms 23:4)**

Even when I walk through the darkest valley, I will not be afraid,
for you are close beside me. Your rod and your staff protect and comfort me.
- **Resolution and moving on is possible (Proverbs 3:5-6)**

5 Trust in the Lord with all your heart; do not depend on your own understanding. 6 Seek his will in all you do, and he will show you which path to take.
- **The members of the body Christ can help the abused to heal (Gal. 6:2)**

Share each other's burdens, and in this way obey the law of Christ.