

Happy Family

Study Guide 12

Abuse Has a Cycle! How to Break It.

Do you know that in America, on average, 20 persons are physically abused every minute by an intimate partner? That's 10 million per year! 85% of victims are female. Worldwide, it's one in every three women!

1. Abuse takes various forms. Some of these are:

- Physical Abuse. Hitting, beating, choking causing bodily harm.
- Psychological Abuse. Destructive words or acts that shatter self-worth.
- Sexual Abuse. Rape, taking sex by force, or sex trafficking.

2. Physical abuse has a Cycle! And this cycle has three parts.

Choose: battering, cycle, tension,	honeymoon.	Ĺ							
(a) First, there is the building up of _			 when	a	con	flict	ar	ise	S.

(b) Second, there is the ______ incident where harm is inflicted.
(c) Third, the ______. The abuser makes promises and expresses love.
(d) However, when a new conflict arises, the ______ starts all over again.

3. In order to break this vicious cycle, the Victim should take Action.

First, Confront the Abuser. True or False?

T F 1. The best time to confront is when tension is building.

T F 2. The best time to talk about it is during the Honeymoon phase.

T | F | 3. Use "You" statements: "You keep abusing me! You need to stop!"

T | F | 4. Use "I" statements: "I feel hurt! I will not take this any longer!"



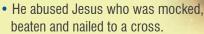
4. Secondly, if communication fails, find a place of safety!

- It's dangerous to stay! Find a shelter, home, or other place of safety.
- The US national hotline is 1 800 799 SAFE. That's 1-800 799 7233.

5. The third step is: Maintain your self-worth. Isaiah 43:4. True or False?
 T F 1. Constantly debased, the victim tends to feel worthless. T F 2. The abuser will say, "It's All Your Fault!" And often, it is! T F 3. No! It's not your fault! You are not responsible for their behavior! T F 4. Keep your self-worth. Tell yourself, "I'm precious! I'm valuable!"
 6. Finally, Experience God's healing. Group Activity. Read Isaiah 53:5 and Jeremiah 17:14. (a) Describe the abuse that Christ suffered at Calvary. (b) Since He experienced abuse, what can He do for every victim? (c) What can I do to get His healing?
7. While the victim should take action, the abuser should get a change! First, Make up your mind! True or False? T. F. 1. Admit that there is a problem. No admission, no change! T. F. 2. Make a firm commitment: No more abuse! T. F. 3. The mind is powerful! Whatever it can conceive, it can achieve!
 8. Second, Identify the source of this destructive behavior. Usually In childhood the abuser was a witness to abuse and saw it as normal. Or, previously the perpetrator had been a victim of abuse.
9. Thirdly, Make a change! Accept the right philosophy of marriage. Ephesians 5:21. Choose: Equality, Domination, submit. (a) Wrong Philosophy: "I'm the Boss. Obey or I'll beat you!" (b) Right Philosophy "There is no boss! We are equal partners." (c) Adopting Equality, each will to the other. There'll be no abuse!
10. Finally, Get help! Use both human and divine. Choose: professional, prayer, group.
(a) Abuse is like an addiction. Often you need help. (b) Help is also available from a support Each can help the other. (c) Divine help is vital! connects to God's mighty power.
Psalm 46:1. "God is our refuge and strength, a very present help"

11. This world has seen many abusers! Who is the greatest of them all?

Job 1: 9. 17-19: 2:7. His name is



 He abuses us today through disasters, sickness, pain and suffering.

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12. But when Christ returns, Satan's power will end! What will happen? 1 Thessalonians 4:16, 17; Revelation 20:4. True or False?	
T□F□ 1. God's people who died will travel from heaven back to earth.	

- T F 2. All of God's people who are dead will be resurrected.
- T F 3. God's people who are alive will be translated.
- T F 4. They all will go to heaven to spend 10,000 years.

13. What will happen to Satan and his people? 2 Thessalonians 2:8, Revelation 20:5, 1-3. Choose the right words: dead, prison, living.

(a) Satan's people	will fall dead, destroyed by Christ's glory.
(b) Satan's people	will stay dead for a thousand years.
(c) Satan will be on earth his	He will have no one to tempt

14. At the end of the millennium, awesome events will take place! Revelation 20:7-10. True or False?

- T□ F□ 1. The "beloved city" New Jerusalem with God's people will descend.
- T□ F□ 2. Satan's people will be resurrected, but he will still be bound.
- T ☐ F ☐ 3. The devil will marshal his forces to capture God's people.
- T F 4. Fire will fall from heaven and destroy Satan and his army.

15. Scripture says the fire will burn "forever"! What does that mean? Choose: long, possible, three.

Daniel 6:21. Here "forever" meant as long	as
Jonah 2:6. Here "forever" meant just	days!
1 Samuel 1:22, 28. Here "forever" meant	as as he lived.
"Forever" means as long as	. When fuel is finished, fire is over

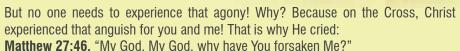
16. But if "God is love," why would He destroy sinners anyway?

Matthew 25:41. Fire is prepared for the _____ and his ____ However, if a person clings to Satan and

sin, God has no choice but to destroy the sinner with Satan.

But while sinners are burning, God is weeping!





18. Group Activity. In the fires of hell, people will have various regrets!

- (a) What do you think will be some of their specific regrets?
- (b) What steps can we take to avoid being in that group?

19. Finally, Satan the Abuser will be gone forever! What will Jesus say?

Matthew 25:34. "Come inherit the kingdom	for you."
Think of it! Hell is "prepared for the devil and his angels."	But heaven is "prepared for
you!" And your loving Father will say, "Welcome home!"	

My Choice.

- If I'm a victim, I will take action! If I'm an abuser, I will get change.
- When Satan the abuser is destroyed, I want to live with Jesus forever.

Check Your Answers. 3. 1F, 2T, 3F, 4T. **5.** 1T, 2F, 3T, 4T. **7.** 1T, 2T, 3T. **12.** 1F, 2T, 3T, 4F [1,000]. **14.** 1T, 2F [he is loosed], 3T, 4T. **Graphics:** Pages 1: Dreamstime; Page 2: Arnol Jimenez; Pages 3, 4: Good Salt. **Scripture Quotations** are taken from the NEW KING JAMES VERSION. Copyright 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

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