



# 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.**

- (a) First, there is the building up of \_\_\_\_\_ when a conflict arises.  
(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?**

- ☐ ☐ 1. The best time to confront is when tension is building.  
☐ ☐ 2. The best time to talk about it is during the Honeymoon phase.  
☐ ☐ 3. Use "You" statements: "You keep abusing me! You need to stop!"  
☐ ☐ 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.

**Psalms 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 abused Jesus who was mocked, beaten and nailed to a cross.
- He abuses us today through disasters, sickness, pain and suffering.



**12. But when Christ returns, Satan's power will end! What will happen?  
1 Thessalonians 4:16, 17; Revelation 20:4. True or False?**

- ☐ ☐ 1. God's people who died will travel from heaven back to earth.
- ☐ ☐ 2. All of God's people who are dead will be resurrected.
- ☐ ☐ 3. God's people who are alive will be translated.
- ☐ ☐ 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?**

- ☐ ☐ 1. The "beloved city" New Jerusalem with God's people will descend.
- ☐ ☐ 2. Satan's people will be resurrected, but he will still be bound.
- ☐ ☐ 3. The devil will marshal his forces to capture God's people.
- ☐ ☐ 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!



**17. The worst part of Hell will be the anguish of being separated from God!**

But no one needs to experience that agony! Why? Because on the Cross, Christ experienced that anguish for you and me! That is why He cried:

**Matthew 27:46.** “My God, My God, why have You forsaken Me?”

**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.

**Copyright** © 2020 by Gordon & Waveney Martinborough, Happy Family Bible Seminars International.

**Website:** [www.HappyFamilyBSI.com](http://www.HappyFamilyBSI.com). **Email:** [waveney@happyfamilybsi.com](mailto:waveney@happyfamilybsi.com).

**Telephone:** 407-884-0859 or 800-291-3060.