

Relational Awareness ~ Lesson 6 ~ Shining the Light

Read all parts of the lesson (in black print) aloud in the group. Don't read answers in red unless there are no other appropriate answers given by group members. Start with question numbers circled in red.

In our first lesson we learned how we are to practice agape love. In our second lesson we looked at how we are to submit to each other. Then in our most recent lesson we learned how marriage models God's love. We were challenged to work on a characteristic that would build up a relationship and not tear it down. Please share how this went.

In today's lesson, we will contrast **how we are called to live** with **what behaviors we are told to avoid**. And we will shine God's light on the evil of abuse.

1. Read *Ephesians 5:1-20*. Make a list of all the behaviors mentioned here, placing them into the category of either **GODLY LIVING** or **UNGODLY LIVING**.

GODLY LIVING	UNGODLY LIVING
V1) <i>Imitate God</i>	V3) <i>Sexual immorality</i>
<i>Walk in the way of love</i>	<i>Impurity</i>
V4) <i>Thanksgiving</i>	<i>Greed</i>
V8) <i>Live as people of light</i>	V4) <i>Obscenity</i>
V9) <i>Goodness</i>	<i>Foolish talk</i>
<i>Righteousness</i>	<i>Coarse joking</i>
<i>Truth</i>	V6) <i>Deception</i>
V10) <i>Find what pleases the Lord</i>	<i>Disobedient to God</i>
V11) <i>Avoid deeds of darkness</i>	V7) <i>Partnering with the disobedient</i>
<i>Expose evil deeds</i>	V8) <i>Full of darkness</i>
V15) <i>Be careful to live wisely</i>	V12) <i>Talk about ungodly deeds</i>
V16) <i>Make the most of every opportunity</i>	V15) <i>Unwise</i>
V17) <i>Understand God's will</i>	V17) <i>Foolish</i>
V18) <i>Be filled with the Holy Spirit</i>	V18) <i>Drunkenness</i>
V19) <i>Sing spiritual songs/ Make music to the Lord</i>	<i>Debauchery</i>
V20) <i>Always thank God for everything</i>	

2. Notice that verse 11 says to 'expose evil deeds.' Read *Proverbs 8:13*. We are to hate what God hates. What does he hate? *Evil; pride; arrogance; evil behavior; perverse speech*
3. Let's talk about the evil of abuse. Domestic Abuse is a pattern of hurtful behavior in a relationship that is used by one person to gain or maintain power and control over another person (usually an intimate partner). Can you name six common types of abuse?
Verbal; emotional; sexual; spiritual; financial; physical
4. Today we will focus on the evil of physical abuse. Here are a few types of physical abuse. *Slapping; shoving; spitting; pushing; pinning down; poking; pulling hair; blocking exits*
What are some others? *strangling; scratching; throwing or attacking with anything; brandishing, wielding, discharging, or using a deadly weapon; burning; binding; beating; punching; biting*

(This graphic interview could be triggering to some.)

5. Read the interview (see supplement). In this horrifying account, how old were the victim and abuser? **Teenagers** (approximately 1 in 3 adolescent girls is a victim of interpersonal violence¹)
6. This was the first time he hurt her. What does that tell us? **He has hurt her since then**
7. They were at a party when he pounded her head into the cement. What did the bystanders do? **Nothing**
8. He locked Beti up in his room at his parents' home afterwards. He knew he behaved wrongly. Why didn't he take her to the hospital? **He cared about himself, not about her**

What Can We Do?

9. What would you have done if you had witnessed this incident?

Call 911, restrain him if you are strong enough

10. If you ever suspect physical abuse, be a friend, promise confidentiality, and believe the victim's story. (The making of false allegations of spousal abuse is much less common than the problem of genuine victims who fail to report abuse.²) What are some words you could use to address your concern?

"Is everything okay?" "You seem a bit down." "I'm concerned about you." "I'm here if you'd like to talk."

Don't tell them what to do – they've already had too much controlling!

Ask if they'd like DK to help. If they say yes, offer to arrange a contact with our church's DK Action Team, using a safe phone or meeting at a safe place.

When a rescue is needed, our church's Domestic Kindness Action Team (DKAT) will:

- Contact the National Domestic Violence Hotline **800.799.7233** on a safe phone to confirm the "level of crisis."
- Help the victim find an opening at a local shelter ministry and receive coaching from the shelter on how to help the escape. (Then the victim talks to the shelter.)

Some resources for help: **Victim:** *(insert name of local shelter)*

Repentant Perpetrator: *(insert name of batterers program)*

DKAT Representative: *(insert name and number)*

11. Using the Godly Living list from our lesson, how can you practice godly living this week?

Read the following:

The epidemic of domestic abuse affects 1 in 4 families in our community.

Would you like to be a part of the solution by joining the DK Action Team?

Ask for a show of hands – Have the DKAT contact them within a week



DKAT: Equips the whole church with DK instruction in Godly living & connects the oppressed and the repentant controllers to expert help.

If you can be anything, Choose to Be Kind

¹ Centers for Disease Control and Prevention. (2006). Physical dating violence among high school students-United States, 2003. MMWR Weekly. May 19, 2006. 55(19); 532-535.

²CUSTODY DISPUTES INVOLVING ALLEGATIONS OF DOMESTIC VIOLENCE, Peter G. Jaffe, Janet R. Johnston, Claire V. Crooks, Nicholas Bala