

Getting Out Of Abusive Relationships

Sunday AM 09/08/19

Introduction:

We want to talk about getting out of "abusive relationships" this morning. Perhaps you have either witnessed or been in one yourself. We heard about them in the news and a lot of the time the end result is tragic. In some situations there are organizations and individuals there to help. The main goal is to get out of an abusive relations.

I) Definitions

A) Abuse as a verb

1. to use wrongly or improperly; misuse: i.e. to abuse one's authority.
2. to treat in a harmful, injurious, or offensive way: such as to abuse a horse; to abuse one's eyesight.
3. to speak insultingly, harshly, and unjustly to or about; revile; malign

B) Abusive relationships are one in which people are misused by others.

1. In which can the abuse may be either physical, emotional, mental, or verbal.
2. On line I found the following which helps one to identify such abuse.
 - They want to isolate you from friends or even family.

- They tend to insult or belittle you, even when "joking".
 - They blame others a lot, and often times it's you.
 - Alcohol and drug use that causes erratic behavior can be a catalyst of abuse.
 - They instill fear, uneasiness or are intimidating in their speech or actions.
 - They punish you or retaliate for time you spend away from them.
 - They expect you to be subservient but aren't helpful themselves.
 - They are extremely jealous of your time, relationships and/or aspirations.
 - They manipulate your emotions and make you feel guilty.
 - They get physical. Obviously hitting someone is abusive, but physical abuse can start as intimidating posturing, grabbing or controlling your movements and space.
3. The solution is always stop the abuse and get into a better, healthier place.

II) **Different Abusive Relationship**

A) **Parental/Child Abuse**

1. Parents are to love their children, *Ephesians 6.4;*
Titus 2.4

2. Sadly some children are not loved as they should be and are mistreated by either neglect, or one of the types of abuse mentioned earlier.
 - a. Children found in cages and almost starved to death.
 - b. Others deals with sexual abuse and violent physical abuse.
3. In the Bible they are those who lack natural affection, *Romans 1.31*
4. Example of Manasseh as he sacrificed children to Baal, *2 Chronicles 33.6*
5. In these situations someone has to intervene and help the helpless.
6. The children will have to learn to love others and desire to do better themselves.

B) Boyfriend/Girlfriend abuse

1. This happens when one person considers the other their property and become jealous.
2. The problem is they lack genuine love.
3. Love as defined in the Bible is more than a mere feeling it is action.
 - a. *1 Corinthians 13.4b-6a* love does not envy (jealous), brag, arrogant, act unbecomingly, not self-centered, or keep score. In other words love is not selfish and mutilating.
 - b. Love is *1 Corinthians 4a* patient and kind, *6a* rejoices in truth, *7* bears all things, believes

all things, hopes all things, endures all things.

4. The Bible warns us about the person with "anger issues" *Proverbs 21.19; 22.24*.
5. The angry boyfriend/girlfriend will turn into the abusive spouse, and parent.

C) Self abuse

1. Some will abuse their bodies by mutilation, cutting, pulling out hair, etc.
2. Some will abuse their bodies either sexually or with drugs.
3. I know in many of these cases there are deep seated issues, perhaps they suffer from some of the abuses already mentioned or have some other deep-seated mental issues.
4. In all cases they become a slave to their own abuse. *Romans 6.16*.
5. Solutions involves asking for help, realization of needing help.
 - a. Often to love themselves.
 - b. To practice self-discipline and control their urges, *1 Corinthians 9.25-27*; self-control is part of the fruit of the Spirit, *Galatians 5.23*.

D) Satan and the World

1. Satan is described as the ruler of this world, *John 12.31*; the prince of the air, *Ephesians 2.2*.

2. The Bible often speaks of this world in the sense of the sinful things of this world, *1 John 2.15-17*.
 - a. Being carnally minded or worldly minded. Meaning to be sinful in fulfilling the desires of the flesh.
 - b. Satan and the world says to drink up, sleep around, forget God, etc.
3. This is an abusive relationship because it way ends in death, *Romans 6.21; 8.13a*.

III) To Get Out of The Abusive Relationship

A) One must recognize the need to get out.

1. In the case of the child in an abusive relationship someone or one's must help them and they must eventually desire to do better.
2. In the relationship with Satan and worldliness we one God helping us as He sent Jesus to rescue us. *John 11.25-25; Matthew 1.21*.

B) One must get away from the harmful seeking a loving relationship

1. Leave behind the sinful man and seek God, *1 Corinthians 6.9-11*
2. You simply have to break off the relationship with satan and enter a new relationship with God. *2 Corinthians 5.17*.

C) Must learn to discipline your body, *1 Corinthians 9.25-27*

1. Bearing the cross is part of being a Christian and saying yes to God while saying no to self.

**D) Become a part of God's kingdom and leave behind
satan's realm. *Colossians 1.13***

1. Only possible by rendering obedience to Jesus.
Acts 2.40; 38.
2. Don't stay in an abusive relationship, get out, and
get into one where you are loved. *John 3.16.*