

# #Me Too. #Church Too

Psalm 55

**Introduction:** The Lord heals the brokenhearted and binds up wounds, Ps 147:3. This is a sensitive subject, but one that must be preached. Our society is coming to grips with the prevalence and coverup of abuse. This has also happened among religious groups. It is even seen in the Bible, (Tamar 2 Samuel 13:1-9), Lot's family Gen. 19:1-23), woman caught in adultery, John 8:1-11) (Proof of Inspiration, also proof that God helps people to survive evil of others.

## I. The Problem of Abuse

### A. Types of abuse

Physical: Psalm 11:5, Proverbs 22:24

Verbal: Eph 4:29 Emotional, threatening, degrading others

Sexual: power dynamic

### B. Victims of Abuse

Spouses, Malachi 2:14-16 breaking faith with wife, Eph 5

Children, betrayal of love, protection, care, Mt 18:5-6

Elderly, Respect for family, Eph 6:1-3, 1 Tim 5:8 (care for widows)

**salon.com: 2005-2010 60% of all violent injuries inflicted on loved ones and acquaintances in the home**

Those under authority: employers, mentors

### C. Prevalence of Abuse

We think its rare and only certain parts society

But all parts full of violence, Gen. 6:11-13

1/4 women will experience violence

1/3 women murdered are by current partner

### D. Effects of Abuse, Psalm 55:4-5, 12-14

## II. Understanding Abuse

### A. Understanding the Abuser

Critical: harsh and judgmental, defense mechanism

Manipulative: it the victims fault, way they dress, made them mad

Controlling, intimidates, threatens with harm

### B. Understanding the Abused

Isolated: wants to stay hidden, socially awkward

Hopelessness, no power to change situation, feels nothing at all

Shame: think its their fault, most powerful feeling

### C. Cycle of Abuse

Rising tension: stresses build up for abuser and abused

Acting out: abuse happens

Reconciliation: Abuser is sorry, promises will not happen again

## III. Dealing With Abuse

### A. Abusers

Accept full responsibility, 1 John 1:8-9

Be accountable to others, Heb. 3:12-13

Control anger, urges, 1 Thess. 4:3-6

Create lasting change: counseling, underlying reasons

### B. The Abused

#### YOU ARE LOVED BY GOD

Find a safe place, Psalm 55:6-8.

Needs compassions and support, Gal. 6:2

Long term counsel and care, Psalm 32:7-8, Ps 147:3

### C. The Church

*Not good to sweep under rug so we look good to community.*

Stand up against abuse, Pro 24:11-12

Help and support the weak, 1 Thess. 5:14

Teach biblical roles and relationships, Eph 5:25, 6:4.

HUSBAND, PARENTS, RELATIONSHIPS

Be a safe place, Ps 27:4-5

Psalm 55. Lamentation has three steps: Attention of God, pours out complaints, Returns to God with trust.