

# Breaking Free From Abuse The Truth Will Set You Free

[www.lakewayonline.org](http://www.lakewayonline.org)



A background image showing two hands, one on the left and one on the right, both clenched into fists. Each hand is breaking through a thick, light-brown rope. The ropes are frayed and hanging down. The background is a bright, clear blue sky with some light clouds. The overall image conveys a sense of liberation and strength.

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**2Timothy 3:1-2 (NIV)**

**But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy**

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- The leading cause of injury to woman between the ages of 15 and 44 in the USA is domestic violence
- At least 25% of all women will experience domestic violence
- It is estimated that 75% of domestic violence cases go unreported

A background image showing two hands, one on the left and one on the right, with their wrists tied together by thick, light-brown rope. The hands are positioned as if they are about to break free. The background is a bright, clear blue sky with some light, wispy clouds. The overall tone is one of hope and liberation.

# **Breaking Free From Abuse**

## **The Truth Will Set You Free**

- **On average 4 children a day lose their lives to child abuse in the USA**
- **80% of those are under four years old**
- **46% of homeless runaways ran away to escape abuse**
- **Over 6 million children witness domestic violence every year**

A photograph of two hands, one on the left and one on the right, both wearing thick, light-brown braided ropes around the wrists. The hands are raised and clenched into fists, with the ropes appearing to be breaking or slipping off. The background is a bright, clear blue sky with some light clouds. The overall image conveys a sense of liberation and breaking free from constraints.

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- **30% of abuse children go on to abuse their own children**
- **Boys who witnessed domestic violence are twice as likely to abuse their own partners and or children**

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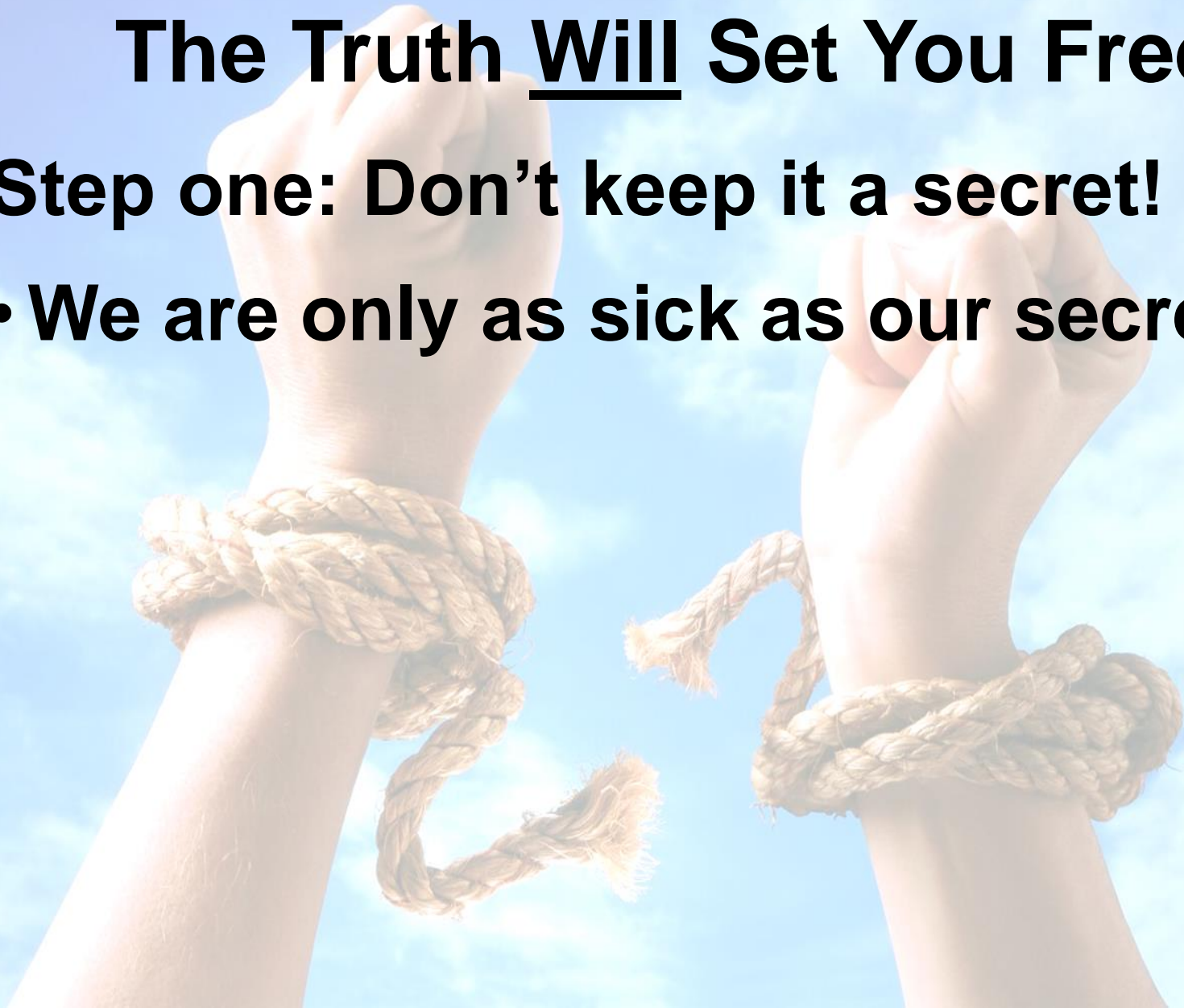
**Step one: Don't keep it a secret!**



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**Step one: Don't keep it a secret!**

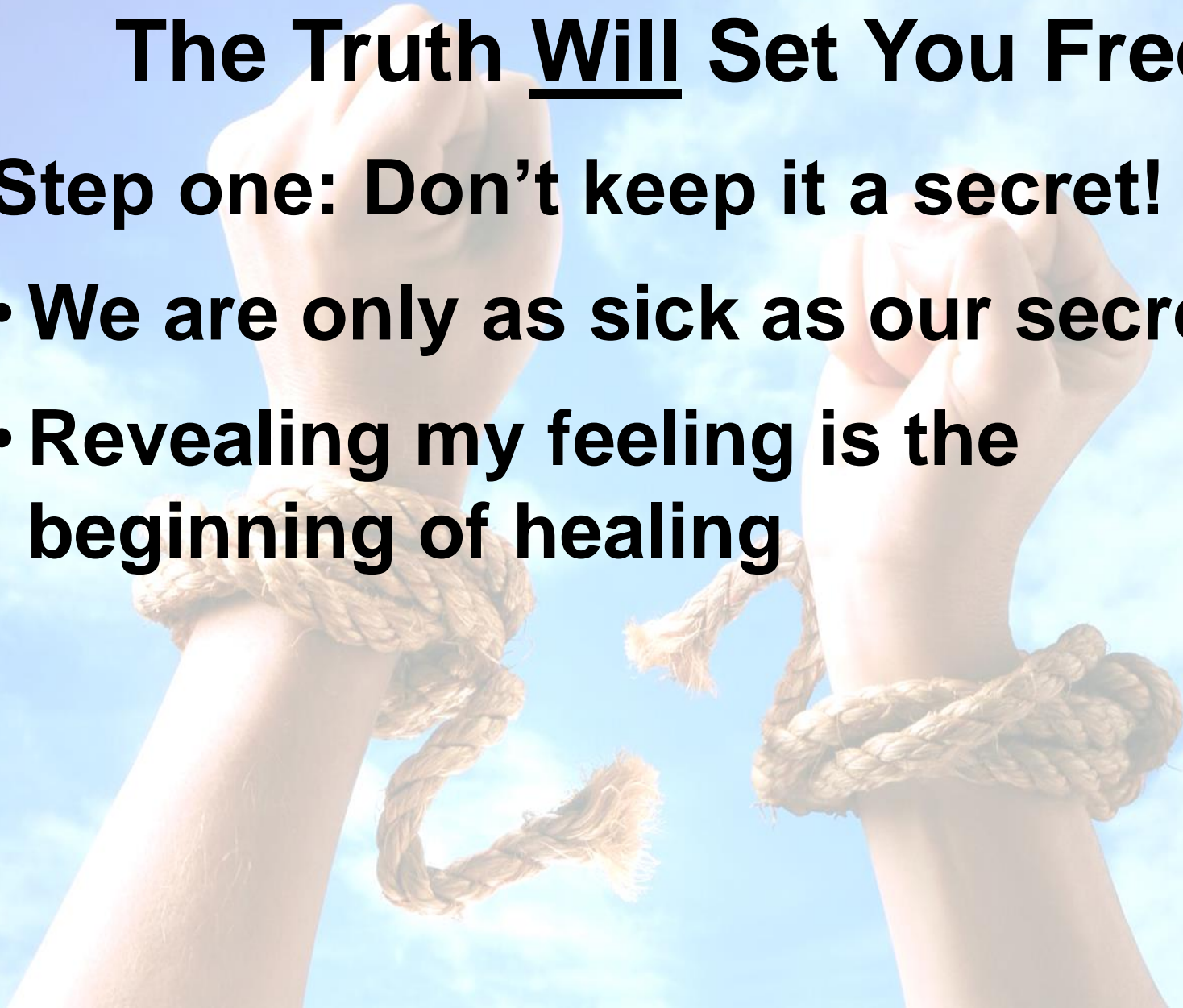
- We are only as sick as our secrets**



# **Breaking Free From Abuse The Truth Will Set You Free**

**Step one: Don't keep it a secret!**

- We are only as sick as our secrets**
- Revealing my feeling is the beginning of healing**





A photograph of two hands, one on the left and one on the right, both clenched into fists. Each hand is wrapped with a thick, light-brown rope. The ropes are being pulled apart, with the ends of the ropes hanging down and slightly frayed. The background is a bright, clear blue sky with some light, wispy clouds. The overall image conveys a sense of liberation and breaking free from constraints.

# **Breaking Free From Abuse The Truth Will Set You Free**

**Step one: Don't keep it a secret!**

**John 8:32 (NIV)**

**Jesus said:**

**"The truth will set you free"**

# **Breaking Free From Abuse The Truth Will Set You Free**

**Step one: Don't keep it a secret!  
It's not your fault!**



A background image showing two hands, one on the left and one on the right, both clenched into fists. Each hand is breaking through a thick, light-brown rope. The ropes are frayed and hanging down. The background is a bright, clear blue sky with some light clouds. The overall image conveys a sense of liberation and breaking free from constraints.

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**2. Don't minimize it, don't rationalize it**

**Ephesians 5:6 (NLT)**

**“Don't be fooled by those who try to excuse these sins, for the anger of God comes upon all those who disobey him.”**

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**3. Get to a safe place if necessary**

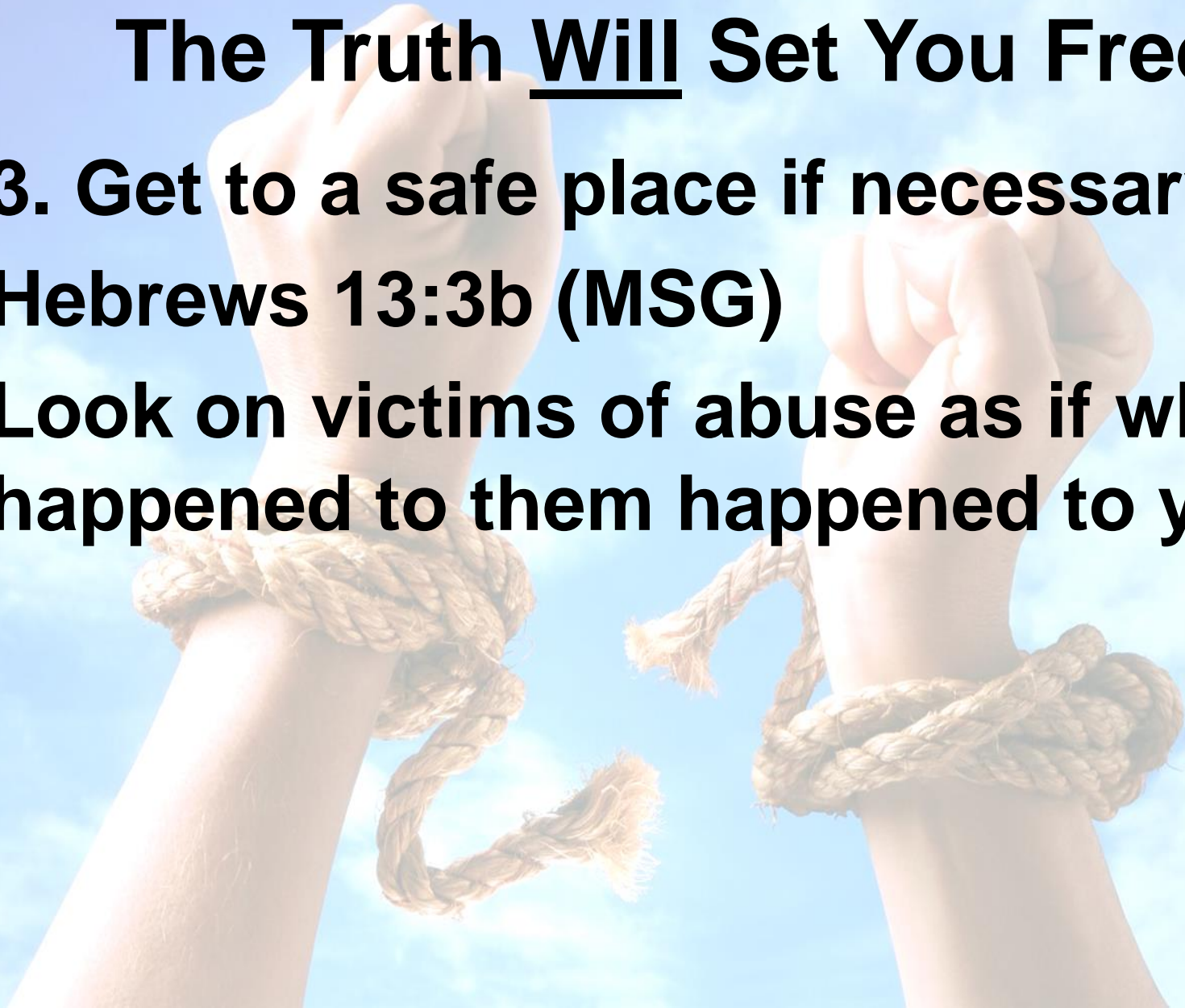


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**3. Get to a safe place if necessary**

**Hebrews 13:3b (MSG)**

**Look on victims of abuse as if what happened to them happened to you.**

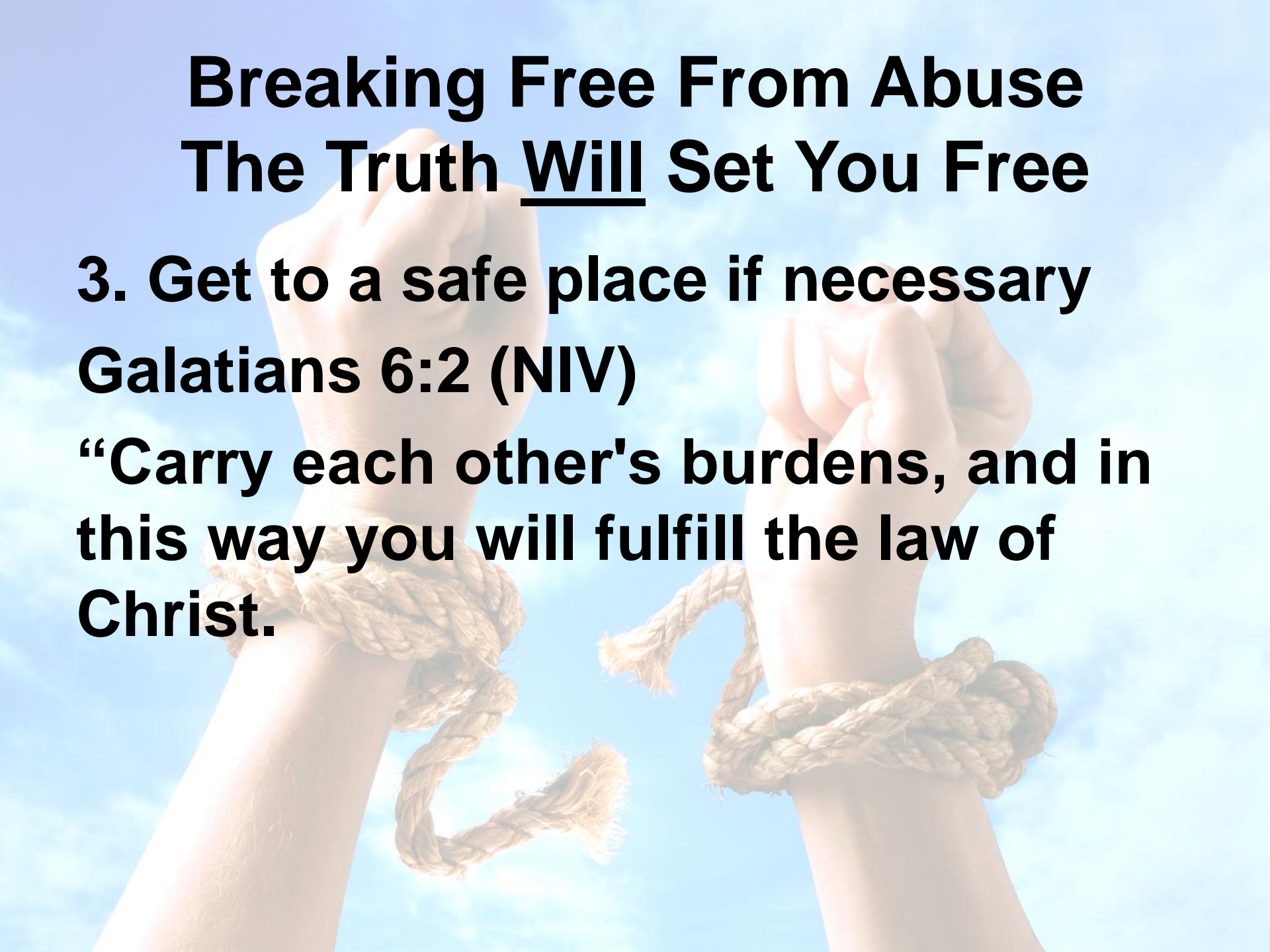


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**3. Get to a safe place if necessary**

**Galatians 6:2 (NIV)**

**“Carry each other's burdens, and in this way you will fulfill the law of Christ.**



# Breaking Free From Abuse The Truth Will Set You Free

**4. Don't confront an abuser by yourself**



The background of the slide features two hands, one on the left and one on the right, both clenched into fists. They are bound together at the wrists by a thick, light-brown rope. The hands are positioned against a bright, clear blue sky with some light, wispy clouds. The overall image conveys a sense of struggle, resistance, and the desire for freedom.

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## **The Truth Will Set You Free**

**4. Don't confront an abuser by yourself**

**Ecclesiastes 4:12 (MSG)**

**By yourself you're unprotected. With a friend you can face the worst. Can you get a third person? A three-stranded rope isn't easily snapped**



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**5. Begin the healing process**



The background of the entire image shows two hands, one on the left and one on the right, with thick, light-brown rope cuffs around their wrists. The hands are positioned as if they are about to break free from the cuffs. The background is a bright, clear blue sky with some light, wispy clouds. The text is overlaid on this background.

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**5. Begin the healing process**

**Proverbs 20:5 (TEV)**

**A person's thoughts are like water in a deep well, but someone with insight can draw them out**

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6. Let God settle the score



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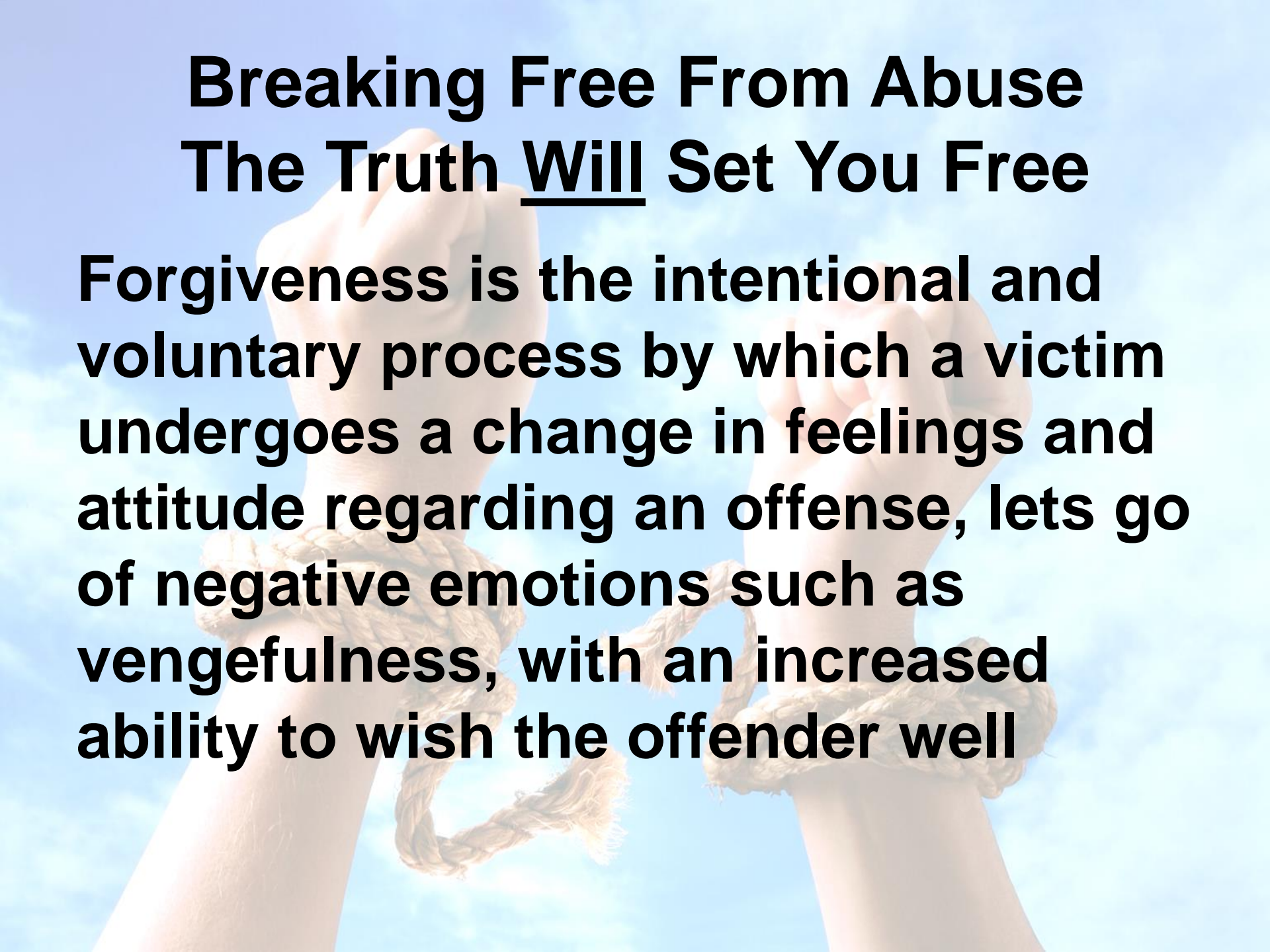
**6. Let God settle the score**

**1 Peter 3:9 (NIV)**

**Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.**

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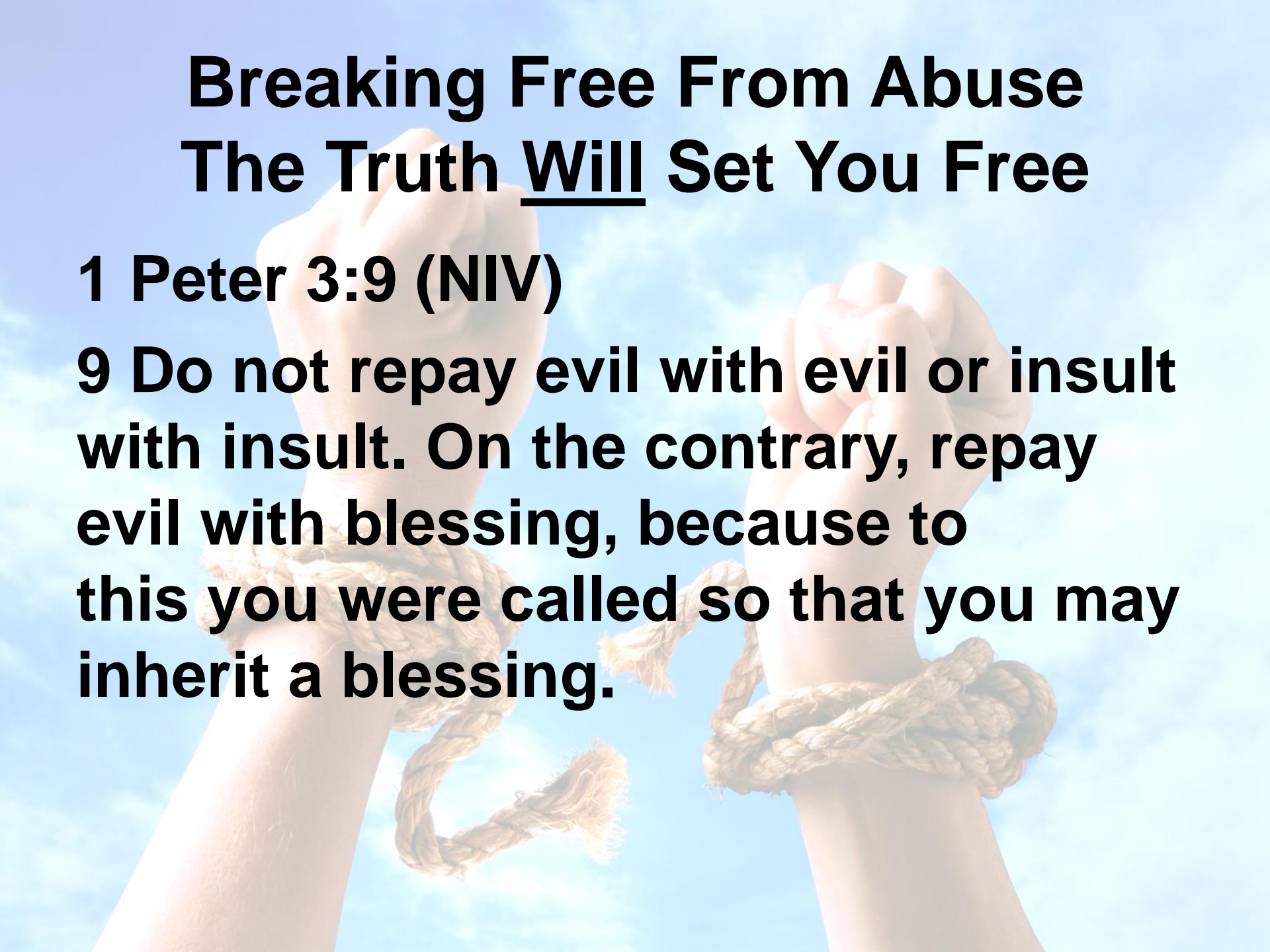
**Forgiveness is the intentional and voluntary process by which a victim undergoes a change in feelings and attitude regarding an offense, lets go of negative emotions such as vengefulness, with an increased ability to wish the offender well**

A background image showing two hands, one on the left and one on the right, both wearing thick, braided rope cuffs. The hands are positioned as if they are about to break free from the cuffs. The background is a bright, clear blue sky with some light clouds, suggesting a sense of freedom and hope.

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**1 Peter 3:9 (NIV)**

**9 Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.**

The background of the slide features two hands, one on the left and one on the right, both clenched into fists. Each hand is wrapped in a thick, light-brown rope. The ropes are being pulled apart, with the ends of the ropes trailing off towards the bottom of the frame. The background is a bright, clear blue sky with some light, wispy clouds, suggesting a sense of freedom and hope.

A background image showing two hands, one on the left and one on the right, with their wrists tied together by a thick, light-brown rope. The hands are positioned as if they are being held together, with the fingers slightly curled. The background is a bright, clear blue sky with some light, wispy clouds. The overall tone is one of hope and liberation.

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**Psalm 32:3-5 NIV**

**When I kept silent, my bones wasted away through my groaning all day long. For day and night Your hand was heavy on me; my strength was sapped as in the heat of summer.**

A background image showing two hands, one on the left and one on the right, each with a thick, braided rope tied around the wrist. The hands are positioned as if they are about to break the ropes. The background is a bright, clear blue sky with some light clouds. The text is overlaid on this image.

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**Psalm 32:3-5 NIV**

**Then I acknowledged my sin to You  
and did not cover up my iniquity. I  
said, “I will confess my  
transgressions to the Lord.” And  
You forgave the guilt of my sin.**



A background image showing two hands, one on the left and one on the right, each with a thick, light-brown rope tied around the wrist. The hands are raised and the ropes are being pulled apart, symbolizing freedom and breaking free from constraints. The background is a bright blue sky with soft, white clouds.

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**Matthew 10:28 (NIV)**

**28 Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell.**

A background image showing two hands, one on the left and one on the right, both clenched into fists. Each hand is breaking through a thick, light-brown rope that was previously tied around the wrist. The ropes are now hanging down, symbolizing liberation. The background is a bright, clear blue sky with some light, wispy clouds.

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**Luke 12:5 (NIV)**

**5 But I will show you whom you should fear: Fear Him who, after your body has been killed, has authority to throw you into hell. Yes, I tell you, fear Him.**

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