

HIS CHURCH LONDON

FREEDOM

PATTERNS OF ABUSE

LECTURE 11

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WHAT IS ABUSE

Abuse is when someone causes us harm or distress. It can take many forms, ranging from disrespect to causing someone physical or mental pain. It can occur in someone's home, a care home, hospital or a public place.

BIBLICAL EXAMPLES OF ABUSE

- The very first example of family abuse is violence which came very early in the history of mankind when Cain killed Abel.
- The inhabitants of Sodom and Gomorrah were known for their wickedness, which included blatant sexual abuse on a regular basis.
- Joseph was abused by his brothers.
- The Levite in Judges 19 casually threw his concubine out to a mob to be raped, and when she died as a result of her injuries he cut her into pieces to show Israel how his property had been destroyed.
- Family violence touched king David's household when Amnon raped Tamar and later Absalom killed him.
- Abigail's husband Nabal was abusive towards her. Scripture tells us he "was harsh and evil in his dealings" (1 Samuel 25:3).

Abuse is one person asserting malicious control over another and that is exactly what we see in the life of King Saul. He abused his position of authority over David.

Some examples of Saul's abuse, further to this we see patterns of abuse established in David's life:



Abusers tend to become **attached to their victims very quickly**. David was hired to play the harp for Saul, and in *1 Samuel 16:21* it says that “Saul loved him greatly”. Obviously, this love was based on what David could offer Saul. Abusers idolize and then demonize.

Another trait that is very common with abusive personalities is the tendency to be **insecure and jealous**. The account provided in *1 Samuel* highlights Saul's fear of losing the affection of the people to David. Fear and insecurity are very common attributes of abusers. It is what drives them to control, and Saul was often consumed with fear.

Abusers are prone to **sudden mood swings** for no apparent reason, and that was certainly true of King Saul. One day, as David was ministering to him with music, Saul suddenly hurled a spear at him.

While many people assume abuse is born out of passion and a lack of self-control, the story of King Saul and David shows the **true devious nature** of Saul. Even when Saul was not in a rage, he made efforts to hurt David. His decision to give his daughter to David in marriage was so that she would ‘be a snare for him’ (*1 Samuel 18:21*). Abusers develop a skill for making malicious decisions look generous and kind to the outside world while only their partners know the cruel intentions behind them.

Most abusers **see themselves as the victim**, and Saul was no exception. When the priests at Nob aided David and his men Saul lamented that everyone seemed to be conspiring against him. He also felt that no one was sorry for him (*1 Samuel 22:8*). When the Ziphites reported David's whereabouts to Saul, he thanked them for having compassion on him (*1 Samuel 23:21*) as though he was the underdog in the situation. David was hiding out in caves in an effort to preserve his life, yet Saul still saw himself as the victim. This is a very common trait among abusers.



They are masters at **turning truth upside down** and making their victims seem to be the perpetrators. To outsiders it can certainly appear that way. Abusers love to influence the perception of others by causing them to think their victims are equally responsible for the violence.

In the story of Saul and David, it is clear that Saul **never truly repented**. He confessed, he cried and he acted broken over his sin (1 Samuel 24:16-17, 26:21), but he never repented and David knew he still could not be trusted. True repentance involves a change in behaviour over a course of time. Saul “repented” in chapter 24, but by chapter 26 he was seeking to kill David again.

TYPES OF ABUSE

Physical abuse is intentional bodily injury.

Examples include slapping, pinching, choking, kicking, shoving, or inappropriately using drugs or physical restraints.

Sexual abuse is non-consensual sexual contact (any unwanted sexual contact).

Examples include unwanted touching, rape, sodomy, coerced nudity, sexually explicit photographing.

Mental and emotional abuse is deliberately causing mental or emotional pain.

Examples include intimidation, coercion, ridiculing, harassment, treating an adult like a child, isolating an adult from family, friends, or regular activity, use of silence to control behaviour, and yelling or swearing which results in mental distress.



Exploitation occurs when a vulnerable person or their resources or income are improperly or illegally used for another person's profit or gain.

Examples include taking money out of another person's account without consent, forging checks, or taking things out of the vulnerable adult's house without consent.

Neglect & abandonment occurs when a vulnerable person is left without the ability to obtain necessary food, clothing, shelter or health care.

Examples include deserting someone in a public place or leaving someone at home without the means of getting basic life necessities.

Self-neglect occurs when a vulnerable adult fails to provide adequately for themselves and jeopardizes their well-being.

Examples include a vulnerable adult living in hazardous, unsafe, or unsanitary living conditions or not having enough food or water.

PATTERNS OF ABUSE | HOW IS THE PATTERN ESTABLISHED?

These are demonic strongholds that establish themselves over people's lives, through a spirit that will attract continuous / repetitive abuse in an area or areas.

EXAMPLES OF PATTERNS:

- **Incest** – Continual sexual harassment by a member of the family.
- **Violence** – When a person comes out of a violent home they often become violent or are subject to violence.
- **Domination** – No such thing as “godly” domination. When a person is undermined to the point of losing their ability to make decisions.



- **Manipulation** – When a person’s will (decision making ability) is controlled by another through fear, threats, sex, etc.
 - Children manipulate parents
 - Husband manipulates wife (or vice versa)
- **Transference** – From father to son (e.g. adulterer, wife abuser); or from mother to daughter (e.g. illegitimate children).
- **Jealousy** – Suppression of character by another person. Often repeated in subsequent relationships.
- **Verbal abuse** – Continual undermining through negative speech.
- **Sexual abuse** – One or many people.
- **Failure**
- **Alcoholism**

HINDRANCES TO FREEDOM

- **Acceptance** of situation.
- **Passivity** (no resistance – “It has been like this for so long.”)
- **Coping** through:
 - Denial – it never happened.
 - Adjusts life in order to cope.



- **Spiritualization** - The account of David and Saul shows us that submission and honour do not necessarily result in stopping the abuse. David never did anything to intentionally provoke Saul. Like most victims he was completely baffled by the abuse (1 Samuel 20:1). In fact, Saul's violence often occurred when David was ministering to him (1 Samuel 18:10, 19:9). While abusive people seem to truly believe their victims are provoking them, in most instances that simply is not the case.

KEYS TO FREEDOM

- **Recognition** – where a pattern is in operation and how it was established.
- **Deal with the past** – acknowledge it – cannot change it – forgive / receive forgiveness. (Zech 3:4)
- **Break pattern** – reject it. (Ps 119:133-134)
- **Resist** – Don't submit to a stronghold establishing itself once it has been demolished.
- **Confront** – Be prepared for confrontation / opposition.



SOUL TIES

THE SOUL OF MAN

The soul is made up of three parts:

- *THE WILL* – the part of us with which we decide (decisions)
- *THE MIND* – the part of us with which we think (thoughts & understanding)
- *THE EMOTIONS* – the part of us with which we feel (feelings)

When our emotions are in conflict – they affect the way we think and the decisions we make.

Under normal circumstances our decisions and what we think should not be governed by damaged or affected emotions – otherwise we have the following:

- God's Word says "forgive" (mind)
- I need to decide to forgive (will)
- BUT I don't feel (emotions) like it because

The perfect situation is when our mind, will and emotions are under the complete guidance of the Holy Spirit.

HOW DO WE BECOME DAMAGED, SCARRED AND BRUISED?

There are many ways, but I would like to focus on 2 specific areas:

- Through soul ties
- Repetitive patterns of abuse

SOUL TIES

WHAT IS A "SOUL TIE"?

A soul tie or soul ties are formed through close associations and relationships through which our lives can come under the influence of people affecting us either in a positive or negative way. Relationships, however casual they may be, can either be a blessing or bring destruction.

The possibility that we can be deceived exists

1 Corinthians 15:33 (NIV)

33 Do not be misled: "Bad company corrupts good character."

Likewise a warning of destruction in either body, soul or spirit:

Proverbs 13:20 (NIV)

"Walk with the wise and become wise, for a companion of fools suffers harm"



There are two types of soul-ties: Godly and Ungodly

EXAMPLES OF GODLY SOUL-TIES

Friendship

David and Jonathan (1 Sam 18:1-3) – blessing

1 Samuel 18:1-3 (NIV)

“18 After David had finished talking with Saul, Jonathan became one in spirit with David, and he loved him as himself. 2 From that day Saul kept David with him and did not let him return home to his family. 3 And Jonathan made a covenant with David because he loved him as himself.

Commitment to a group, organization or institution

The early church (Acts 4:32)

Acts 4:32-33 (NIV)

The Believers Share Their Possessions

32 All the believers were one in heart and mind. No one claimed that any of their possessions was their own, but they shared everything they had. 33 With great power the apostles continued to testify to the resurrection of the Lord Jesus. And God’s grace was so powerfully at work in them all

Sexual union

Marriage

Matthew 19:5-6 (NIV)

‘For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh’?

6 So they are no longer two, but one flesh. Therefore, what God has joined together, let no one separate.”

EXAMPLES OF UNGODLY SOUL-TIES

Friendship

Friends (Deut 13:6-8), bad company (1 Cor 15:33)

Deuteronomy 13:6-8 (NIV)

6 If your very own brother, or your son or daughter, or the wife you love, or your closest friend secretly entices you, saying, “Let us go and worship other gods” (gods that neither you nor your ancestors have known, 7 gods of the peoples around you, whether near or far, from one end of the land to the other), 8 do not yield to them or listen to them. Show them no pity. Do not spare them or shield them.



Commitment to a group, organization or institution

Allegiance to a group or leader

Deuteronomy 13:1-4 (NIV)

If a prophet, or one who foretells by dreams, appears among you and announces to you a sign or wonder, 2 and if the sign or wonder spoken of takes place, and the prophet says, “Let us follow other gods” (gods you have not known) “and let us worship them,” 3 you must not listen to the words of that prophet or dreamer. The Lord your God is testing you to find out whether you love him with all your heart and with all your soul. 4 It is the Lord your God you must follow, and him you must revere. Keep his commands and obey him; serve him and hold fast to him.

Sexual union

Rape Shechem & Dinah (Gn 34:1-8)

Genesis 34 (NIV)

34 Now Dinah, the daughter Leah had borne to Jacob, went out to visit the women of the land. 2 When Shechem son of Hamor the Hivite, the ruler of that area, saw her, he took her and raped her. 3 His heart was drawn to Dinah daughter of Jacob; he loved the young woman and spoke tenderly to her. 4 And Shechem said to his father Hamor, “Get me this girl as my wife.”

THE STRENGTH OF A SOUL-TIE

The strength of a soul-tie is determined by:

- a) *The depth of loyalty, faithfulness, allegiance to a person/s*
- b) *Whether there was/is sexual involvement.*

EXAMPLES OF SOUL-TIES

- *Divorced people*
- *Abused people*
- *Those who have lost their partner*
- *Unnatural obsession with family*
- *Commitment in friendship*

FREEDOM COMES THROUGH

- *Recognition*
- *Renunciation / break*
- *Repentance*
- *Restoration*