

E-QUALITY



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ARISING FROM THE DOORSTEP

by JoAnn Streeeter Shade

***Yet the Lord longs to be gracious to you.
Therefore he will rise up to show you compassion.
For the Lord is a God of justice.
Blessed are all who wait for him.***

Isaiah 30:18



Domestic abuse, the violence that occurs within our homes and our most cherished relationships, is a robber and a thief. It inflicts pain upon all those it touches. It robs its victims of their identity. It silences the voice that strains to be heard. It strips away personal power. It can be deadly.

Yet the damage of domestic abuse can be redeemed. Pain can be healed, name recovered, voice reclaimed, and self empowered.

This resource is a journal which offers hope to those robbed by abuse. Primarily focused toward women (statistically the majority of victims of abuse), its questions are appropriate for people of both genders who have been hurt by those they have loved.

A word of caution: Keep these pages in a safe place, so that they cannot be used to harm you. It may be helpful to have a friend, pastor, or counselor to talk with regarding your journey down this road.

A word of promise: And the peace of God which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Phil. 4:7)

Woman, Abused.

She was young, forced to be a mistress to a wealthy man.
She escaped and returned to her father's house.
She was tracked down.
She was returned to his possession.
She was sacrificed to a mob of men.
She was raped.
She was left for dead on the doorstep.
In death, she was dismembered and scattered throughout the land.

Thus ends the story of the Levite's concubine.

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In a contemporary translation or paraphrase, take some time to read the story of the Levite's concubine recorded in Judges 19.

Jot down a few words that reflect your reaction to this narrative.

Owning Pain

O sacrificed one of Gibeah.
No pain is every wholly wasted.
Your terror unto death informs my shadowed soul.
A bone tossed to assuage the cravings of the snarling curs.
A pawn in villainous hands.
Yet your pain is cherished.
I see you.

Domestic abuse arrives in a variety of clothing. Place a check beside those you've experienced. Place an 'x' beside those you've witnessed.

- | | | |
|--------------------------------------|------------------------------------|--|
| <input type="checkbox"/> slapped | <input type="checkbox"/> raped | <input type="checkbox"/> stripped |
| <input type="checkbox"/> hit | <input type="checkbox"/> bitten | <input type="checkbox"/> broken bones |
| <input type="checkbox"/> punched | <input type="checkbox"/> cursed at | <input type="checkbox"/> abandoned |
| <input type="checkbox"/> isolated | <input type="checkbox"/> stalked | <input type="checkbox"/> pushed |
| <input type="checkbox"/> intimidated | <input type="checkbox"/> robbed | <input type="checkbox"/> thrown to floor |

Feelings surrounding the abuse are also varied. In the following chart, write some words in each column that describe your own feelings.

Hurt	Sad	Angry	Afraid

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Christians for Biblical Equality, 122 W Franklin Ave, Suite 218, Minneapolis, MN 55404
PHONE: (612) 872-6898 FAX: (612) 872-6891 EMAIL: cbe@cbeinternational.org WEB: <http://www.cbeinternational.org>

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Those suffering abuse are often labeled by the reasons that keep them in the relationship. Change the name in the first column to a brave new name in the third column and add a specific action that you can choose to make that name a reality.

Abused Name	Abused Action	Brave Name	Brave Action
The blind	Not realizing it is abuse	<i>Ex. The truth-teller</i>	<i>Speaking the truth to another adult</i>
The defective	I deserved it; I'll do better		
The gullible	He's really sorry, and it won't happen again		
The defender	He didn't mean to hurt me		
The helpless	I can't make it on my own		
The worthless	No one else would ever love me		

We are called many names through life. Think of the names you have been called, both healthy and unhealthy, and write each on an index card. Separate the names into two piles—one pile to discard and the other to keep. As you hold the cards in the discard pile, speak that name out loud and then speak a sentence as to why that name is no longer yours. An example would be the name “worthless” and the sentence would be, “I have worth because I am a child of God.”

***To those who overcome, I will give some of the hidden manna.
 I will also give each of them a white stone
 with a new name written on it,
 known only to the one who receives it.***
 Revelation 2:17

Find a white stone that can be a reminder to you of that promise.

Claiming Voice

O virgin daughter of Bethlehem.
 No voice is ever wholly silenced.
 Its muted plea leaps from the preserved page.
 As a pebble released disturbs the hushed waters,
 So too your neglected cry echoes still.
 Yet your voice speaks on.
 I hear you.

Reclaiming our voice allows us to articulate the questions we've been too afraid to ask. These questions might include:

- What is my role in this relationship?
- Do I dare stay?
- Can he/she change?
- Is it too late?

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Find a trusted friend that will help you to speak the questions out loud. Practice a variety of answers to the questions.

You do not need to know precisely what is happening,
 Or exactly where it is all going.
 What you need is to recognize the possibilities and challenges
 Offered by the present moment,
 And to embrace them with courage, faith and hope.

Thomas Merton

Carry a notebook with you for a week, and jot down every self-talk message you give yourself. Read them out loud to yourself and see what your reaction is.

Discovering Power

O woman of the Levite's hand.
 No power is ever wholly diminished.
 Your forced return refuses to negate your courageous leaving.
 A glittering prize reclaimed as rightful possession,
 Relinquished to lust unrestrained, snores unbroken.
 Yet your power surges through your spattered blood.
 I touch you.

Power comes from combining integrity and truth
 with compassion and concern for others.

Kathleen Fisher, Women at the Well

Think about the ways you give away your power. Fill in the chart below.

What I did to give away my power	What I could have done differently	How the results could have been different
<i>Ex. I giggled when I was scared.</i>	<i>I could have kept my face serious and my voice low and controlled.</i>	<i>I would have respected myself more. And I might have been heard.</i>

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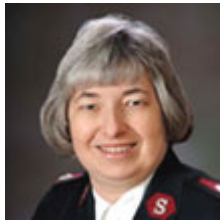
I can claim my anger in healthy ways.

- I will take responsibility for my anger.
- I will express my angry feelings.
- I will state my feelings to the person I am angry with.
- I will breathe deeply before I convey my anger.
- I will . . .

***He comforts us in all our troubles so that we can comfort others.
When others are troubled, we will be able to give them the
same comfort God has given us.***

2 Corinthians 1:4, NLT

Create a healing book for yourself. Make it in a blank book or a notebook. Include pictures of yourself laughing and at peace. Add any encouraging letters or cards you may have received. Make pages with stories and pictures of powerful women. Include Scripture verses that give you strength. Share the book with your friend or group. Look at it every day. It is possible to live a powerful, safe, and healthy life.



Major (Dr.) JoAnn Shade ministers in a dual clergy role with The Salvation Army in Ashland, Ohio, currently involved in the development of a Ray and Joan Kroc Corps Community Center in that location. Her doctoral work focused on vocational identity and direction for women clergy at midlife. Married to Larry, she is the mother of three sons.

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