



Understanding Abuse

WHAT IS ABUSE?

THE POWER DYNAMICS OF ABUSIVE RELATIONSHIPS

BY WENDY KITTLITZ

We all shudder when we hear of someone being abused. We shake our heads and feel sick to our stomachs. We know it's bad, it's hurtful, it's destructive, but if someone were to ask us why exactly it's wrong, we may struggle to put those gut feelings into words. We may also struggle to define abuse in the first place.

Abuse and power

In a nutshell, abuse involves a person with more power over another person, exercising that power to get their own selfish desires met, without regard for the needs of the other.

This can manifest itself in all kinds of relationships –parent to child, husband to wife, wife to husband, pastor to congregant, professor to student, coach to athlete, friend to friend, adult child to elderly parent, the list goes on.

More explicitly, a parent sneaks into a child's bedroom at night to get their sexual desires met, oblivious to the harm this does to the child. A husband or wife rages and belittles their spouse constantly, destroying their sense of self-esteem in a misguided attempt to be in control. A man assaults a stranger on the street

because of some perceived slight. A young woman coerces all of her friends to ostracise another girl in their social group because she feels insecure and threatened. A woman flees her home in the middle of the night because her husband has threatened to kill her in front of her children.

What these behaviours all have in common is that a person with power uses that power to harm, not help, another person. It is as if the person being victimised is no longer viewed as a person of equal worth and value to the abuser, but merely something to be used to achieve their own ends.

God's good power

The Bible reveals a God who is all-powerful, but who never uses his power to override the ability of his creation to exercise their individual power to choose. God never forces us to do anything – nothing, ever.

God never forces us to do anything – nothing, ever. He could, but he always respects our autonomy and right to make our own choices. He has absolute power and is absolutely good.

We are not God, but we can look to him as an example of what it means to humble ourselves, hold any power we may have in check, and show respect to those around us – especially those who have less power than we do.

As a parent, I respect my children's autonomy. Of course, there are days when I desperately want to “make” them do what I think is best with all of my heart. I also confess I have occasionally considered various forms of manipulation, threats and even bribery to get them to do what I want. At the end of the day, though, I resist. I remember they are God's children even more than my own, whole persons with inherent worth and value.

***Abuse is often overlooked,
misunderstood and potentially
dangerous.***

Unfortunately, there are parents, friends, spouses, dating partners, strangers, teachers, coaches, siblings, etc., who don't resist that temptation. They decide that their desires are more important.

They take what they want by some form of misused power: physical strength, emotional and/or verbal abuse, influence, coercion, intimidation, manipulation, financial or spiritual superiority. They have an insatiable need to be in control and when that is threatened, they take what they want without regard to the impact this has on those in their orbit.

The oppressed and the oppressor

The Bible reveals a God who is all-powerful, but who never uses his power to override the ability of his creation to exercise their individual power to choose. God never forces us to do anything – nothing, ever.

In the Bible, God regularly called out people for such behaviours. He is consistently on the side of those with less power, advocating for them against their oppressors. In whatever our circumstances, we should follow in His ways.

He invites the oppressed to flee to him for safety, where they will find comfort and refuge:

*“O Lord, rescue me from evil people.
Protect me from those who are violent.”
(Psalm 140:1)*

"Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.'"
(Matthew 11:28)

He invites the oppressor to repent and use their power to help, not harm:

"Turn away from what is sinful. Do what is good. Look for peace and follow it."
(Psalm 34:14)

He invites the rest of us out of complacency and into engagement on the side of the oppressed, offering support, safety, resources and understanding with no judgment:

"See that no one renders evil for evil to anyone, but always pursue what is good both for yourselves and for all." (1 Thessalonians 5:15)

"Do everything you possibly can for those who need help." (Proverbs 3:27)

Exercising caution

That being said, God is in the business of changing hearts – we are not. Confronting an abuser is not something to take lightly, as the repercussions can be dangerous for those they are abusing. Additionally, helping someone who is oppressed can be difficult if they refuse to acknowledge the abuse.

Safety is of the utmost importance, which is why immense wisdom, discernment and patience is required for anyone seeking to help victims of abuse.

Abuse is often overlooked, misunderstood and potentially dangerous. Abusers tend to be master manipulators, able to evade suspicion by being overly charming and helpful in public spaces, to hide the heartbreaking truth of what goes on in private.

The articles in this booklet are a first step in helping you understand abuse and what you can do about it, but they are by no means an exhaustive list. Visit **families.org.au** for more articles, broadcasts, resources and referrals on this topic.

Wendy Kittlitz is the vice-president of counselling and care ministries for Focus on the Family Canada.

8 TRUTHS FOR THOSE IN A DESTRUCTIVE MARRIAGE

BY AMY VAN VEEN

When Mary* asks her husband about his late nights and questionable finances, she's continually told she's overreacting, nagging or not submitting to his headship. She regularly tries to explain to her husband how he makes her feel, but he ignores her, making her feel small, irrational and stupid.

We are fallen people who live in a fallen world, but what makes Mary's marriage more than just a difficult relationship is the repetition of this behaviour, with no remorse and no sign of change from her husband. Leslie Vernick, author of *The Emotionally Destructive Marriage*, says a destructive relationship exists "where one's personhood, dignity, and freedom of choice is regularly denied, criticised, or crushed."

Women and men who are married to an emotionally destructive person need a lifeline of truth, and that truth is found in God's Word.

1. God knows your pain.

In Genesis, God was grieved to his heart when he saw the wickedness of those he created (Genesis 6:6). In the Old Testament, God's people turn against him and seek other gods, breaking his heart in the process.

In the New Testament, Jesus goes through the worst of human relationships, including physical abuse, humiliation, disrespect and mockery. If you ever find yourself thinking, God could never understand this, look at the whole of Scripture to see how he underwent the same pain, rejection and hurt that you are currently experiencing.

2. God wants you to be safe and seek refuge

The Bible tells us God is our refuge (Psalm 46:1; Psalm 91:2; Psalm 27:5; Proverbs 18:10; Isaiah 25:4; Jeremiah 16:19). And Proverbs 27:12 says, "A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences."

Men and women may think they need to keep their families together by appeasing their spouse's destructive behaviour,

but God wants us all to be safe – physically, emotionally, mentally and spiritually – and find refuge in him.

3. God loves you, values you, and wants you to love him first

Again and again, Scripture reveals God's love for people like you. Husbands and wives who are victims, who are oppressed and who are in pain. When you stop and meditate on the words of John 3:16, that God so loved the world, you may begin to see the perfect, selfless, comforting, protective love the Creator has for you.

"As you learn to centre yourself in God's love and not your [spouse's], you are no longer debilitated when your spouse fails you or disappoints you," Vernick explains. "Yes, you hurt, but you are centred and controlled by something other than your marriage or your [spouse]."

4. God wants you to walk in truth

"When you live with someone who prefers deceit and darkness and who twists and manipulates the truth, it can be very stressful, confusing, crazy and damaging to you and your children's emotions, cognitions and physical health,"

Vernick explains. That's why God calls us to seek his unwavering truth (John 12:35). He knows the damage of walking in darkness and wants to save us from that destruction.

5. God calls you to hold your spouse to accountable as a *helpmate*.

Being a *helpmate* doesn't mean standing by as your spouse continues their sinful behaviour. The Hebrew word *ezer*, or *warrior*, means holding them accountable in the journey of becoming like Christ.

"Biblically loving your [spouse] doesn't require you to prop [them] up in order to enable [them] to continue to hurt you," Vernick adds.

6. God calls us to be peacemakers, not peacekeepers

For years, Richard* walked on eggshells around his wife, keeping the peace and being nice to keep her anger at bay, but this is not what God talks about in Matthew 5:9.

"Pretending or keeping up appearances for the sake of staying married won't bring healing to serious marital wounds any more than a band-aid can stop arterial bleeding," Vernick explains.

"Biblical peacemaking involves being prepared to enter into battle in order to bring about the possibility for true shalom peace, reconciliation, and restoration of your marriage."

7. God wants us to set boundaries with emotionally destructive people, as Jesus did.

"[Jesus] loved the religious leaders unconditionally, but they did not enjoy a loving or close relationship," Vernick writes. "A marriage that has no boundaries or conditions is not psychologically healthy, nor is it spiritually sound."

As psychologist Henry Cloud explains, change doesn't happen when we allow a person multiple chances to hurt us, it happens when we finally put up the limits that force them to make a change.

7. God wants mutual submission, Not an abuse of power

Jesus taught his disciples to be a servant-leader (Luke 22:25-26). Husbands are told to love their wives, and not to treat them harshly (Colossians 3:19). First Corinthians 13 says love is never an abuse of power, a means to control or an authoritarian voice in the home. Paul talks about the necessity of "submitting to one another out of reverence for Christ" (Ephesians 5:21, emphasis added).

"We may have different roles and responsibilities, but one is not over the other," Vernick writes. "Mutuality of servanthood, submission, and sacrifice is the biblical model for the Trinity and for godly relationships, including marriage."

"Marriage is a gift," Focus on the Family Canada counsellor Karin Gregory adds. "But God does not value the gift given to his children more highly than he values the children of his creation."

**Names changed to protect privacy*

Amy Van Veen is editorial manager at Focus on the Family Canada

HOW TO HELP SOMEONE IN AN ABUSIVE RELATIONSHIP

BY KARI TRENT STAGEBERG

Time and time again, I've seen that it's typically not the victims who are standing in line to talk to me after I speak – it's their loved ones. They desperately want to know what they can do to help, love, support and encourage someone they love who is in an abusive relationship, but they don't know where to start.

Here are several ways that can help you learn how to help someone in an abusive relationship.

Listen well and take them seriously

Victims are often afraid to speak up for fear of being dismissed or concern that the truth will be viewed as a lie. Also, in many instances, victims have coped up to this point by minimising their pain and plight. So if a loved one comes to you and tells you that they've experienced (or are experiencing) any type of abuse, listen intently and don't discount their story – encourage them to speak the whole truth.

When your loved one shares vulnerable information with you, they've chosen to trust you with something terrifying and risky. Do not violate that trust. Listen first before doing anything else. Be an emotionally safe person with whom they can share.

How you respond to the victim will set the tone for their decision to come to you again to share their experience. Telling them what to do, making threats or reacting in an angry way feels similar to what they experience with their abuser. Do your best to listen and show extensive amounts of love and grace.

It's critical that you don't do anything that would place you or your loved one in danger. Calling the police if you don't have physical evidence, confronting the abuser directly or reacting impulsively could lead to the abuser hurting someone. There may be a time when that's appropriate, but safety should be the first priority.

If you've already had a conversation with the victim and it didn't end the way you'd hoped, don't worry – it's not too late. The rest of these tips can still help you support and encourage your loved one.

Show grace, kindness and honesty

Demonstrating kindness and honesty is a way you can show your loved one that you're different from their abuser. Most of all, pray. This is a long road for many people, so don't become discouraged if it takes them a while to step forward.

Act with wisdom

Talk about your loved one's circumstances with a professional and perhaps your spouse, but don't share the details with everyone you know. Doing so could put your loved one in a dangerous situation if the abuser were to find out that people knew what was happening.

You should also be cautious to use wisdom when giving any advice. Abuse victims need to hear and follow a different approach than people in generally healthy relationships. Make sure the advice you give is appropriate and does not inadvertently set them up for manipulation or further harm from their abuser. Avoid anything that could enable the abuse or put the victim in harm's way emotionally or physically. Proceed with caution by first reviewing your response with a domestic violence professional.

You can also use prudence by receiving help from a professional counsellor for yourself during this process.

Remind them of truth

When I was in an abusive relationship, I wasn't hearing anything positive about who I was from my abuser – I was believing every lie he told me. When my dad gave me a list of positive truths about myself, I didn't believe a word that was on it. But I read it every day for months. While it took a long time for the lies to lose their hold on me, that list reminded me of two important things: Someone thought I was valuable, and I had a safe place to run back to anytime I needed.

Consider writing a simple list of truths for your loved one. Think of positive character traits they possess and add Scripture verses. It will give them a list to refer to and may remind them that they have a safe place to run when things become dark.

Respect their boundaries

If your loved one asks you not to bring up a specific topic again, if they ask you not to call or text, or if they ask you not to come by the house, don't – at least not without talking to a professional first. It could be for their own safety that they're making this request. If the abuser would normally become angry every time you call, you may be keeping your loved one safe by not contacting them.

The abuser doesn't respect your loved one's boundaries, so if you do, even when it's difficult to do, your loved one will see that you're a safe person to trust.

Do your homework

Knowledge combined with a domestic abuse counsellor or support group can be very powerful to discern when it's time to speak up – and when it's time to be silent. Or even when it may be time to follow certain boundaries.

Your loved one needs you. Your prayers and support matter. And what you're feeling matters, too. This is a time to make a call for help for yourself. And, if you haven't before, it may be time to take new actions to support your loved one in a healthy manner.

Kari Trent Stageberg is a public speaker and the CEO of StrongFamilies, an organisation founded by her father, bestselling author Dr. John Trent, which seeks to help people more fully love God, others, and themselves.

SAFEGUARDING KIDS FROM SEXUAL ABUSE

BY CATHERINE WILSON

As many as one in 3 girls and one in 6 boys are sexually abused before the age of 18 in Australia. As if that isn't shocking enough, the majority of perpetrators of child sexual abuse never get caught. And many parents don't find out that their child has been abused until years after it happens, largely because two-thirds of children who have been sexually abused stay quiet.

In her book *Protecting Your Child From Predators*, counsellor Beth Robinson explains why parents can't rely on vigilance alone to keep kids safe: it's not possible to watch children at all times, sexual assault can happen very quickly, and perpetrators are difficult to identify because they are adept at grooming their victim, and the victim's parents, to win their trust. Robinson offers the following talking points to equip kids to protect themselves when parents are not around.

For children ages five and under

- that their **private parts shouldn't be touched or seen** by others, and they should not touch or see anyone else's private parts
- that **Mum and Dad** are the people who help them care for their body, and are the people to talk to about their body
- the difference between **safe touch** (makes kids feel safe and calm) and **unsafe touch** (make kids feel nervous or scared; usually involves private parts)
- that if they are ever **touched in a way that feels unsafe**, they should leave right away and tell Mum or Dad
- A sense of wonder that **God specially created their body** for them, that God intentionally created people either **male or female**, and the correct anatomical name for **both male and female body parts**.

- that if anyone asks them to keep a **secret**, they should tell Mum or Dad right away

Keep in mind that abusers will work to slowly erode personal boundaries, so kids need to be taught to have a strong response even if someone appears to “accidentally” overstep personal boundaries.

For children ages six to eleven

- how to recognise **pornography** and to tell you whenever they come across it, and to tell you if someone shows them porn (a strategy abusers often use in grooming kids for abuse); start these conversations by age six *at the latest*.
- how to stay safe online, including **never sharing personal or contact information, removing location information** before posting photos, that a friend met online is not the same as a friend they know in person, etc.
- tell Mum or Dad whenever someone asks for a **picture** of them.
- tell Mum or Dad if someone they know makes **jokes about sex** or talks about sex with them; Mum or Dad are the appropriate people to answer their questions.
- a **secret code word** that signals that a person picking them up unexpectedly has your authorisation.
- a **secret code word** when phoning you that means “I’m uncomfortable here. Please come pick me up.”
- **never to help a stranger** who claims to be lost, is looking for a lost pet or offers lollies; teach kids adults should ask adults for help.
- **always ask permission before going somewhere** so you know where they are, who they’re with and when to expect them home. Teach older kids to text you when they arrive somewhere, and when they leave to come home or go somewhere else.
- Tragically, kids who desire to be “good” can be easily manipulated and blackmailed by abusers. Teach your child, and show them, that it’s always best to confess a mistake, and even more so if someone tries to use it against them.

Staying alert

Even when your child can protect themselves, remain vigilant. Always remember that sexual abuse is profoundly confusing for a child, and their confusion hinders them from speaking up.

If your child ever discloses an instance of sexual abuse, stay calm in their presence to avoid further trauma, and immediately reassure the child that the abuse was not their fault, that they did the right thing to disclose it, that you will protect them from further harm, and that their involvement will be kept confidential as much as possible.

A disclosure of sexual abuse made by a minor must be reported to the police or a child welfare agency right away.

Read the full article at [Families.org.au/article/SexualAbuseAndChildren](https://families.org.au/article/SexualAbuseAndChildren)

IDENTIFYING CHILD SEXUAL ABUSE

Children are not likely to talk about sexual abuse, but they may begin to display symptoms, such as a sudden extreme change in their character or out-of-character behavioural changes; anger toward the people who harmed them and toward those who failed to protect them, including rage, threatening behaviour, extreme fearlessness or acting out; dysregulation – some become shy and withdrawn, while others become bullies; developing learning difficulties and/or becoming subject to social rejection; may engage in sexual acts with other children; or developing low self-esteem, a distorted self-image, and a diminished sense of self-worth.

TEACHING TEENS HOW TO RECOGNISE A TOXIC RELATIONSHIP

BY CATHERINE WILSON

When you had “the sex talk” with your adolescent, did you tell them about finding love? If we’re to prepare our kids well, our teens need a clear picture of what healthy, biblical love looks like in a romantic relationship. And they need to know what love’s counterfeits look like – the behaviours they should never consider normal or acceptable.

The following are some talking points to remember as you continue an open dialogue about love and relationships with your teen.

Infatuation and sexual attraction is not love

It’s important for teens to know the difference between infatuation and real love. Infatuation and sexual attraction isn’t love because it’s largely self-centred, often developing before you know what the other person is really like. It tends to be based on how the other person makes you feel and what they can do for you, rather than really caring about the other person’s well-being or getting to know who they really are.

True romantic love develops slowly

First Corinthians 13 begins with “Love is patient,” because real love takes time to develop. Also, real love is not just an overwhelming emotion; the ability to love someone is a skill that a person needs to learn. When two people are mature and truly know how to love the other, you’ll see mutual care, mutual respect, equal power and equal responsibility in the relationship.

How to recognise an abusive dating relationship

There are some patterns of behaviour teens should watch for that tend to be warning signs of serious trouble ahead. Anyone acting in these ways is not showing love; they are showing abusive, controlling behaviour, and it’s likely to get worse as your relationship progresses.

Watch out for situations like these that keep coming up:

Belittling, disrespectful behaviour

- calling you a demeaning name, even if they seem to be teasing; making jokes at your expense or embarrassing you in front of friends
- acting intellectually superior by dismissing your ideas and opinions and insisting they know better; and acting spiritually superior by lecturing or tutoring you, rather than being excited to explore God's Word together and learn from you too
- frequently pointing out your weaknesses "so you can grow," yet being unreceptive to your insights about their own character
- making light of your accomplishments or your future goals

Overbearing, controlling behaviour that tries to restrict your freedom

- pestering you, hassling you, becoming angry and/or making threats when you disagree

- punishing you for not doing what they wanted and/or pressuring you to abandon your principles about important things like sexual purity or obeying the law
- showing resentment of time you spend on hobbies and interests that don't involve them; jealous behaviour that tries to pull you away from your friends and family
- texting you frequently when you can't be together or insisting you "check in with them"
- threatening to hurt themselves if you end the relationship

Lack of humility and lack of concern about personal holiness

- lack of remorse when they've hurt your feelings, or apologising but never changing their behaviour; blaming you for triggering their bad behaviour
- claiming they had good motives for treating you badly (e.g., "It's just that I love you so much, my jealousy made me angry")
- expecting you to make most of the sacrifices in your relationship
- being unreceptive to an honest conversation about difficult areas of your relationship

And, of course, physical or sexual abuse

- pulling your hair, hitting you or pushing you against a wall; restraining you against your will
- pressuring you to view pornography; unwanted sexting; pressuring you to send them sexually explicit photos, taking sexually explicit photos of you without your permission and/or distributing sexually explicit photos of you
- pressuring you to have sex or oral sex when you don't want to

If your teen does reveal that they're in an abusive dating relationship, be aware that many will opt to stay put, believing that a difficult romance is better than none at all. They'll need your encouragement to trust that God has someone more mature for them.

If they reveal profoundly disturbing incidents, or confess that they're already sexually involved with a controlling boyfriend or girlfriend, how you react in that moment is crucial.

You must stay calm in your child's presence and show them you're a safe person to confide in. There's a possibility they're in imminent danger of serious physical harm. The very last thing you want is for your child to stop confiding in you. Even if the level of toxicity in the relationship seems to be mild, leaving the relationship could put your child at risk of unforeseen reprisals – proceed with caution. If you have concerns, please don't hesitate to call a counsellor.

Read the full article at [Families.org.au/article/TeensAndDating](https://families.org.au/article/TeensAndDating)

RACHAEL DENHOLLANDER: GOSPEL LIGHT IN A DARK PLACE

BY SUBBY SZTERSZKY

In Larry Nassar's role as a sports doctor to the American gymnastics team and at Michigan State University, he abused more than 200 girls and young women under his care over the course of at least two decades. For his crimes, he was handed a sentence of 40 to 175 years in a Michigan prison.

Rachael Denhollander, an attorney and evangelical Christian, was the first of Nassar's victims to come forward with a public accusation against him and the last of the 156 women to make an impact statement during Nassar's sentencing hearing. Denhollander's 40-minute address to the court and to Nassar was courageous and articulate, brimming with grace and theological insight. It drew the attention of mainstream and Christian media, and it rang with truths that the culture and church need to hear.

The inestimable value of human lives

How much is a little girl worth? How much is a young woman worth?

Denhollander began and concluded with those almost rhetorical questions, and returned to them often throughout her address.

She argued that questions about the value of human life form the basis of the entire justice system, which has two essential functions: to protect the innocent and bring justice to the victims.

She pointed out that when victims are blamed or the crimes against them minimised or mitigated (as too often occurs in cases of sexual assault) it sends two messages: it empowers the criminal and it devalues the victim.

Naming evil for what it is

When she turned to address her abuser, Larry Nassar, Denhollander was unequivocal in calling his actions evil, which is remarkable in a culture that has grown averse to moral absolutes.

But if what was done to Denhollander and all those other girls and young women was truly evil – the trust betrayed, the innocence destroyed, the physical and spiritual scars to last a lifetime – then it means there must be an absolute standard of good against which it is measured. Denhollander drove this home to Nassar and the court with a famous quote from C.S. Lewis

“A man does not call a line crooked unless he first has some idea of straight. What was I comparing the universe to when I called it unjust?”

Larry, I can call what you did evil and wicked because it was. And I know it was evil and wicked because the straight line exists. The straight line is not measured based on your perception or anyone else's perception, and this means I can speak the truth about my abuse without minimisation or mitigation. And I can call it evil because I know what goodness is.

Justice as well as forgiveness

The Cross of Christ is the place where God's justice and mercy meet (Romans 3:21-26). All too often, however, modern Christians tend to skip over divine wrath, judgment and the need for repentance, and jump straight to forgiveness.

But it is only when a sinner recognises the depth of their guilt, and the cost of its forgiveness, that the grace of God becomes truly beautiful and soul changing.

Rachael Denhollander clearly knows and loves this glorious Gospel, and she shared it graciously and eloquently with her abuser in open court:

You spoke of praying for forgiveness. But Larry, if you have read the Bible you carry, you know forgiveness does not come from doing good things . . . It comes from repentance which requires facing and acknowledging the truth about what you have done in all of its utter depravity and horror without mitigation, without excuse, without acting as if good deeds can erase what you have seen in this courtroom today.

. . . Should you ever reach the point of truly facing what you have done, the guilt will be crushing. And that is what makes the Gospel of Christ so sweet. Because it extends grace and hope and mercy where none should be found. And it will be there for you.

Speaking out despite the cost

When Denhollander first went public about her abuse, she brought forth reams of carefully researched evidence as well as expert testimony to support her case. She also inspired hundreds of other young women to come forward with their own stories of abuse at Nassar's hands.

Despite all of that, she was subjected to public and private attacks on her story and on her character. Tragically, even her own church community eventually turned on her. As she later clarified, the rejection from her church was due to her broader advocacy work on behalf of sexual abuse victims, particularly in evangelical churches. She chalks this up not so much to bad motives, but to bad theology – skipping over justice for easy forgiveness, blaming the victim for alleged immodesty, or refusing to admit that serious sexual sin can occur in the church.

And yet, she remains firm in her commitment to speak out on behalf of victims. Even more amazing, she and her husband remain vibrant worshippers of Jesus at their new church, despite everything they've gone through.

I want you to understand why I made this choice knowing full well what it was going to cost to get here and with very little hope of ever succeeding. I did it because it was right. No matter the cost, it was right.

A prophetic voice

To a culture that has largely rejected moral absolutes and the unique value of human life, she affirmed both with arguments that could not be refuted. To a church that sometimes rushes to forgiveness at the expense of justice, she reiterated the necessity of both in the Gospel. And to both church and culture, she offered a challenge to do better at protecting the helpless and seeking justice for those who need it.

For all of that, for everything she did and endured, both church and culture owe Rachael Denhollander an immense debt of gratitude.

Read the full article at FocusOnTheFamily.ca/RachaelDenhollander

RESOURCES

ADDITIONAL RESOURCES AND INFORMATION

Books for **adults**

Is It Abuse? A Biblical Guide to Identifying Domestic Abuse and Helping Victims

BY DARBY STRICKLAND (C04372B)

Beyond Our Control

BY LEILA RAE SOMMERFELD (C03099B)

The Emotionally Destructive Relationship (C01145B)

The Emotionally Destructive Marriage (C02200B)

BY LESLIE VERNICK

The Wounded Heart

BY DR. DAN B. ALLENDER (BP834)

Unmasking Emotional Abuse: Start the Healing

BY DR. GREGORY JANTZ (T00357B)

When a Woman You Love Was Abused

BY DAWN SCOTT JONES (C01936B)

When A Man You Love Was Abused

BY CECIL MURPHEY (C01365B)

Men Too: Unspoken Truths About Male Sexual Abuse

BY DR. KELLI PALFY (C04584B)

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Online bookstores**

Books for **kids**

God Made All of Me

BY JUSTIN AND LINDSEY HOLCOMB (C03080B)

The Berenstain Bears Stand Up to Bullying BY MIKE

BERENSTAIN (C03429B)

Being Nice to Others

BY CAROLYN LARSEN (C03427B)

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Adventures in Odyssey episodes

EPISODE 560: "The Present Long Ago"

EPISODE 623: "Buddy Guard"

EPISODE 21: "Mike Makes Right"

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Focus on the Family Broadcast

"Friends Helping Friends: Identifying Abuse in Marriage"

WITH DARBY STRICKLAND

"Protecting Your Child From Sexual Abuse"

WITH JUSTIN AND LINDSEY HOLCOMB

*"Helping Your Wife Overcome Childhood Sexual Abuse
(Parts 1 and 2)"*

WITH DAWN SCOTT JONES

*"Helping Your Husband Overcome Childhood Sexual
Abuse (Parts 1 and 2)"*

WITH CECIL MURPHEY AND GARY ROE

*"Reclaiming Hope and Safety in a Destructive Marriage
(Parts 1 and 2)"*

WITH LESLIE VERNICK

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FocusOnTheFamily.ca/Radio**

Free six-part video series

"Understanding Abuse in Marriage"

WITH DARBY STRICKLAND

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Find more articles and resources at Families.org.au



ABN: 85 296 712 722 | Phone: 1300 300 361 | Email: response@families.org.au
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