

HELPING WOMEN WITH CHILD SEXUAL ABUSE IN THEIR PAST—PART 1
From Bondage to Worship
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Intro:

I. To Begin

A. _____ Compassion—but... (Col 3:12; 2 Sam 13)

B. Hope

1. 2 Peter 1:3-4
2. Ps 119:45; 2Cor 9:8
3. Romans 5:20
4. John 16:33:

C. A _____ Approach to Data Gathering (Prv 18:13; Gal 6:2; Col 3:12)

1. Prepare her
2. Just enough
3. Seek to understand:

II. First Sessions

A. _____ What Has Happened ...to Faith (Ps 89:14; Rom 8:28 & 29; Job 42:1-5)

1. A Christian World View Understanding of Her Past (Is 46:9-11; Eph 1: 9-12; Rom 8:20-21)
 - a. The Fall, sin and suffering, and God's response/Intention (Gen 3; Rom 5:18-21; Is 61:1; Is 53:5-6; Is 63:9; Lam 3:32-33; Jn 16:33; Ps 142:5)
 - b. Her own fallen, undeserving condition (Rom 3:23; Jer 17:9; Eph 1:1-4; Is 61:1; Jer 2:12-13)
2. The glorious Gospel—to fulfill the master plan and God's plan for her—it's unstoppable! (Eph 1:3-10; Job 42:2).
3. A high, perfect and benevolent view of God—anything less is blasphemy (2 Chr 20:6; Ps 103:19; Ps 113:5-6; Deut 10:14-17; Ps 145:17; Ps 96:4-6; 1 Jn 1:5; Deut 32:4; Ps 100:5; Ps 145:9,17; Is 30:18)

B. A New _____ in Christ—With the focus on God! (Eph 1:3-6; Eph 2:1-7; Rom 11:36)

1. The great dividing line (2 Cor 5:17)
2. What it means to be in Christ. See *Who We are in Christ*.

3. A proper perspective—See *Our Identity—Should it be a Focus in Counseling?*
4. The importance of gaining more of a God and others focus (Matt 22:36-40).

C. The Gospel and _____ (2 Cor 9:8)

1. Change is possible—she is not determined by this (Ps 119:45; 1 Cor 6: 9-11; Eph 3:20-21; Phil 1:6;)
 - a. Where the affects come from (Ps 73:16-24; Lam 3:17-25; Rom 7:18; Prv 25:19; Col 2:8)
 - b. The Gospel must make a difference in her daily thinking & life (Eph 1; Col 1:9-23; 3:1-3; Ps119: 15-16; 30-31; 34;)
 - c. The _____ and the application of truth to her heart and her mind, when it counts (John 17:17)
 - d. The other key players in her change according to God (God, her, the church-(Phil 2: 12-13, Rom 8, Gal 6:1-2)
 - e. Exercising unto godliness with the put on—put off principle (1 Tim 4:7-9; Eph 4:17-25)
2. Living for God's Glory because of the Cross and His worthiness (Rom 11:36; Rom 14:8; 1Cor 10:31)
3. Depending on the real, sufficient grace/help of God as she works (Ps 62:8; 2 Cor 9:8;12:9-10; Col 1:29; Jn 15:5)

III. Getting to the _____ of Things

A. Deal with the Past Biblically ((Ps 119:29-23; 92:93; Is 43:18; Eph 5:8)

1. Give her a biblical understanding of guilt, shame, and self-judgments (Ps 32:5; Is 55:7; Hosea 4:7; Jn 17:17, Phil 4:8)
2. Outline each _____ of past: when and what (can use the *Dealing with the Past Chart*—Steve Viars influenced)
 - a. Her blessings (do this before the *Past Chart*—Ps 103:2)
 - b. Her innocent, difficult past (clarifying responsibility—Ps 17:1-7).
 - c. Her Guilty Response Past
 - i. Instruct her on Sinful responses and her responsibility (1 Jn 3:4; Rom 12:9-21)
 - ii. Address false refuges and Idolatrous lusts (Jer 2:12-13; Ezk 14: 3-5;11; 1 Jn 5:21; Hosea 4:12; Ps 84:11)
 - Some typical false refuges: not _____ reality (pretending, ignoring, fantasies, distractions, business, TV & movies, novels), cutting, drugs, pleasure, food, sleep, other people, etc.
 - Some typical idolatrous Lusts: _____, significance, control, security, trouble free life, physical appearance,

- attention/involvement, deep soul satisfying relationship etc.

iii. Other Sins the Abused Choose (Eph 4:17-24; Eph 5:8-10)

- More _____ reactions: Bitterness, vengeance/evil for evil, anger, unbelief/distrust of God/Word, judging God
- Self-_____: self-degradation, self-pity, victim mentality, seeking self-esteem, comparing, lack of a God and other's focus
- Self-_____: walls or repelling others, phobias/ fears, worry/anxiety, running away from things
- Self-_____/Righteousness: perfectionism, purging, punishments, tearing down others, see self as better than others, over-service/accomplishment-wrong priorities
- Deceit: Lying, hiding, misleading
- Lack of true Love
- Sexual impurity: promiscuity, self-gratification, homosexuality
- _____ rather than God—not dealing with other's

d. Her Guilty Past-not directly related to a response (1 Jn 3:4)

e. Her God-glorifying Past (2 Thess 1:11-12; Jos 7:19; Ps 50:23)

3. Help her _____ to put her past in its place (confession, thankfulness and repentance plans; as well as ways to carry out what God's Word says to do with each kind of past—Ps 51; 32:1-5; Ps 119:33-35)

4. Outline _____ or sinful thoughts and memories—Ps 145:18; Ps 119:11; Is 26:3; Ps 46:1)

B. _____ the Mind and Responses (Rom 12:2; Phil 4:6-9; Eph 4:23, 2 Cor 10:5)

1. Teach her what it means to Renew the Mind and why we must (not positive or self-lifting thinking, or cognitive therapy)

- Because of all that is corrupting it (The Fall, the World, Our Flesh, Satan, Others—Ps 73:16-24; Lam 3:17-25; Rom 7:18; Eph 4:17-25; Prv 25:19; Col 2:8)
- For God's glory & pleasure—foremost (Ps 94:11; Is 66:18; Ps 19:14; 1Sam 12:24)
- For her good (Deut 6:24; Prv 4:23)
- For her growth (no transformation without it—Rom 12:1-2)

2. Relate it to the _____ principle (Eph 4: 23-17-32)
3. Instill depending on His grace/help/power (Col 1:29; Jn 15:5, 2Cor 9:8, 1Thess 5:16-18))
4. Develop _____ using specific Scripture, and her own specific prayers for strategic times (Eph 4:17-25).
Renewing A Thought Worksheet
5. Have her keep a *Discovering Problem Patterns Calendar*
6. Help her with a de-habitation list—so she can begin to pray about them, and plan how to choose _____ (Eph 4:17-32).

IV. Other Very Important Considerations

A. The Victim Mentality ((Rom 8:31-39)

1. A very _____ perspective; not in line with God's Truth (They may have been a victim at a point in time, they *are* not one/do not *remain* one).
2. See *The Victim Mentality* document

B. Her Daily Walk/Relationship with Christ

1. _____ in Christ (**A**cknowledging Him and His sacrifice/love, **B**eing needy/dependent, **I**mmersing in (holding fast to, rehearsing) His Word, **D**elighting in Him supremely, **E**ngaging in His kingdom work/love/service—Jn 15:1-11; Phil 3:8; Ps 16: 8-11)
2. Being alert to the spiritual battle and her armor—favorite caveats of the evil one—Eph 6:10-18).

C. Her _____ Relationships

1. They will likely be relationally stunted.
2. How should they work and what place should they have? (Ps 73:25-28; 1Cor 13; Eph 5:1-2; and the one-another's)
3. How to implement real, biblical _____ --like and for Christ (1Cor 13; Eph 5:1-2; Jn 13:34)

D. Dealing with the _____ and the Abusers Sin (Ps 25:1-9)

1. Understanding Forgiveness (Eph 4:32; Col 3:13; Luke 17:3-4; 1Cor 10:31; Matt 18:15-3; 22:35-40)
 - a. Not the therapeutic/humanistic version! It's not for you, but God's will and glory, and other's good (1Cor 10:31; Matt 22:36-40)
 - b. How to, and how to pursue
 - c. Loving enemies, returning good for evil/overcoming evil with good (and caution—Rom 12:14-21; Prv 25:21-22)
2. Helping her to _____ the deeds of darkness for others good (Eph 5:7-12; Ps 82:3-4)
3. Legal issues (Romans 13:1-5).

E. Sex and Sexual Issues (Ecc 3:11; Is 61:3; Prv 5:3-4; 15-23).