

## Making Decisions over Past Hurts<sup>1</sup>

What the other person did that was hurtful:	What God thinks about these things:

PERSONALIZED TRUTH:

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<sup>1</sup> Colleen Stortvedt, *On the Road to Freedom* (Kearney, Nebraska: Morill Publishing, 2010), 203-206



What the other person did that was hurtful:	What God thinks about these things:
<p>My father abused me sexually from the ages of 5 to 8. He came in my room every night and fondled me. He made me promise never to tell anyone about our "secret" or I could be responsible for him and Mom getting a divorce and then I would never see her again. He never admitted that what he did was wrong.</p>	<p>Ephesians 6:4 - Fathers,...bring them (your children) up in the discipline and instruction of the Lord.</p> <p>I Thessalonians 4:3,4 - For this is the will of God, your sanctification; that is, that you abstain from sexual immorality; that each of you know how to possess his own vessel in sanctification and honor,</p> <p>Ephesians 6:4 - Fathers, do not provoke your children to anger;</p> <p>I Thessalonians 4:5,6 - not in lustful passion, like the Gentiles who do not know God; and that no man transgress and defraud his brother in the matter because the Lord is the avenger in all these things...</p>

PERSONALIZED TRUTH: God wanted Dad to bring me up in His ways, including teaching me how to be pure. Instead, he used me to fulfill his own lusts and defrauded me by exciting sexual desires within me that a child should never experience. He provoked me to anger by the way He treated me.

How I responded (both at the time and as ongoing patterns):	What God thinks about how I responded:
<p><b>Thoughts:</b> It felt good - I think Dad loved me; on the other hand, he couldn't care about me and hurt me that way. I must be bad or this wouldn't have happened to me. God could never forgive me for the things I have done.</p> <p><b>Feelings:</b> Ashamed Afraid Angry Guilty</p> <p><b>Behaviors:</b> Withdrew Became very sexually active at a young age Self-destructive behavior Involved in abusive relationships</p>	<p>Isaiah 43:4 - Since you are precious in My sight; since you are honored, and I love you,</p> <p>I John 1:9 - If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.</p> <p>Isaiah 41:10 - Do not fear, for I am with you; do not look anxiously about you, for I am your God</p> <p>Hebrews 12:15 - See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled;</p>

PERSONALIZED TRUTH: Even though I feel unforgivable and worthless, the truth is that God has forgiven me and I am precious to Him. He does not want me to be in fear or to get bitter; He has given me the grace to be able to respond to the hurtful things that have happened to me.

## Making Decisions over Past Hurts

- A. Record offender's behavior (page one)
  1. Be specific about painful actions and attitudes
  2. Look for consequences of these actions and attitudes.
- B. Record thoughts, feelings, and behavior in response to these behaviors (page two)
  1. Thoughts
    - "I must be bad or this wouldn't have happened to me."*
    - "I'm so ashamed. God could never love me or forgive me."*
    - "I'll never forgive you for doing this to me!"*
    - "No one cares about what happens to me – it's all up to me!"*
    - "I know I'm loved when someone is interested in me sexually."*
    - "I have no control over what others do to me"*
    - "This is not that bad; it could be a lot worse."*
    - "God must not care or He wouldn't let this happen to me."*
    - "I will never let anyone get close to me again."*
    - "I must be in control to protect myself."*
  2. Feelings
    - Fear*
    - Hatred toward him/her*
    - Feel trapped*
    - Ashamed/dirty*
    - Afraid of getting too close to men*
    - Love-hate emotions in relationships*
    - Rejection*
    - Anger*
  3. Behavior
    - Withdrawn*
    - Rebellious toward any form of authority*
    - Attempted suicide*
    - Self-destructive behavior*
    - Involvement in abusive relationships*
    - Sexual promiscuity*
    - Problems with eating, drinking, or over-spending*
    - All-or-nothing patterns of behavior*
    - Manipulation*
    - Push people away by rejecting them first*
- C. Look for Scriptures describing how God designed for that person to act. These and other Scriptures that follow are only examples for your reference.
  1. Father: Ephesians 6:4, I Thessalonians 2:9-12
  2. Mother: I Thessalonians 2:7-10
  3. Sexual purity: I Thessalonians 4:3,4,7
  4. Honor and respect: Romans 12:10
- D. Look for Scriptures that describe a violation to this design

1. Father: Ephesians 6:4, Colossians 3:21
2. Mother: Colossians 3:8
2. Sexual purity: I Thessalonians 4:5,6
3. Honor and respect: Jude 16

E. Put in your own words what this means about God's view of what was done to you

F. Look for Scriptures describing God's design for you

1. Your thoughts about yourself: Psalm 18:17,18; I Peter 2:13,14; Song of Solomon 4; Romans 5:13; Matthew 10:16; Jeremiah 31:3,4; Philippians 4:8
2. Your thoughts about God: Psalm 4:2,3; Hebrews 13:5 (Amplified); Psalm 94:9-11; Luke 12:7; Jeremiah 32:17; Psalm 5:4
3. Any decisions you have made:
  - to avoid conflict:* Matthew 10:34
  - to stay away from men/never to marry a controlling person:* Psalm 25:4,5
  - to seek for love and approval through sex:* Matthew 6:33
  - to protect yourself at any cost:* Psalm 91:2,3
  - to be in control:* Proverbs 3:5,6
4. Your feelings:
  - express them to the Lord:* Psalm 62:5-8
  - hopelessness/trapped:* Philippians 4:13, Jeremiah 32:17, Ephesians 1:19
  - fear:* Psalm 27:1-3, Psalm 91:14,15, Jeremiah 31:3
  - inferiority/worthlessness:* John 3:16, Isaiah 43:4, 2 Corinthians 12:9,10
  - anger:* Psalm 7:11, Mark 11:15-17 with I Corinthians 3:16
  - shame over enjoyment of sexual abuse:* Genesis 1:27
  - rejection:* I Peter 2:4
5. Your behavior patterns:
  - withdrawing:* Isaiah 55:3
  - lack of boundaries:* Galatians 6:2,5
  - sexual misbehavior:* I Thessalonians 4:3-7
  - drinking/drugs/other addictions:* Romans 6:11
  - performance to gain approval/underachiever:* Romans 4:3-8; Proverbs 8:13
  - relationship struggles:* Psalm 133:1-3
  - rebellion against or mistrust of authority:* Hebrews 13:17; I Peter 2:13,14; Heb 11:6
  - inability to take authority when necessary:* I Thessalonians 5:14; I Peter 5:2
  - avoidance of conflict:* Matthew 10:34-37
  - attempts to control others, circumstances:* Proverbs 3:5,6; Philippians 4:11
  - passivity, inability to make decisions:* Psalm 64:9,10
  - inability to trust others or God:* Psalm 16:1-3
  - pattern of criticalness (of self and/or others):* Ephesians 5:27
  - always doing things for others while unaware of own needs and desires:* Luke 10:27
  - excessive concern about appearance:* Matthew 6:33
  - occasional or frequent eruptions of anger:* Ephesians 4:26
  - inability to receive instruction or reproof:* Proverbs 1:8
  - easily interpreting words, actions and reactions as rejection:* I Peter 2:4
  - inability to forgive; holding grudges:* Matthew 6:12; Colossians 3:13

G. Look for Scriptures describing a violation of His design

1. Your thoughts about yourself: Romans 8:1; Isaiah 45:9
2. Your thoughts about God: Numbers 23:19; Zephaniah 1:12
3. Any decisions you have made...
  - to avoid conflict:* Proverbs 18:1
  - to stay away from men/never to marry a controlling person:* James 4:11-16
  - to seek for love and approval through sex:* Proverbs 2:16-19
  - to protect yourself at any cost:* Psalm 52:7
  - to be in control:* Proverbs 3:7
4. Your feelings
  - hold them inside:* Psalm 32:3,4
  - hopelessness/trapped:* Psalm 33:16-18; Proverbs 24:10
  - fear:* I John 4:18, Isaiah 41:10
  - inferiority/worthlessness:* 2 Corinthians 10:12; Isaiah 45:9
  - anger:* Ephesians 4:26
5. Your behavior patterns
  - withdrawing:* Proverbs 18:1
  - sloppy/overweight:* I Corinthians 3:16,17
  - sexual misbehavior:* I Thessalonians 4:3-7
  - drinking/drugs/other addictions:* Romans 6:12
  - performance to gain approval/underachiever:* Galatians 1:10
  - relationship struggles:* Colossians 3:8
  - rebellion against or mistrust of authority:* Numbers 12:1-10
  - inability to take authority when necessary:* I Samuel 2:22-24
  - attempts to control others, circumstances:* Leviticus 19:11; Psalm 20:7
  - passivity, inability to make decisions:* Proverbs 1:32
  - pattern of criticalness (of self and/or others):* James 4:11,12
  - excessive concern about appearance:* I Samuel 16:7
  - occasional or frequent eruptions of anger:* Colossians 3:8
  - inability to receive instruction or reproof:* Prov. 1:30-31
  - inability to forgive; holding grudges:* Hebrews 12:15

H. Put in your own words what this means about God's view of your responses to the abuse