

Abuse

He Gets Us - Part 2

April 27, 2025

1 in 3 women and 1 in 4 men in the U.S. have experienced rape, physical violence, and/or stalking. (CDC)

1 in 4 girls and 1 in 20 boys in the United States experience child sexual abuse. (CDC)

"This High Priest of ours (Jesus) understands our weaknesses, for He faced all of the same testings we do, yet He did not sin." Hebrews 4:15 (NLT)

Jesus experienced abuse.

Well before the cross, Jesus was:

- **Mobbed by His hometown (Luke 4:29)**
- **Mocked and laughed at (Mark 5:40)**
- **Plotted against by leaders (Matt 22:15)**
- **Called crazy by His own family (Mark 3:21)**

And in His final hours, He was:

- **Betrayed by a friend (Luke 22:48)**
- **Spit on and beaten (Matt 26:67)**
- **Flogged and mocked (John 19:1–2)**
- **Nailed to a cross (Luke 23:33)**

Jesus meets you in your pain with compassion, not condemnation.

Abuse defined:

Emotional Abuse - Words or actions used to control, shame, belittle, or manipulate someone.

Examples: name-calling, constant criticism, manipulation, threats, gaslighting, shaming, isolating someone from others, controlling their choices, or making them feel worthless/afraid.

Physical Abuse - Any intentional use of force that causes pain, injury, or harm to another person.

Examples: hitting, slapping, punching, kicking, choking, pushing, violently restraining someone, denying basic physical needs like food, water, or sleep.

Sexual Abuse - Any sexual activity that is forced, unwanted, or done without clear and willing consent.

Examples: rape, sexual assault, unwanted sexual touching, being manipulated into sex, sexual harassment, and any sexual contact involving a minor.

Spiritual Abuse - Using faith, Scripture, or religious authority to control, manipulate, or harm others.

Example: weaponizing Scripture, shaming with spiritual threats, demanding unhealthy submission, spiritual overreach, or using spiritual authority to hide abuse.

To abusers: Abuse never makes you strong. It reveals that you are weak.

Don't believe the enemy's lies that you are defined by this and can never heal.

God opposes all abuse. He calls us to love, protect, seek justice, and defend the oppressed.

"Speak up for those who cannot speak for themselves; ensure justice for those being crushed." Proverbs 31:8 (NLT)

Vital truths for healing from abuse:

It's not your fault.

Healing happens when you bring your pain into the light.

"Share each other's burdens, and in this way obey the law of Christ." Galatians 6:2 (NLT)

"The Lord is close to the brokenhearted; He rescues those whose spirits are crushed." Psalm 34:18 (NLT)

"He heals the brokenhearted and bandages their wounds." Psalm 147:3 (NLT)

- **Encouragers available after service**
- **Small Groups**
- **Care Ministers**
- **Recommended counselors**
- **Ministries like Celebrate Recovery**
- **Resources page**

In God's timing, forgiveness is part of healing.

"Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, 'I will take revenge; I will pay them back,' says the Lord." Romans 12:19 (NLT)

*“³¹Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. ³²Instead, be kind to each other, tenderhearted, **forgiving** one another, just as God through Christ has forgiven you.” Ephesians 4:31-32 (NLT)*

“Father, forgive them, for they don’t know what they are doing.” Luke 23:34 (NLT)

Jesus has been there.

“He was despised and rejected— a man of sorrows, acquainted with deepest grief.” Isaiah 53:3 (NLT)

Even after the resurrection, Jesus still had scars — not erased, but redeemed.

*“Yet it was our weaknesses He carried; it was our sorrows that weighed Him down. ... He was pierced for our rebellion, crushed for our sins. He was beaten so we could be **whole**. He was whipped so we could be **healed**.” Isaiah 53:4-5 (NLT)*

Jesus rose from the darkest place imaginable, and He offers you the power to rise too.