

HOPE & HEALING

Recovering from the pain of abuse

The pain of childhood and early life abuse lasts long after the victim becomes an adult. Sometimes, the memories of those painful and traumatic events are repressed or dissociated out of conscious awareness together with the lies believed about the event. Through the abuse, demonic spirits, as well, may have been given the legal right to torment the person.

The impact of this trauma will surface in some way later in life, often around the ages of 25 to 35 years of age. It seems to surface like a cloud of calamity out of the past. Often we have found that this type of troubled past surfaces as a sense of fear about certain places, activities or people; anger; hyper-vigilance; nightmares; anxiety; depression; eating disorders; and many other dysfunctional behaviors.

Many times the abuse can include a demonic spiritual component that can develop and cause many physical and emotional problems. Often the person does not have a clue as to what this torment is. People that have been abused have been sinned against, and because of the inability to understand why this was happening to them, victims may come to believe lies about themselves as well as God. Victims of abuse may often react in ways that cause problems for themselves and those who encounter them.

Survivors of abuse and trauma often incorporate dysfunctional and sinful ways of coping with life as a means of self-protection. These types of dysfunctional behaviors separate us from others and make us feel separated from God. God has not changed His love for us because of what has been done to us or because of the dysfunctional way we react to the traumatic event(s). Understanding these dynamics is the key to beginning to heal. God is always trying to bring us to a place of healing and wholeness. This is where we come into the picture with the survivor. As we work with people in their healing process, God, in the person of Jesus and the Holy Spirit, often manifests in some way and the person feels closer to God.

A key part of the healing process is being able to explore and resolve these past issues in a safe, non-threatening environment where good boundaries are taught and maintained. This means rebuilding trust that has been damaged in the past. Trust is something that is only built in measures, over time, in a safe, caring environment.

We have experienced this healing and recovery process for over 25 years. The journey to healing is not a quick fix but a slow building as healings take place. Most people cannot endure an intense healing. They must also learn new ways of functioning, relating and responding instead of reacting.