

Table of Contents

Purpose and Use	2
How Information is Organized	2
Equipping Resources for those Providing Care	3
Approach to Care	3
Biblical Counseling	3
Boundaries, Self-Awareness, and Self-Care for Helping Ministry	3
Caring for the Body	3
Grief	3
Hospital or Treatment Visits	3
How to Make a Care Call	3
Listening–Listen, Pray, Follow Up	4
Safety Plan	4
Struggle Assessments	4
Suicide and Abuse	4
Theology of Suffering	4
Community Resources/Organizations	4
Resources to Provide those Needing Care	4
Abortion	4
Abuse: Verbal/Emotional/Physical	4
Accountability	5
Anger	5
Anxiety	5
Body Image	5
Codependency	5
Conflict/ Conflict Resolution	5
Control	5
Depression	6
Eating Disorders	6
Fear and Anxiety	6
Gambling	6
Grief	6
Guilt and Shame	6
Infidelity	6
Marriage/Divorce/Remarriage	6
Masterbation	7
Overspending	7
People-Pleasing	7
Pornography	7

Pride	7
Same-Sex Attraction	7
Self-Injury	7
Sexual Abuse	7
Substance Abuse	7
Appendix	8
Care Approach Handout	8
Caring as a Body Handout	10
Helping those in Grief Handout	12
Companioning in Grief	13
Hospital Visitation Tips Handout	14
Hospice/Cancer Care Visits Handout	15
Questions for Cancer Patients	16
Care Call Handout	17
Listening Handout	18
Your Safety Plan	19
100+ Common Issues Sheet	28
Suicide and Abuse Handout	30
Theology of Suffering Handout	32
List of Community Resources/Organizations	33
Domestic Abuse Resources and List of Local Agencies	35
Abuse Inventory	37
5 Mistakes to Avoid When Counseling the Sexually Abused	41
21 Sentences Not to Say a Sexual Abuse Survivor	44
Marriage/Divorce/Remarriage Position Paper	50

Purpose and Use

This document is to be used by staff, leaders and volunteers for The Well Community Church to provide care for those we serve. The resources provided have been vetted through staff members of The Well Community Church and are viable for teaching, reproof, correction and care alongside The Bible; not in replacement of it.

How Information is Organized

1. Title of the Resource, *Author*, Link to Resource (or the title will be linked)

Equipping Resources for those Providing Care

Approach to Care

1. [Care Approach Video](#), *The Well- Anna Hawkins*
 - a. [Care Approach Handout](#), *The Well- Anna Hawkins*

Biblical Counseling

1. [Side by Side: Walking with others in wisdom and love](#), *Ed Welch*

Boundaries, Self-Awareness, and Self-Care for Helping Ministry

1. [Boundaries, Self-Awareness, and Self-Care Video](#), *The Well- Kevin Manning*

Caring for the Body

1. [Caring as a Body Video](#), *The Well- Katie DeManby*
 - a. [Caring as a Body Handout](#), *The Well- Katie DeManby*

Grief

1. [Understanding Grief Video](#), *The Well- Patty Behrens*
2. Understanding Grief Handouts
 - a. [Helping Those in Grief](#), *The Well- Patty Behrens*
 - b. [Companionship in Grief](#), *Center for Loss-Dr. Alan Wolfelt*

Hospital or Treatment Visits

1. [Hospital/Treatment Visits Video](#), *The Well- Mike Chastain*
2. Hospital/Treatment Visits Handouts
 - a. [Hospital Visitation Tips](#), *The Well- Mike Chastain*
 - b. [Hospice/Cancer Care Visits](#), *The Well- Mike Chastain*
 - c. [Questions for Cancer Patients](#), *The Well- Mike Chastain*

How to Make a Care Call

1. [Care Call Video](#), *The Well- Katie DeManby*
 - a. [Care Call Handout](#), *The Well- Katie DeManby*

Listening—Listen, Pray, Follow Up

1. [Listening Video](#), *The Well- Katie DeManby*
 - a. [Listening Handout](#), *The Well- Katie DeManby*

Safety Plan

1. [Your Safety Plan](#), *Unknown*

Struggle Assessments

1. [StruggleFinder](#), *Watermark Church*
2. [100+ Common Issues Sheet](#), *The Well*
3. [Biblical Counseling Guidance around Key Struggles](#), *Watermark Church*

Suicide and Abuse

1. [Suicide and Abuse Video](#), *The Well- Anna Hawkins*
 - a. [Suicide and Abuse Handout](#), *The Well- Anna Hawkins*

Theology of Suffering

1. [Theology of Suffering Video](#), *The Well- Melissa Danisi*
 - a. [Theology of Suffering Handout](#), *The Well- Melissa Danisi*

Community Resources/Organizations

1. [List of Community Resources/Organizations](#), *The Well*

Resources to Provide those Needing Care

Abortion

1. [Abortion](#) (Handout), *Watermark Community Church*

Abuse: Verbal/Emotional/Physical

1. [Domestic Abuse Resources and List of Local Agencies](#), *The Well*
2. [8 Ways to Help a Friend When You Suspect Domestic Abuse](#), *Darby Strickland*
3. [Friends Helping Friends: Identifying Abuse in Marriage \(Video\)](#), *Darby Strickland*
4. [Abuse Inventory](#), *Chris Moles*
5. [5 Mistakes to Avoid When Counseling the Sexually Abused](#), *Diane Lanberge*

6. [Becoming a Church that Cares Well for the Abused](#), *Brad Hambrick*
7. [What Does Emotional and Mental Abuse Look Like? \(Podcast\)](#), *Leslie Vernick*
8. [Intensive Counseling for individuals and couples with Addiction and Abuse in their past, Restoring the Soul](#)
9. [21 Sentences Not to Say a Sexual Abuse Survivor](#), *Mary E. DeMuth*
10. [Is It Abuse?: A Biblical Guide to Identifying Domestic Abuse and Helping Victims](#), *Darby Strickland*

Accountability

1. [Restoring the Soul: Episode 196-198 "From Accountability to Accessibility"](#) (Podcast), *Michael John Cusick*

Anger

1. [Anger \(Handout\)](#), *Watermark Community Church*

Anxiety

1. [Try Softer: A Fresh Approach to Move Us out of Anxiety, Stress, and Survival Mode and into a Life of Connection and Joy](#), *Aundi Kolber*

Body Image

1. [Body Image](#) (Handout), *Watermark Community Church*

Codependency

1. [Codependency](#) (Handout), *Watermark Community Church*

Conflict/ Conflict Resolution

1. [Conflict Field Guide](#), *Watermark Community Church*
2. [Conflict Resolution Training \(Video\)](#), *The Well- Dave Obwald*
 - a. Handout:
<https://thewellcommunity.org/GetFile.ashx?guid=b73d728e-12f3-44bd-9932-36142d56ecdc>

Control

1. [Control](#) (Handout), *Watermark Community Church*

Depression

1. [Depression](#) (Handout), *Watermark Community Church*

Eating Disorders

1. [Eating Disorders](#) (Handout), *Watermark Community Church*

Fear and Anxiety

1. [Fear and Anxiety](#) (Handout), *Watermark Community Church*

Gambling

1. [Gambling](#) (Handout), *Watermark Community Church*

Grief

1. [What Grieving People Wish You Knew that Really Helps](#), *Nancy Gutherie*
2. Books/podcasts/resources: (have not read all these)
 - a. https://s3.amazonaws.com/workman.cms/uploads/miscellaneous/Grief+Club_Sources+and+Resources.pdf

Guilt and Shame

1. [Guilt and Shame](#) (Handout), *Watermark Community Church*

Infidelity

1. Various resources from Brad Hambrick:
<https://bradhambrick.com/my-favorite-posts-on-adultery/>
2. [Restoring the Soul: “5 Facts Wives Need to Know After Betrayal”](#) (Podcast), *Julianne Cusick*

Marriage/Divorce/Remarriage

1. [Marriage/Divorce/Remarriage Position Paper](#), *re:generation and The Well*
2. [Created for Connection](#), *Sue Johnson*
3. [Difficult vs. Destructive Relationships](#) (Podcast), *Leslie Vernick*
4. [Five Red Flags Your Marriage is Destructive](#), *Leslie Vernick*

Masterbation

1. [Masterbation](#) (Handout), *Watermark Community Church*

Overspending

1. [Overspending](#) (Handout), *Watermark Community Church*

People-Pleasing

1. [Peoples-Pleasing](#) (Handout), *Watermark Community Church*

Pornography

1. [Pornography](#) (Handout), *Watermark Community Church*
2. [Surfing for God: Discovering the Divine Desire Beneath Sexual Struggle](#), *Michael John Cusick*
3. [Restoring the Soul: Episode 168- Surfing for God part 1](#) (Podcast), *Michael John Cusick*
4. [Freedom starts today: Overcoming Struggles and Addictions One Day at a Time](#), *John Elmore*

Pride

1. [Pride](#) (Handout), *Watermark Community Church*

Same-Sex Attraction

1. [Same-Sex Attraction](#) (Handout), *Watermark Community Church*

Self-Injury

1. [Self-Injury](#) (Handout), *Watermark Community Church*

Sexual Abuse

1. [Sexual Abuse](#) (handout), *Watermark Community Church*

Substance Abuse

1. [Substance Abuse](#) (Handout), *Watermark Community Church*

*If you want more information about the above topics, please email care@thewellcommunity.org or regeneration@thewellcommunity.org

Appendix

Care Approach Handout

- Biblical Foundation of Care
 - A command to love:
 - “A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another.” John 13:34-35
 - “Love one another with brotherly affection. Outdo one another in showing honor.” Romans 12:10
 - “Bear one another’s burdens, and so fulfill the law of Christ.” Galatians 6:2
 - A side-by-side approach
 - God uses ordinary people, ordinary circumstances, and extraordinary love to do kingdom work
 - We are not experts or professionals
 - Equals coming alongside fellow sinners, sufferers, and saints
 - All of us are both needy and needed
 - Our neediness keeps us dependent on God and qualifies us to care for others
 - Be transparent
 - Speak openly with the Lord
 - Witness God’s power at work
 - When we are needed, The Holy Spirit empowers us to move toward others as God moves toward us
 - Thoughtful conversations
 - Seeing the good and the God in others
 - Praying for and with
 - Serving with compassion
 - When helping may not be helpful
 - If care becomes enabling
 - “ Never do for someone what they can/should do for themselves”
 - Care seekers should be moving toward stability with our help but by their own active role in their life
 - If care creeps beyond your role
 - Know your role
 - Establish boundaries, even for yourself
 - Seek counsel from your ministry coordinator
 - If care requires a higher level of intervention
 - Widening the circle

- Abuse
- Suicide
- Concerns about mental health
- Disclosure of concerning circumstances

Caring as a Body Handout

Programs available at The Well:

- re:generation:
 - What is it: re:gen is a Biblical 12-step discipleship process that walks you through pain, hurt, sin and brokenness in one's life. Individuals that are walking through anxiety, eating disorders, depression, pornography, pride, sexual abuse, guilt, anger, co-dependency, same sex attraction, shame, abortion, or adultery, may find restoration and hope in re:gen. All are welcome.
 - Time & Location: Mondays, Clovis Campus 6:30PM
 - Contact: regeneration@thewellcommunity.org
 - Sign up: no sign ups are needed
 - <https://thewellcommunity.org/connect/regen-recovery>

- re|engage:
 - What is it? 15 week course for married couples. This ministry is for those needing a marriage tune up or a full marriage resurrection. re|engage is a small groups-based program that studies God's word and has helped transform hundreds of marriages.
 - Time & Location: please see the website below
 - Contact: reengage@thewellcommunity.org
 - Sign up: Online
 - <https://thewellcommunity.org/connect/reengage>

- Pastoral Team (POD)
 - What is it? Pastor of the Day to talk with folks who find themselves in immediate crisis or need someone to talk or pray with. Monday-Thursday 9:00-5:00.
 - Contact: The Well Church Office: 559-326-5100

- The Well Counseling Center:
 - What is it? Provides affordable, professional counseling to the community. Offer both Licensed Therapy from a Christian worldview and Biblical Pastoral Counseling. Started by The Well 15 years ago, but not ran by the Well.
 - Contact: 559-325-8600

- Benevolence Process:
 - What is it? Program that comes along folks that are experiencing unexpected financial hardship. One time needs based program. Application and staff approval required.
 - Contact: Care Coordinator: 559-326-5100

- Supporting Care Teams:

- Shepherds Team: Team of trained shepherds that walk with those that are experiencing loss, illness, or life crisis.
- Meals Team: Provide short term meals for those walking through life transition, illness, or loss.
- Funeral Team: Serves families on the day of a loved ones funerals.
- Prayer Team: This team prays for the church body. They have a Sunday presence and pray for the prayer requests and needs of the body throughout the week.

Helping those in Grief Handout

Comforting Others Heal in Grief

- Greatest gift is your presence – be there, initiate contact and listen. Tell them you care often.
- Ask about their loved one – Use his/her name, let them retell story of the death, memories, how they met, etc. Look at pictures together.
- Validate their loss & feelings - let them talk without giving any solutions.
- Help person embrace their pain. Listen a lot -Talk little – use few and simple words
- Don't answer "why" & searching questions, Say, "I don't know" or nothing.
- Acknowledge they're hurting – give permission to grieve and permission to be a part of living.
- Give practical help – BE SPECIFIC AND FOLLOW THROUGH "This Saturday or next we'd like to do you yard work". "I'm going to Costco tomorrow, what can I pick up for you?" "What day works this week to bring over dinner (or send dinner)?"
- Help person simplify life - help identify things he/she can give up or set aside for now.
- Mark dates on calendar: 1mo, 3mos., 6mos., 1 year, birthdays, wedding anniversary, other special dates. Call, send a card, a text, take to lunch, send a small gift
- Understand the role of "linking objects" (special objects, clothing, furniture, places, etc)
- Be personal about your own remembrances of their loved one.
- Acknowledge how difficult it must be; "I can't imagine how hard this it for you", rather than asking, " how are you doing?"
- Expect person to grieve longer than you think and in many different ways.
- Acknowledge 1 year death anniversary but don't expect grief to subside. Second year can be harder than the first.

Companioning in Grief

- Companioning is about being present to another person's pain;
It is not about taking away or relieving the pain.
- Companioning is about going to the wilderness of the soul with another human being;
It is not about thinking you are responsible for finding the way out.
- Companioning is about honoring the spirit,
It is not about focusing on the intellect.
- Companioning is about listening with the heart;
It is not about analyzing with the head.
- Companioning is about bearing witness to the struggles of others;
It is not about judging or directing these struggles.
- Companioning is about walking alongside;
It is not about leading or being led.
- Companioning is about discovering the gifts of sacred silence;
It is not about filling every painful moment with words.
- Companioning is about being still;
It is not about frantic movement forward.
- Companioning is about respecting disorder and confusion;
It is not about imposing order and logic.
- Companioning is about learning from others;
It is not about teaching them.
- Companioning is about curiosity;
It is not about expertise.
- Companioning is about going to the wilderness of the soul with another human being.
It is not about thinking you are responsible for finding the way out.

Hospital Visitation Tips Handout

- Be sure to call ahead to the hospital patient information line to find out if the patient is allowed visitors and confirm room number of the patient.
- Don't visit the hospital if you have any symptoms that could be contagious.
- Pray before leaving to make your visit.
- Wear Appropriate Clothing.
- Do follow all hospital policies and staff instructions. Most hospitals have set visiting hours, limits on the number of visitors in the room, and other rules you are expected to follow.
- Put your cell phone on silent when entering the hospital.
- You might be asked to wear a mask, a gown, and gloves, especially if you are care entering a room in which the patient is in isolation. Remember this is to protect both the patient and you.
- If the patient's door to the room is closed, knock before going in.
- Gel in and gel out after each visit.
- Introduce yourself to the patient if you don't know them.
- Always be positive, never negative. You are there to encourage the patient.
- Be a good listener, don't dominate the conversation.
- Be cautious in shaking hands with the patient.
- Don't overstay. 15 minutes is the right amount of time for a visit.
- Do not look at your watch when visiting the patient.
- If family members are present, don't interrupt their time. Be polite and brief.
- Excuse yourself the room if the doctor or provider arrives to examine or talk to the patient.
- Don't discuss what you believe to be the cause of the illness.
- Do not criticize or analyze the doctor, nurses or treatment.
- Do not ask the patient for a detail medical explanation of their illness.
- Do not suggest medicines or refer them to other Doctors or treatment.
- Don't talk about your medical problems or experiences. You are there for them.
- Don't wear perfume or cologne. A strong scent can be stomach-turning and uncomfortable to the patient's sense of smell.
- Don't bring food or drink. Patients in hospitals have their food brought to them. Sometimes, they are on a strict diet while staying in the hospital.
- Be sensitive to the patient in the next bed.
- Maintain confidentiality. Protecting the privacy of patients and the confidential information is important. Protect the patents privacy.
- Ask the patient if you can pray with them. Make it brief and quiet. Do not be demonstrative.
- After the Visit: Report back to the Care Coordinator with the results of the visit. Be clear and specific. Make sure you spell out any appropriate follow-up that is needed.

Hospice/Cancer Care Visits Handout

- Call ahead and ask, when would be a good time to visit?
- Don't visit if you have any symptoms that could be contagious.
- Pray before leaving to make your visit.
- Greet with...a gentle hug, a handshake.
- Sit, don't stand. Be at eye level with the person. Make eye contact.
- If the patient is very sick, they may not be talkative so don't be anxious.
- Prepare to listen. Let the conversation go where the patient wants it to go. Listen to their anger or fears or tears. Don't talk about death and dying at all, if that's not where they go.
- "The best medicine for someone who is dying," is to provide them with all our love and support, it's listening and respecting their feelings of sadness, fear and anger."
- It's OK to laugh. Laughter is good medicine.
- Make visits as needed or visit in other ways: by phone calls, text messages. If the person is close to dying, make visits as needed.
- Don't overstay

Questions for Cancer Patients

- Good to see you.
- Share with me how you're feeling today.
- What type of cancer were you diagnosed with?
- Tell me about your treatment process.
- When's your next treatment?
- What is your understanding of where you are and of your illness?
- What concerns do you have today?
- How can I pray for you today?
- Journal your visits with cancer patients.

Care Call Handout

- **Identify yourself, the reason for your call and ask if it's a good time.**
 - "Hi, this is _____, and I am a Care Shepherd from The Well Community Church. Is this a good time to talk?"
 - I received your information from _____, I am so sorry you are walking through, _____.
- **Collect information, hear their story, actively listen, and PRAY.**
 - "I would love to hear more about what's going on if you are comfortable sharing.
 - Thank you for sharing that with me. I am so sorry you are walking through this. (Summarize what you heard them say)
 - Is it okay if I pray for you? Is there anything you want me to specifically pray for?" (Pray for what is shared, keep it short and to the point)
- **Restate what you heard offering empathy and state next steps and what you heard might be helpful for them.**
 - "I am so sorry to hear of the passing of Joe (use names and be personal). We would love to come along side you/your family during this time."
- **Restate next steps you agreed upon.**
 - "We will go ahead and set up meals for you guys. You should be hearing from our meals coordinator, Keri in the next few days."
- **State when they can expect to hear from your next:**
 - Is it okay if I follow up with you next week?" (or whenever you plan to follow up)

Listening Handout

- Why do we listen to others?
 - James 1:9
 - Jesus as our example
 - We listen to others because God listens to us
- Our approach:
 - We walk with people not as experts but as a fellow sinner, saint, and sufferer. Our posture is that of, I see you, I am here and let's walk this out together.
 - Under-sharer/Over-sharer
 - One minute rule
 - "Listening is how we enter the world of another person". -Brad Hambrick
- Listening as a means of building relationships and caring well.
 - Draw a person out
 - Be present
 - Allow the Spirit to lead you
 - Don't try to fix someone
 - Pray
 - Follow up
- Tips for Listening in a Group Setting:
 - Listening 80% and talking 20% of the time
 - Don't interrupt
 - Don't give advice. Better to pray or ask questions.
 - How do you cut someone off kindly? Affirm and redirect approach.
- Homework: Ask someone close to you if you are a good listener.
- "When we listen well, we don't impose our assumptions, preferences, and perspective on the other person's experience." -Brad Hambrick

Your Safety Plan

Please see the pages below..

Your Safety Plan

Your safety plan should be both personal and practical. It should include ways for you to stay safe while you remain in your home, as you are planning to leave or asking your spouse to leave, and even afterward. Even if you are not ready to leave, it is essential that you plan for the possibility.

Domestic abuse is unpredictable. Because you cannot foresee how your story will play out, it is wise to plan ahead for a variety of scenarios. The following plan includes a range of steps that you can take to safeguard yourself and your children and covers different situations that may arise. As you fill out this form, check the boxes of the steps that you are willing to take.

The National Domestic Violence Hotline (1-800-799-7233) provides help for victims, their friends, and their families. Make use of their free resources for assistance with safety planning.

Safety Precautions to Take When an Argument Occurs at Home

Sometimes arguments escalate, and it is hard to predict when violence might start or reoccur. Here are some ways I will protect myself. I do not need to wait until physical violence occurs during an argument in order to take action.

- If an argument with my husband begins, I will attempt to move to a room that does not have weapons and has at least one exit—preferably two. I will avoid rooms such as the kitchen, where there are knives, and enclosed rooms such as bathrooms. Safe rooms that fit these criteria are _____ and _____.
- I will keep my purse and car keys in this location: _____ (one that allows me to grab them and go).
- If I am concerned for my safety, I can leave my home using a door or a window. My way out of my home will be _____.

- If I have to leave my home, I will go to _____
or _____.
- I will remember that I am free to call the police any time I have concerns.

Safety Precautions to Take If I Remain at Home

Here are some things I can do ahead of time to plan for my safety.

- I will keep my phone charged and accessible.
- I will make and hide a spare car key and place it in this location: _____
- I will practice using my chosen escape route.
- If my husband uses drugs or alcohol, I can _____
_____ and protect my children and myself by _____ while he is using them.
- If I sense that an argument is brewing, I can _____.
- I can tell _____ about the abuse and ask them to call the police if they overhear a fight or violence.
- I will choose _____ as a code word and will let my children, as well as trusted contacts such as _____ and _____, know that they are to call the police if I use it.

Safety Precautions to Take If There Are Children in the Home

Children are often around when abuse occurs and want to help, so I will teach them how to get help safely while staying out of harm's way. My children need to both know how to respond to abuse and also be a part of my safety plan.

- I will teach my children how to call 911 and give the dispatcher our address.
- When I teach my children how to call 911, I will explain that they might need to use the number for help in an emergency—for instance, if Mommy falls and hurts her leg.

- When violence is escalating, I will not go to where my children are.
- I will instruct my children not to get verbally or physically involved in any arguments, fights, or danger. But I will empower them to help me in other ways (such as calling 911 or getting out of harm's way).
- I will locate a safe room for my children.
- I will remind my children of the code word, _____, and teach them to call the police and to leave the house when they hear it.
- I will explain to my children that when they leave the house they should go _____ (for example, to a neighbor or the mailbox) or should call _____.
- I will help my children to practice escaping. We will identify and rehearse how to use a way out of our home, such as a door or a window. Their way out of the home will be _____.
- I will ask my children who they are comfortable talking with for support.
- I will ask my children if they are aware of the abuse.

Safety Precautions to Take When I Leave or Prepare to Leave

A victim is in the most danger when she is leaving or planning to leave—so I will need to be careful.

- If it is safe for me to do so, I will begin to gather essential items and documents (see page 316)—making copies of them if necessary—and can leave them with _____.
- I will begin to establish financial independence by opening a line of credit or a bank account by this date: ____/____.
- I will keep emergency cash or gift cards on hand and easily accessible.
- I will call the National Domestic Violence Hotline and have them review this safety plan (1-800-799-7233).

- I will keep essential numbers in my phone at all times (see the second chart below) and can give a backup list of them to _____.
- I will keep my phone charged and carry a charger with me.
- I will ask _____ if I can stay with them and leave extra belongings with them.
- I will pack an escape bag for my children and me and can keep it hidden in this location: _____.
- I will keep records of the abuse (see the DocuSAFE app at <https://www.techsafety.org/docusafe>).
- I will learn how to obtain a restraining order (see the information at <https://www.womenslaw.org/laws/general/restraining-orders>).
- If I cannot go somewhere that allows me to keep my pets, I can ask _____ to provide for them by _____.

Safety Precautions to Take When I Flee Danger

The place where I plan to flee must be safe and undisclosed.

- I will come up with a specific place where I can go.
- I will not tell people where to find me or leave any records about my location.
- I will use cash or gift cards so that my purchases cannot be tracked.
- I will get a new cell phone to be sure that I cannot be located.
- If I have obtained a restraining order, I will tell
 - my employer: _____
 - my children's school: _____
 - my friends: _____
 - my family members: _____
 - my neighbors: _____
- If the restraining order is breached, I will call
 - the police
 - my attorney
 - my support person

- I will work with someone who can help me to see if I have been monitored electronically and will take steps to ensure that I cannot be tracked, stalked, or harassed. (For tips on how to do this and on who can help, visit <https://www.techsafety.org/>.)

Safety Precautions to Take after a Separation

If I remain in my home or move to a new one, I will need to take steps to secure it.

- I will secure my home by
 - changing or fortifying the locks
 - fortifying the windows
 - buying surveillance cameras or a security system
 - adding outdoor lighting
 - other: _____
- I will tell my neighbors that my husband no longer lives at home and to contact me or the police if they see him around the house.

Technology Safety Measures

Many victims are monitored or stalked electronically, so I will take the following precautions.

- I will change my passwords and usernames.
- I will make a new email account that does not use my name.
- I will check my devices' privacy settings and confirm that other devices are not connected to mine.
- I will confirm that Bluetooth is turned off when I am not using it.
- I will make sure that there is no monitoring software on my devices.
- I will make sure that I know what each of my apps is and does.
- I will delete any apps that I do not use.
- If I think I am being monitored, I will do the safest thing and get a new device, without linking it to my old account through the cloud.
- I will limit the information that I share about myself online and on social media platforms.

Safety Precautions to Take in Public and at Work

During a separation, victims are at an increased risk of experiencing potentially life-threatening violence. I will think about other places where my abuser might try to make contact with me and will be prepared.

- I will work with _____ to think through how I can protect myself and keep my children safe during a custody exchange.
- I will let _____ at work know about my situation and will ask them to screen my calls or escort me to my car.
- I will take a new route home.
- I will change the stores that I regularly shop at (or will shop in a different town).
- If I take public transit, I can deviate from my usual commute by _____.

Steps for Caring for My Emotional and Spiritual Health

It is equally important to plan for my emotional and spiritual health. I will think through some ways that I might handle the stresses that I am continually facing.

- When I am feeling overwhelmed or down, I can _____.
- I can call _____ and _____ for support.
- I can start or continue counseling.
- I can ask God for _____.
- I can read _____.
- I can also _____.

Because many of the factors of my situation (the intensity or frequency of abuse, my living situation, my resources and support, or my children's ages) can change over time, it is good for me to revisit this plan every couple of months. I will review this plan on ____/____.

Things to Take When Fleeing Abuse

Documentation	
<p>Financial Tax documents Financial records W2s Pay stubs Working papers Bank account information</p>	<p>Medical Health insurance cards Immunization records</p>
<p>Personal Social Security cards Birth certificates Car title, registration, and insurance documents Rental agreement or house deed Custody documents School records Driver's license Passports Immigration papers Pet records</p>	<p>Related to the Abuse Journals or photo evidence of abuse Records of police reports you filed Restraining order</p>
Items	
<p>Financial Cash Prepaid credit cards (untraceable) Checks Bank or credit cards</p>	<p>Medical Medication and prescriptions for you and your children Devices such as eyeglasses or hearing aids</p>
<p>Personal Car and house keys Pet supplies Clothing Toys and books for kids Keepsakes</p>	<p>Communication-related Prepaid cell phone with new number and contract Address book and phone numbers</p>

Important Phone Numbers

Here is a place to list out important phone numbers, since you might not be able to access your phone after you leave. Please include other important types of numbers, such as those for schools, your family, and your friends.

Name/Category	Phone Number
Domestic Hotline	800-799-SAFE (7233)
Police	_____
Local Shelter	_____
State registry of protective orders	_____
Work	_____
Work supervisor	_____
Doctor	_____
Attorney	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

100+ Common Issues Sheet

Please see the page below.

100+ Common Struggles and Personal Assessment

Congratulations – just picking this up took courage. Nothing gets better unless you face it...so you've already begun the healing process. Before you read the list below, go to a quiet place, pray and ask God to help you see your struggles. Then with a pen in hand, circle the ones that apply to you. And don't worry if you circle a lot (we all can and did)...and frankly, the more honest you are with yourself and God, the healthier you will be – because healing will flow into all those areas, as God gives grace to the humble. So pray, circle your struggles & give God a year at re:gen!

- | | | |
|------------------------------------|-------------------------------------|---|
| 1. Abandonment | 43. Fear of man/others | 85. Physical abuse |
| 2. Abortion | 44. Fear of rejection | 86. Phobias |
| 3. Abused: Phys/Verb/Emot/Sexually | 45. Fear of success | 87. Pornography addiction |
| 4. Abuser: Phys/Verb/Emot/Sexually | 46. Fetishes | 88. Pride/Self Righteousness |
| 5. Acceptance/ rejection | 47. Fighting: Phys/Verb | 89. Profanity/Swearing/Cussing |
| 6. Adultery | 48. Food addiction | 90. Prostitution/Stripping |
| 7. Alcohol(ism) | 49. Gambling | 91. PTSD |
| 8. Anger/Rage/Escalation | 50. Gluttony | 92. Racism |
| 9. Anonymous sex | 51. Gossip | 93. Rage |
| 10. Anxiety | 52. Greed/Selfishness/Love of Money | 94. Rape/Rape recovery/Date rape |
| 11. Anorexia | 53. Guilt and Shame | 95. Relationship Addiction |
| 12. Approval of others addict | 54. Hatred of others/self | 96. Resentment/Bitterness |
| 13. Apathy | 55. Hoarding | 97. Same Sex Attraction,
Homosexuality |
| 14. Arrogance | 56. Hopelessness | 98. Selfishness |
| 15. Binging | 57. Idolatry/worship of created | 99. Self-Worth (too high or low) |
| 16. Bisexual | 58. Infidelity/Sexual Purity | 100. Self-sabotage |
| 17. Blasphemy | 59. Insecurity | 101. Sexual addiction/deviancy |
| 18. Boasting/Bragging | 60. Isolation/Withdraw | 102. Sexual immorality/fornication |
| 19. Body image | 61. Jealousy/Envy | 103. Shopping/Spending |
| 20. Bulimia | 62. Judgmental/Judging others | 104. Singleness |
| 21. Cheating | 63. Lack of Growth | 105. Smoking/Dipping/Vape |
| 22. Child/Minor Pornography | 64. Lack of Self Worth | 106. Social Anxiety |
| 23. Codependency | 65. Laziness | 107. Stealing/Kleptomania |
| 24. Control | 66. Loneliness | 108. Stress |
| 25. Covetousness | 67. Loss of relationship | 109. Suicidal |
| 26. Critical Spirit/Complaining | 68. Lust | 110. Trans/Gender Dysphoria |
| 27. Cruelty | 69. Lying/Deceit/Dishonesty | 111. Unforgiveness |
| 28. Cult/Satanism/Witchcraft | 70. Manipulation | 112. Vanity |
| 29. Cutting / Self-Harm | 71. Masturbation | 113. Victim mentality |
| 30. Debt | 72. Materialism | 114. Video game addiction |
| 31. Defined by my Past | 73. Mental illness | 115. Voyeurism |
| 32. Depression | 74. Mistrust of God / No Belief | 116. Workaholic |
| 33. Disobedience/Rebellion | 75. Murder/Murderous thoughts | 117. Worry |
| 34. Divorce / Separation | 76. Negativity | |
| 35. Drugs/Substance Abuse/Pills | 77. Negative Interpretation | |
| 36. Drunkenness | 78. Obsessive thoughts/OCD | |
| 37. Emotional dependency | 79. Overeating | |
| 38. Evil thoughts/actions | 80. Paranoia | |
| 39. Fantasy | 81. Passivity | |
| 40. Fear | 82. Pedophilia | |
| 41. Fear of failure | 83. People pleasing | |
| 42. Fear of intimacy | 84. Perfectionism | |

Others: _____

Be brave. God loves you. And He can change everything!

Email regeneration@thewellcommunity.org to add a struggle to this list.

Suicide and Abuse Handout

- Suicide
 - Risk Factors
 - Previous suicide attempt
 - History of depression and/or mental illnesses
 - Serious illness such as chronic pain
 - Job/financial problems or loss
 - Substance abuse
 - Social isolation
 - A loved one's suicide
 - Loss of relationship
 - Warning Signs
 - Talk
 - Despair or hopelessness
 - Being a burden
 - Unbearable pain
 - Feeling trapped
 - No reason to live
 - Wishing they were not alive
 - Mood
 - Loss of interest
 - Irritability
 - Depression
 - Rage
 - Anxiety
 - Humiliation
 - Behaviors
 - Increased use of drugs or alcohol
 - Withdrawing from activities
 - Recklessness
 - Isolating
 - Giving away prized possessions
 - Calling to say goodbye
 - What to do
 - Ask: Asking and talking about suicide may in fact reduce, rather than increase suicidal ideation.
 - Intention: “ It sounds like you are feeling pretty hopeless and that you have said that you don't want to be here anymore which really concerns me, may I ask if you are considering taking your life?”
 - Plan: “How seriously are you considering this? Do you have a plan?”
 - Current state: “Are you feeling like you want to take your life right now?”

- If yes, Call 988 on a conference call to connect them with the Suicide Helpline
 - If a person is actively attempting suicide, keep them on the phone and dial 911 on a conference call
 - If no, let them know that because you care for them you want to help them by connecting them with our Care Coordinator who would be a good resource for them
 - Be there: Increasing someone's connectedness to others and limiting their isolation has shown to be a protective factor against suicide.
 - Reassure them of the value you see in their life
 - Pray together
 - Tell them that you want them to live and ask them to commit to giving God time to work in their situation
 - Follow up: Seeing how they're doing can help increase their feelings of connectedness and support. There's evidence that even a simple form of reaching out can potentially reduce that person's risk for suicide.
 - Widen the circle: It is critical that you immediately inform your Care or Life Group Coordinator of anyone you suspect may be suicidal.
- Abuse
 - Types
 - Physical - intentionally or recklessly using physical force in a way that may result in bodily injury or physical pain. Includes actions that may lead to harm such as neglect and refusal of medical care.
 - Sexual - any sexual activity that occurs without consent. Includes unwanted sexual touching, forced oral sex, and rape, among other sexual acts.
 - Emotional - a pattern of behavior that promotes a destructive sense of fear, obligation, shame, or guilt in a victim.
 - Financial - a way of controlling a person by making them economically dependent or exploiting their resources.
 - Warning Signs
 - Bruises, fractures, broken bones, burns, other visible injuries
 - Explanations of injury that don't add up
 - Apparent fear of a particular person
 - Destruction of property
 - New or worsening anxiety
 - Limited access to personal finances
 - Limited access to medical care
 - Isolation
- What to do
 - If you suspect abuse of any kind it is imperative that you let your ministry coordinator know as soon as possible.

Theology of Suffering Handout

- **What** comes to mind regarding suffering?
- Why do you think suffering is so difficult/hard for us to comprehend? Whether in your own life or in those you walk with?
- What questions come to mind when suffering occurs?
- What passages come to mind when you think of suffering?
- **Why** Does God allow suffering?
- **Where** is God in Suffering?
- **How** do we endure suffering?
- Which attribute of God is most comforting to you in times of suffering?
- What causes you the most doubt/disillusionment in suffering?
- How does a deeper understanding of God's character and purposes change your perspective in suffering?
- What do you need to pray for in your own heart as you help others in suffering?

List of Community Resources/Organizations

- Substance Use Navigators
 - Services Available
 - Narcan
 - Medical Detox
 - Contacts
 - Joseph Pool
 - Clovis Community Medical Center
 - jpool@communitymedical.org
 - 559-387-1517 (O)
 - 559-269-4079 (C)
 - Stephanie Garcia
 - Community Regional Medical Center
 - sgarciamartinez@communitymedical.org
 - 559-459-5715 (O)
 - 559-803-0799 (C)
- My Time Recovery
 - Services Available
 - <https://www.mytimerecovery.com/>
 - General Line: 559-862-4868
 - 100% private insurance
 - Full medical detox
 - 7-10 day
 - 7-30 day residential
 - Out-patient PHP
 - 6 hrs, 5 days a week
 - Helps find sponsors
 - Events every Saturday
 - Church on Sundays (Northpointe and Via)
 - Even if they don't have a bed for someone, they can find one in 4 hours
 - Contacts
 - Jeremy
 - 559-367-4898
- Total Life Change
 - <https://www.totallifechange fresno.com>
 - General Line: (559) 475-9779
 - Outpatient
 - Detox
 - Accept Insurance
 - Contact
 - Todd Harris
 - 559-908-9229
- Suicide Hotline

- 988
- Available 24 hours a day
- Homeless
 - Poverello House
 - <https://poverellohouse.org/>
 - General Line: 559-498-6988
 - Fresno Mission
 - <https://www.fresnomission.org/>
 - General Line: 559-268-0839
 - Detox and Emergency Housing
 - Naomi's House at the Paverello House
 - <https://poverellohouse.org/what-we-do/shelter/naomis-house>
 - General Line: 559-443-1531
 - 40-bed, overnight shelter for single, homeless women
- Domestic Violence
 - Hotline
 - 800-799-7233
 - Marjaree Mason Center
 - <https://mmcenter.org/>
 - General Line: 559-237-4706
- Halfway Houses
- United Way Fresno and Madera Counties
 - <https://www.uwfm.org/211-helpline/>
 - Call 211
 - Provides community services and information on employment, healthcare, transportation, homelessness and more. 2-1-1
 - Free, confidential and available 24 hours a day, seven days a week.

Domestic Abuse Resources and List of Local Agencies

- Fresno County Social Services, Child Protection (CPS) 24 hours hotline: (559) 600-8320
 - For reporting of child or elder abuse, and information on assistance and programs for individuals and families to be “safe, self-sufficient, healthy, out of trouble at home, in school, or at work.”
 - <https://www.co.fresno.ca.us/departments/social-services/child-welfare/reporting-child-abuse>
- The Fresno Police Department Family Justice Center: 559-621-2225
 - The Fresno Police Department established the Family Justice Center concept to join agencies together at one location with one common goal—to help domestic violence victims. Six detectives and one supervisor staff the unit. The collaborating staff includes two advocates from the Marjaree Mason Center and one case manager from Child Protective Services.
 - <https://www.fresno.gov/police/crime-and-victim-resource-center/domestic-violence/>
- Fresno County Sheriff’s Office, Domestic Violence: Lt. Brandon Pursell (559) 600-8029
 - The Domestic Violence Unit consists of two Deputy Sheriff Detective's and a victim's advocate who is assigned full-time through the Marjaree Mason Center. The Domestic Violence Unit investigates various crimes involving domestic violence and domestic violence restraining orders.
<https://www.fresnosheriff.org/units/detective-bureau/domestic-violence.html>
- The Marjaree Mason Center: 24 hour crisis hotline: 559-223-HELP (4357).
 - Advocates provide confidential help to victims, family, friends, and co-workers. MMC offers counseling referrals, legal assistance, safe houses, crisis support, safety planning, education and training. For more information about confidential help call the hotline or visit www.mmcenter.org
- Fresno Council on Child Abuse Prevention: 559-268-1118
 - Coordinating community efforts to prevent and respond to child abuse and neglect in Fresno County. For information on services:
<https://fccapblog.wordpress.com>.
- Rape Counseling Services of Fresno: Hotline (24-hour): 559-222-7273
 - Providing help, hope and healing to those impacted by sexual violence and cultivate a safe, nonviolent community. <https://rcsfresno.org>
- Family Healing Center: 559-840-1012
 - FHC is non-profit organization that provides critical services to women and children who are victims/survivors of sexual and physical abuse, domestic violence, and victims who witness abuse. <http://www.fhcfresno.org>
- Fresno County Behavior Health Warm Hotline: 559-600-WARM (9276)
 - Non-emergency emotional and coping support to community members. Operators offer supportive listening, practical coping ideas, and information on how to get connected to behavioral health services in Fresno County:
<https://www.co.fresno.ca.us/departments/behavioral-health>
- National Domestic Violence Hotline 1-800-799-SAFE (7233).

- A safe place to call, without judgment. “An advocate will listen without judgment to address what is going on in a relationship. All services are free and offered 24/7.” The website also offers safety plans. <https://www.thehotline.org>

Abuse Inventory

Please see the pages below.

The following questions are based on behavior that many men have admitted to using in relationships. Please answer these questions honestly.

1. Have you ever physically harmed or physically frightened your wife? Yes
No

2. Have you ever used any of the following behaviors in your relationship?

(Circle all that apply)

- Slapped, -Punched -Grabbed her around the neck/throat -Kicked -Pushed/shoved
-Thrown something at her -Tore her clothes -Spit at her -Pulled hair -Restrained her
-Other _____

3. Have you ever frightened her by certain looks, gestures or actions? Yes No

4. Have you ever used any of the following behaviors in your relationship?

(Circle all that apply)

- Screamed at her -Broken things -Destroyed her property -Displayed weapons
-Other _____

5. Have you ever ridiculed or belittled your wife? Yes No

6. Have you ever used any of the following behaviors in your relationship?

(Circle all that apply)

- Put her down -Called her names -Humiliated her -Made her feel guilty
-Interrupted her sleeping or eating -Accused her of flirting or cheating on you
-Other _____

7. Have you been suspicious or attempted to catch your wife in the wrong? Yes No

8. Have you ever used any of the following behaviors in your relationship?

(Circle all that apply)

- Kept her from going places she chooses like work, school, seeing family, or friends.

-Opened her mail -Listened to her phone conversations -Followed her around _____
-Questioned her about her whereabouts -Other _____

9. Have you ever been accused of abusive behavior? Yes No

10. How have you responded to these accusations?

(Circle all that apply)

-Made light of abuse -Said it was her fault -Said it didn't happen
-Blamed someone or something else -Admitted it. "I have been abusive."
-Other _____

11. Do you have any children? Yes No

12. Have you ever used any of the following behaviors in your relationship?

(Circle all that apply)

-Told children she is not a good mother -Threatened to take away the children
-Used children to deliver messages -Used visitation to harass her
-Other _____

13. Have you ever "taken advantage" of your wife? Yes No

14. Have you ever used any of the following behaviors in your relationship?

(Circle all that apply)

-Treated her like servant -Acted like the "master of the castle" -Told her what her role/job is
-Not done fair share of housework -Made household rules without her input
-Expected her to be sexual whenever you want -Other _____

15. Have you ever used money or finances to control or pressure your wife? Yes No

16. Have you ever used any of the following behaviors in your relationship?

(Circle all that apply)

-Prevented her from working outside the home

-Made her ask for money

-Withheld information about the family income

-Kept the checkbook from her

-Made major financial decisions without her input

-Not paid child support

-Other _____

17. Have you ever made threats to your wife?

Yes

No

18. Have you ever used any of the following behaviors in your relationship?

(Circle all the apply)

-Threatened to harm her

-Tried to get her to drop charges or DVP

-Threatened to harm her family or friends

-Made her do something illegal

19. Have you ever used the Scripture to support any of these behaviors?

Yes

No

20. Have you ever quoted Bible verses or used Christian concepts to...

(Circle all that apply)

-Establish your "headship"

-Demand her submission

-Require she forgive you

-Excuse your behavior
or Hell

-Make her feel guilty

-Threaten her with God's judgment

-Other _____

5 Mistakes to Avoid When Counseling the Sexually Abused

When individuals tell you, Pastor, that they were sexually abused or raped, often those victims are terrified, full of shame, and sure that you are going to think less of them. However, they have also given you great honor and privilege because they have decided that you may be a safe person in their most unsafe place.

But ministering to men and women who are victims of sexual abuse can be tricky; there are several common mistakes that pastors make. By being aware of these pitfalls, you can be better prepared the next time an incident arises within your church.

- Mistake #1: Failing to understand the weight of what they are telling you:
 - First and foremost, we need to recognize the experience of victims of sexual abuse and recognize their courage in sharing about their experiences. To do so, we should be gathering information. What do they mean by “sexual abuse”? Was it one time or ongoing? For adults who share that they were sexually abused as a child, it may be that over the course of a decade or more, they were victims of that abuse. Or, it may have been a one-time occurrence. In gathering information, we are understanding the weight of what they have been through and can be better prepared to minister to them.
- Mistake #2: Assuming they are safe
 - Many times, we make the assumption that because sexual abuse happened when someone was a child, it no longer happens to that person as an adult, or we assume that it will never happen again. But these are wrong assumptions. Just because people are “adults,” that doesn’t mean they are safe where they are.
 - Pastors should be asking questions about their current safety, such as, “Are you safe where you are now, and if not, can I help you find a safe place?” You should ask these questions regardless of their age.
 - As an example, a twenty-year-old may share that an uncle used to abuse her, and now he is coming to visit for the weekend. That should be a red flag for us; it may be that this young woman does not have the strength to keep the abuse from happening again. Because of this, we may need to find a place for her to stay, or we may need to call the police to help keep her safe. We cannot assume that abuse has ended or that she is strong enough to keep it from happening again.
- Mistake #3: Underreacting
 - A third mistake that pastors may make is underreacting to hearing about sexual abuse. This presents itself primarily in two ways. First, a pastor or church may fail to report the abuse. By law, in all fifty states, we are required to report the abuse of a minor. It is a felony to fail to report any instance of child abuse that we hear about. Sometimes, this is passed off as wanting to gather more information. However, we are not forensic investigators. Even with forty years of experience in

- counseling the sexually abused, I am still not the expert in that area. Our duty is to report and to let the forensic investigators take it from there.
- The other way that pastors and churches frequently underreact is that they try to cover up the abuse. Perhaps the accused abuser is a church member or a friend. I have seen churches try to cover up for those accused, either to protect their reputation or out of pure disbelief. However, covering up abuse is a felony as well.
 - **Mistake #4: Failing to be the church**
 - A fourth common mistake pastors and churches make when ministering to victims of sexual abuse is simply failing to be the church to them. The role of the church is to care for the brokenhearted, to listen well, bear witness, and walk alongside them. But sometimes I see churches fail in these things. It is also the role of the church to demonstrate healthy relationships, which may mean engaging mentors or people who can demonstrate what it means to love one another properly.
 - The role of the church is to care for the brokenhearted, to listen well, bear witness, and walk alongside them.
 - As an example, when I work with a woman who has experienced a severe trauma like sexual abuse, it may be that she's never known what a safe or healthy relationship looks like. With her permission, I have oftentimes had women close to her come meet with me. I give them resources to read, and I talk about what it might look like to be helpful to the victim on a practical, day-to-day level. This may mean having dinner in their homes and seeing how family members are supposed to treat one another. Or it may be demonstrating how to show respect to one's spouse. There are all sorts of things that a victim of sexual abuse, especially ongoing abuse, may have never been exposed to that church members close to them can help with.
 - **Mistake #5: Forgetting to lament**
 - Finally, one of the other vital functions of the church, and one that I think we've forgotten, is the art of lamenting. People who have suffered severe trauma, such as sexual abuse, need to lament. Often, I will send them to the Psalms or to the Prophets, but I help them find words from Scripture to express their pain, their fear, their doubts, and sometimes even their anger at God. We see often in Scripture where the psalmist or the prophets call out to God, "Where are you?" or "Why don't you hear me?"
 - As the church, we need to come alongside those victims and help them find those words. But we also need to be saying those words with them. We need to lament with them, to weep with those who weep. We need to be like the friends of Job in Job 2: "Now when Job's three friends heard of all this evil that had come upon him, they came each from his own place.... They made an appointment together to come to show him sympathy and comfort him. And when they saw him from a distance, they did not recognize him. And they raised their voices and wept, and they tore their robes and sprinkled dust on their heads toward heaven. And they sat with him on the ground seven days and seven nights, and no one

spoke a word to him, for they saw that his suffering was very great” (ESV). We need to be like these friends, weeping and crying out to the Lord on their behalf.

- As pastors and churches seek to minister to victims of sexual abuse, they should recognize the gravity of what is being shared with them. In doing so, they can walk alongside them and lament with the victims. While that may also mean reporting cases of abuse, as required by law, supporting victims of sexual abuse demonstrates Christlike love toward them and ultimately leads to their healing.

21 Sentences Not to Say a Sexual Abuse Survivor

Please see the pages below.

21 sentences NOT to say to a SEXUAL ABUSE SURVIVOR

by Mary E. DeMuth

<http://www.marydemuth.com>

<http://www.notmarked.com>

As a sexual abuse survivor, I've heard my share of insensitive comments. I've also talked to enough victims to be able to gather some of the most damaging words here—all for the sake of those who truly, truly want to be loving, sensitive and helpful.

My intention in writing these is not to shame those who want to help, or make them walk on eggshells. Instead it's to help friends and family members of victims best love and understand the sexual abuse recovery journey.

One. That was so long ago, why can't you just get over it?

In this case, I simply ask, "How long did it take you to 'get over' the death of a loved one?" Sexual abuse involves grief—the loss of innocence, the shame of sexual violation, the removing of living life free. I'm not sure we ever "get over it." We grow. We heal. We process. But there will always be that grief.

Two. Are you sure it happened?

Telling is the hardest thing to do for a sexual abuse victim. While there are people who make up stories, err on the side of belief. Believe me, none of us wish we had this terrible story to tell. And yes, we're sure it happened.

Three. If you talk about it so much, you'll never heal.

Processing is important. There will be times when a victim spends a lot of time talking. This is part of the process. It won't always be so. Offer your understanding. Listen. Ask questions. Making snap judgments about someone's healing journey and how long it "should" take only makes them want to quit.

Four. You know that song, "What doesn't kill you makes you stronger."

Or it makes you weaker, jumpy, more fearful, less trusting.

Five. I could never go through what you went through.

What this communicates is that, in a way, you're glad it didn't happen to you. Which is completely natural to feel. But it also makes us feel like we're marked somehow, and we're left with the very real truth that it did happen to us.

Six. That perpetrator must live with such awful regret.

Maybe. Maybe not. Sociopaths and psychopaths don't process regret or shame like others. They tend to blame society, their upbringing, and even the victim for their violations. A sexual predator is redeemable, but their pathway to health is long and excruciating. One article that truly helped me understand how many predators process "getting caught" was a recent one by Boz Tchividjian.

<http://boz.religionnews.com/2014/01/21/caught-tape-5-common-responses-sex-offenders-church/>

Seven. That's how men act. It's normal.

This is one of the most demeaning things anyone can say about a man. Men aren't enslaved to sexual desire unless they choose to be. Men can act nobly, honoring the women in their lives. They will not die without sexual release.

Eight. So and so forgave her abuser; it was easy.

While forgiveness is an important part of the healing process, it is not simple or easy. And it can take years to get to a place where you choose to forgive. Telling us how easy it was for someone else makes us feel like the path of healing we're on is the wrong one.

Nine. It's just sex.

Unwanted sexual touch is violation. It's not just sex. That's why there's a difference between consensual and non-consensual sex. One is an act of choice and love. The other is predatory and criminal.

Ten. But was it full sexual abuse? He just leered? That's it?

Dan Allender in his book *The Wounded Heart* shares that healing from sexual abuse is difficult no matter what form it takes. Don't minimize someone's journey just because it doesn't fit with your idea of violation.

Eleven. Was the perpetrator drunk? Were you?

The fact is this: one person chose to violate the will and dishonor the NO of another. This is a criminal act, regardless of the state of inebriation. If someone murdered another while drunk, that state of drunkenness does not excuse the crime.

Twelve. Well, what were you wearing?

Sexual predators prey on people, regardless of what they are wearing. I have not had this question leveled at me because it would be ridiculous. I was five years old when I was assaulted. I wore a kindergartener's dress, corduroy, with pants underneath and patent leather shoes.

Thirteen. Did you flirt? What did you expect?

Flirting is different than asking to be violated. In the case of date rape, it makes sense that flirting went on because it was a DATE. But a date is not a precursor to unwanted sexual touch.

Fourteen. Why didn't you tell me before?

This is not about you. It's about the victim. Don't place a guilt trip on someone if it's taken her a long time to tell you. Telling is a HUGE risk. Many people are violated a second time because the people they tell don't believe them, blame them, or flat out walk away.

Fifteen. Hmmm, but you look normal.

Looks can be deceiving. Inside the mind of a sexual abuse victim is all sorts of chaos, shame and worry that the secret will define them the rest of their lives. We may look "normal," but we struggle to heal, to believe we are worthy to take up space on this earth.

Sixteen. Just stop thinking about it.

Flashbacks and triggers happen when we least expect it. Many victims suffer from PTSD and cannot control the sudden thoughts that invade.

Seventeen. It could have been worse. (Insert worse sexual abuse story here).

This is not helpful. Everyone has a unique story, and no matter what level the sexual abuse, it is very real and hurtful to each individual. Don't minimize one person's story by sharing another.

Eighteen. Oh, I understand totally. (No, you don't).

Unless you've walked the sexual abuse path, don't say this. And even if you have, no two people will process their abuse or heal in the same way.

Nineteen. You sure you didn't make this up to get attention?

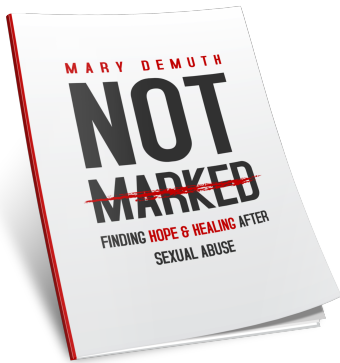
This is demeaning and utterly dismissive. Err on the side of belief and empathy rather than misinformed judgment.

Twenty. Well, why didn't you (insert thing you should have done here)?

No one can walk in the abuse victim's shoes. No one knows exactly what could or could not have been done. Looking back, I did everything I knew how to escape those neighborhood teens who sexually assaulted me for a year. Some of those things worked; most didn't. And in the middle of violation, most victims are so typically shocked and taken off guard that there's really no way to have a "right" reaction. Besides, the abuse happened, and saying there had been a way for the victim to escape is just heaping further shame.

Twenty-One. This was part of God's plan, so you'll have to make your peace with it.

I don't even know how to respond to this. I have a strong belief in the sovereignty of God, but I must be honest: I still wrestle with why He didn't protect me as a small child. I know as a parent, that if I knew my child was being exploited, I would have stepped in. So I still wrestle with God's ways, and I think I always will. I still love Him. I'm utterly grateful for the healing He has wrought. But I don't really understand why I wasn't protected.



About this Article & Not Marked

I've shared my sexual abuse story in the last few years <http://www.marydemuth.com/how-do-you-forgive-a-sexual-abuser-by-writing-a-letter> but I haven't always been so open. Initially I kept it silent for a decade, then over-shared, then went silent another decade. The healing journey hasn't been easy, but it has been good.

About a year ago, I sensed God wanted me to be bold in sharing about sexual abuse. I wrote this post: <http://deeperstory.com/the-sexy-wife-i-cant-be/> on Deeper Story, which went crazy (so many comments), followed by <http://www.christianitytoday.com/women/2013/april/im-sick-of-hearing-about-your-smoking-hot-wife.html> on Christianity Today. The overwhelming response to those two posts prompted me to write Not Marked: Finding Hope and Healing after Sexual Abuse. <http://amzn.to/1kVasi>

The book proved too risky for publishers, so I decided to crowdfund it. <http://www.indiegogo.com/projects/not-marked#share> This turned out to be an amazing success. I cannot believe that now I can hold Not Marked in my hands, and also offer it to you.

What's unique about Not Marked:

- It's written from the perspective of a survivor.
- It doesn't offer simple answers.
- It's honest.
- And my husband shared his unique journey of how to walk a loved one through their sexual abuse.

Marriage/Divorce/Remarriage Position Paper



Processing Marriage, Divorce & Remarriage and *re:generation* Leadership Roles

When sin breaks apart a marriage, the deepest of human relationships, it has a profound impact on our lives. The topics of marriage, divorce and remarriage can be a source of great pain and difficulty. Because God cares deeply about the hurt caused by broken marriages, he has a lot to say about marriage, divorce and remarriage (MDR). God wants to heal broken lives and reconcile us to Himself so that we may walk in His will and experience His best in every circumstance. Our desire in addressing MDR is to help you navigate these difficult issues in light of God's Word, so that the past can be healed, the present can be clear and the future can be full of life and peace, as you walk in God's will.

We know that as a *re:generation* leader, it is your desire to live in God's will as you love and care for others. The goal of this document is to help you process MDR biblically with the Lord and with those in your life, and to equip you to lead others through this process. This document will help you:

- Study Scriptures about Marriage, Divorce and Remarriage (MDR) individually with the Lord and your community, considering input from Church Leadership.
- With community, evaluate your experience of marriage, divorce or remarriage (or the experience of someone who you are dating with divorce in his or her background) along with your present circumstances in light of the biblical call towards reconciliation.
- Land in a place of conviction about your situation according to the Scriptures.
- Discern the best place to serve Christ during this season of life.

Included in this document are:

- Questions to help you biblically process the steps above
- The Well's Pastoral Statement on MDR
- MDR and Re:generation Leadership Considerations

After you've prayerfully processed MDR with God's Word, input from church leadership and your community, we would love to talk and pray with you about what God has shown you and help guide you in next steps in regards to relationships and ministry.

We love you and are praying with you.
The *re:generation* team

**A GUIDE TO PROCESS MARRIAGE, DIVORCE AND REMARRIAGE AND RE:GEN
LEADERSHIP ROLES**

- Study Scriptures about Marriage, Divorce and Remarriage (MDR) individually with the Lord and your community group, and consider input from Church Leadership.
 - Review The Well's Pastoral Statement on MDR at <https://thewellcommunity.org/about/position-papers/marriage-divorce-remarriage>
 - What is your understanding of how/why the elders came to their position related to remarriage? Do you have questions or areas of uncertainty that you would like to discuss about The Well's position or how The Well arrived at its position?
 - [What is your belief of what the Scripture teaches about marriage, divorce and remarriage?](#)

- Evaluate your story of marriage, divorce or remarriage (or if dating someone with divorce in their background). Study the reconciliation process and circumstances with your community.
 - Have there been steps of forgiveness, amends and reconciliation with the ex-spouse?
 - Is there any lingering resentment or bitterness that has not been dealt with?
 - Are there any unmade amends for your sin or contribution to the separation that still needs to be owned before God, the ex-spouse, or others?
 - If it were safe, is there any reconciliation that you would not be willing to pursue?
 - Are there reasons you believe you should not remain open to reconciliation with your ex-spouse?
 - How can we help you take steps of forgiveness, amends and reconciliation?
 - What "2%" do you struggle with being willing to do if a door of reconciliation were to open (i.e., I would not want to adopt the children as the result of the affair of my ex-spouse)?
 - Is there any dream that you may be holding too tightly (i.e. to be remarried, to be remarried to your ex-spouse, sexual intimacy)?
 - Is there anything unknown about your ex-spouse's situation that might help you more clearly understand God's call for you to be reconciled or your freedom pursue a different relationship (i.e., is he or she remarried? Is he or she a Christian? Is he or she still living?)?
 - How can we help you get this information and/or take appropriate next steps?

- Land in a place of conviction according to the Scriptures about your situation.
 - Applying Scripture and the counsel of the Body of Christ to your situation, what does obedience and your freedom (or lack of freedom) look like going forward in regards to waiting on God, pursuing marital reconciliation, remaining single or freedom to date/remarry?

- If you believe your divorce had biblical grounds, what passages/Scripture and circumstances inform this?
 - If you believe you are free to remarry or date someone who has been divorced, what passages/Scripture and circumstances inform this?
Are you able to live this out being “fully convinced in your own mind,” that this is God’s will for you? (Romans 14:5)
 - Does your community group agree or disagree with you? Why?
 - What questions do you still have?
- Discern the best place of service to Christ in this season.
 - Review *Marriage, Divorce and Remarriage at The Well and re:generation* practice document.
 - How would you live out your conviction and communicate The Well’s conviction about marriage, divorce and remarriage before others?
 - How could the practice of your conviction potentially effect (positively or negatively) participants who are struggling, weak in faith and weak in their understanding of scripture (i.e., in the process of divorce, in an affair, or desiring remarriage when their spouse is still available for reconciliation)? (Romans 14:13-23, Philippians 2:3-5)
 - Based upon these answers where is the best place for you to serve in *re:generation* during this season? Why?



THE WELL

MARRIAGE, DIVORCE & REMARRIAGE

The following represents the Biblical position of “Marriage, Divorce, and Remarriage in the life of The Well Community Church” and should be used to guide those involved in the upholding of this sacred institution. This statement of Marriage, Divorce, and Remarriage is the result of prayerful consideration by the Elders and Staff of The Well Community Church and is intended to present a Biblical view of the issues involved.

Statistically speaking, marriage is in a state of disorder, and the unfortunate reality is that faith in Christ seems to have little impact on the divorce rate. The Elders and Staff of The Well Community Church affirm the sanctity of marriage and desire to prepare those looking to enter into the marriage covenant, as well as encourage those who have already been joined together.

The Well also recognizes the reality of brokenness that already exists within the church. Divorce is a painful process that affects those involved very deeply. These experiences will shape the lives of all whom they influence. This statement is not meant to condemn or judge those who have already walked through the pain of divorce, or to speak into these past issues if already remarried. Our aim is to strengthen the marriages that exist within The Well and help every marriage avoid the pain of divorce.

This statement is necessary for several reasons:

- People who come to The Well want to know where we stand on these issues.
- Marriage is in a state of confusion that needs to be clarified.
- Divorce involves sin that is destructive to the marriage, the children, the family, and the web of relationships surrounding the couple.
- Marriage is a unique representation of God’s relationship to His people, and the family serves as the foundation of spiritual formation. Therefore, marriage and the health of the family should be preserved and protected.
- The depth of pain of divorce and the ongoing consequences are severe enough to deserve the utmost attention.
- Divorce has reached epidemic proportions in our culture to the extent that even secular sources are reaching for answers.

WHAT ABOUT MARRIAGE?

- God designed marriage as a lifelong covenant relationship¹ between a man and woman² for the purposes of mutual companionship³, bearing children⁴, marital satisfaction⁵, relational oneness, and to display the nature of the relationship between

God and his people.⁶ In marriage, one is “leaving” primary bonds of mother and father and permanently “cleaving” to a husband or wife.⁷ Marriage is therefore solely a union of man and woman in an enduring bond of commitment and fidelity. Marriage is enacted by a vow to this effect and its consummation, sexual union; in this way God makes the couple “one flesh.”⁸ Every marriage is permanently binding under God’s authority.⁹

- Marriage is not a human institution, but a divine one, initiated by God at creation and deemed good by Him along with all of God's creation.¹⁰
- God's perfect plan for marriage is that it be a lifelong pursuit of intimacy between a man and a woman and that it never be ended by anything but death.¹¹ He desires that two people would not merely live together, but that they would pursue oneness within their marriage relationship. Being in an estranged marriage and ignoring this call to oneness and love is also a violation of His intention for marriage.¹²
- Marriage is an illustration of the covenant relationship between God and believers. Where Christ is the head of His bride the church, husbands are to follow His example in His sacrificial love for His bride. Where the church is to lovingly submit to the authority of Christ as the head, wives are to lovingly submit to the authority of their husband, which has been established by God.¹³

WHO IS QUALIFIED TO MARRY?

- Scripture is clear that the marriage of a believer and a un-believer is considered sin.¹⁴ The marriage of two unbelievers is permissible.
- Pre-marital counseling is required before a wedding can be performed.
- For the follower of Christ, premarital sex is a presumptuous sin and is incompatible with Christian marriage preparation and sexual purity.¹⁵ Before a marriage can be performed in this case, repentance and abstinence will be expected. There is no biblical basis to regard premarital sex and/or pregnancy as grounds for marriage. In these cases, repentance, accountability, and discipleship are necessary before marriage.¹⁶
- For the follower of Christ, cohabitation is also considered sin because it is an arrangement that is not above reproach.¹⁷ Unrelated men and women are not permitted to live in the same dwelling, even in the case of “platonic” relationships or for financial convenience.¹⁸

WHAT ABOUT DIVORCE?

- Because of the sinful nature of this world and the hardness of the human heart¹⁹, God tolerates divorce in three cases. This allowance is never to be confused with His preference. These are not Biblical commandments. Divorce should always be viewed as the last step in lovingly disciplining a rebellious and unrepentant spouse. It should be noted that the biblical toleration of divorce does not necessarily answer the question of God’s position on remarriage after divorce takes place. God tolerates divorce in the cases of:
 - **Adultery**²⁰ - Where there has been sexual immorality.
 - Note: Certain gross sexual sins such as pornography and other sexual addiction issues may at times be considered adultery. In cases where the offending spouse is in habitual, repeated, and unrepentant sin, there are grounds for divorce.
 - **Abandonment**²¹ - Where an unbelieving spouse has deserted a believing spouse.
 - Note: This must be the choice of the unbeliever and not by the initiative of the believer.

- **Abuse²²** - Where there is danger to the spouse or children due to physical or sexual abuse, separation may be advisable. Should the offending party remain unrepentant in this sin, divorce may be the end result of this separation.
- “Irreconcilable differences,” “Incompatibility,” “falling out of love,” “being unhappy,” or “things not working out,” are never grounds for a Christian to divorce.
- Openness to reconciliation is always preferred to divorce.²³ In the case of adultery, abandonment, or abuse, the offended spouse and the community of faith should pursue the unrepentant spouse in accordance with the scriptures.²⁴
- In the case of an unrepentant spouse²⁵, the scriptures instruct us to treat them as an unbeliever, and love them back to obedience and repentance.²⁶
- While reconciliation is always God’s best and preference, divorce is tolerated for the biblical reasons of adultery, abandonment, and abuse (see section 3.1). Divorce is not required or automatic. God’s own relationship with
 - His people, Israel, is described as a husband-wife relationship in which Israel is constantly unfaithful to her husband, the Lord God. There is a frequent reminder that it is within God’s right to “divorce” Israel, yet ultimately He will be reconciled to her.²⁷ Also, Hosea’s marriage to Gomer is an example of an unfaithful wife being restored. This is a startling highlight of God’s plan, because restoration in the case of adultery is beyond normal expectation.²⁸
- It is true that God hates divorce.²⁹ It is not true that God hates the divorced person. He hates divorce, not only because it distorts the picture of His unending love for His bride, but He also hates divorce because it is devastating to children, society, and the individuals themselves.

REMARRIAGE

- As followers of Jesus Christ, we have been called to a “ministry of reconciliation,”³⁰ calling all people to be reconciled to God. Though consistently unfaithful to our Creator, our Bridegroom has faithfully pursued all people that they might be reconciled to Him. As those who have been reconciled, believers have been given this message and this ministry to call unfaithful lovers back to a reconciled relationship with God. A believer who is divorced has this unique ministry with their former spouse, and should view the issue of remarriage in light of this higher calling.
- Remarriage is permitted when the former spouse is deceased.³¹
- The remarriage of one’s divorced spouse may be viewed as severing the former marriage so that the unmarried spouse may be free to remarry a believer.³²
 - Note: Recognizing the honest and devout differences of conviction in the church, those of us with a more limiting standard for remarriage consent at this point not to make them normative for the whole body. Others of us, who regard section 4.3 as fully Biblical, respect those among us with a more limiting interpretation and do not require universal compliance on this issue. Instead, we defer to the greater call for unity regarding areas that are clearer in scripture and would expect each individual to function according to personal conviction and conscience in this regard.
- Where the former spouse has not remarried, absolute dogma is more difficult to establish in the Scriptures regarding remarriage. Though reconciliation or remaining single is always preferable, there is flexibility given to those who have been divorced for the Biblical reasons of adultery, abandonment, or abuse. These individuals may remarry.

- Note: Remarriage after a divorced spouse marries again (see section 5.1) at least has in its favor that reconciliation was decisively cut off before. However, while the spouse is still unmarried and alive, reconciliation is still Biblically possible, and preferable. This makes it very difficult, and raises great concern that counsel would be given that would condone a step that decisively ends what God meant to be permanent and which could yet be potentially restored (1 Corinthians 7:10-11). Others believe that 1 Corinthians 7:15 ("Yet if the unbelieving one leaves, let him leave; the brother or the sister is not under bondage in such cases, but God has called us to peace.") gives freedom to a Christian to remarry if abandoned. Since it cannot be absolutely established that this position is incorrect, we extend grace to those who hold this position even as those who hold to it should see the basis for and extend grace to those who hold to the other position. It should be noted that in either case, all agree that every effort should be made at reconciliation and much time and counsel given before any new relationship should be considered.
- It must be stated that forgiveness and total restoration of fellowship with the Lord and the church are always available to the genuine believer upon repentance.³³ For those who abandon a spouse or commit adultery as a believer, this forgiveness does not bring permission to remarry as long as the offended spouse is living, or when reconciliation is still possible.³⁴

WHAT ABOUT REMARRYING A PREVIOUS SPOUSE?

- If one is divorced and a later marriage ends in death or divorce, an individual is not permitted to remarry any previous spouse.³⁵

WHAT ABOUT DIVORCE BEFORE COMING TO KNOW CHRIST?

- Where divorce has occurred prior to conversion, the new believer should take responsibility for their part in the dissolution of the marriage and seek forgiveness and reconciliation in accordance with the warnings and admonitions given in Scripture.³⁶
- Remarriage is also possible where divorce has occurred before Christian conversion.³⁷ However, if the new believer is guilty of pre-conversion adultery or desertion, and the abandoned spouse is still unmarried and desires reconciliation, it is necessary for conversion to lead to reconciliation of that marriage. Therefore, if possible, a reasonable attempt at reconciliation should be made. If unsuccessful, the new believer is permitted to remarry.

WHAT ABOUT DIVORCE BEFORE ATTENDING THE WELL?

- If an individual was divorced prior to attending The Well, a conversation with an Elder of The Well or member of our pastoral staff is necessary for mutual understanding of those circumstances. Guidance will be given based on a former church's determination if it was of similar orientation, or in the absence of an evangelical church, based on what a biblical church would have determined with the information currently available. If those circumstances are in doubt, remarriage may not be supported.³⁸

WHEN MUST THE CHURCH BE INVOLVED?

- In the case of a failing marriage between two professing Christians where a husband or wife is involved in adultery, abuse, or has perhaps abandoned the marriage, the biblical process according to Matthew 18:15-20 is as follows:

- Private confrontation in which the offending spouse is confronted by his or her own husband or wife.
- If the offending spouse will not listen, repent, and be reconciled in the marriage, the one seeking reconciliation should bring one or two others from the church to confront them.
- If the resistant spouse still will not listen, the problem must be submitted to church pastors and elders who will confront the offending spouse and restore the marriage, or determine an adamant refusal to be reconciled. Such a refusal demonstrates a lack of repentance and faith. The church must regard the unrepentant man or woman “as a Gentile and a tax-gatherer,” meaning a nonbeliever, since he or she has disregarded the marriage vow and shown contempt for the church.³⁹
- After reasonable attempts to reconcile an individual to the church and to the marriage, the believer who has been unjustly abandoned must then be regarded as “not under bondage” to the unrepentant spouse, since this offending spouse is now regarded as a non-believer who has deserted the marriage.⁴⁰
 - Note 1: Where the church Elders have determined biblical grounds for divorce (see section 7.1.3), there is no necessary waiting period imposed upon the offended spouse; they are free to “let him/her leave.”⁴¹
 - Note 2: Where proper grounds for divorce have been established, the matter of who “files for divorce” is irrelevant.
- If during this process, in the case of desertion, the offending man or woman responds, thus showing evidence of repentance and faith, the church and the spouse are obligated to forgive and work to fully restore the marriage.⁴² Church discipleship and counseling are strongly recommended. However, in the case of adultery, the sin itself destroys the marital bond and constitutes desertion. God likens adultery to marrying another.⁴³ Therefore, the offended spouse is not under obligation to reconcile in this case, however reconciliation is preferred.

FOOTNOTES

^[1] [1 Corinthians 7:39](#); [Malachi 2:14](#)

^[2] [Genesis 2:7;18-25](#)

^[3] [Genesis 2:18](#)

^[4] [Genesis 1:28](#)

^[5] [Proverbs 5:18-19](#); [1 Corinthians 7:2-5](#)

^[6] [Ephesians 5:22-33](#)

^[7] [Genesis 2:24](#); [Matthew 19:5-6](#)

^[8] [Genesis 2:18-24](#); [Matthew 19:5-6](#)

^[9] [Matthew 19:6](#)

^[10] [Genesis 2:18-24](#)

- ^[11] Genesis 2:24; Matthew 19:5-6
- ^[12] Ephesians 5:22-31; 1 Peter 3:1-7
- ^[13] ibidem
- ^[14] 2 Corinthians 6:14
- ^[15] 1 Corinthians 6:18; 1 Thessalonians 4:3-8; Hebrews 13:4
- ^[16] 2 Corinthians 2:5-8; 1 John 1:9; 2:1
- ^[17] Ephesians 5:3; Philippians 2:14-16; 1 Timothy 5:2
- ^[18] Philippians 2:14-15; Ephesians 5:3
- ^[19] Matthew 19:8
- ^[20] Exodus 20:14; Matthew 19:9
- ^[21] 1 Corinthians 7:12-16
- ^[22] Malachi 2:16
- ^[23] 1 Corinthians 7:10-11
- ^[24] Matthew 18:15-17; Ephesians 4:32, Galatians 6:1-2
- ^[25] Matthew 18:17
- ^[26] 1 Peter 3:1-2; 1 Corinthians 7:12-16; Galatians 6:1; Matthew 7:3-5
- ^[27] Isaiah 50:1; 54:6-7; Jeremiah 3:8
- ^[28] Hosea 1:2; 3:1-3
- ^[29] Malachi 2:15-16
- ^[30] 2 Corinthians 5:16- 20
- ^[31] Romans 7:2-3; 1 Corinthians 7:39
- ^[32] Deuteronomy 24:1-4; Matthew 19:9; Romans 7:2-3; 1 Corinthians 7:39
- ^[33] 2 Corinthians 2:5-8; 1 John 1:9; 2:1
- ^[34] 1 Corinthians 7:10-11; Romans 7:2-3
- ^[35] Deuteronomy 24:1-4
- ^[36] 1 Corinthians 7:11; James 5:16
- ^[37] 2 Corinthians 5:17; Romans 6:4-7
- ^[38] Hebrews 13:17; 1 Peter 5:1-3
- ^[39] 1 Corinthians 5:1-5, 9-13 and section 3.4
- ^[40] 1 Corinthians 7:15
- ^[41] ibidem
- ^[42] 2 Corinthians 2:5-11; Matthew 6:14; 18:21-35; Mark 11:25; Luke 17:3; Ephesians 4:32
- ^[43] 1 Corinthians 6:16