

## No Excuse for Abuse in the Family

**Text Idea:** When anger is not managed properly it leads to abuse.

**Homiletical Idea:** God can help us to overcome abusive methods of communication, but we must make a decision on His side.

**Purpose Statement:** Lay hold of trust in God, exercise, proper diet, and professional help to overcome anger. To avoid abuse break the silence and report.

### Introduction:

1. We will look at the destructive nature of violence and abuse in the family. We also will see some practical things to overcome domestic abuse so we can experience God's ideal for the family.
2. Abuse is the cause of destruction of millions of families every year.

"Families are being torn apart by senseless violence right in their own homes, as **many people choose violence as the primary means of communicating** with each other. The impact of these **choices** is incredibly far-reaching and very destructive to individuals of every age, and also to their families." Willie & Elaine Oliver, *Hope for Today's Families*, p. 63

### Body:

#### 1. What is 'domestic violence'?

- a. It is important to define what domestic abuse or violence is because some people are not aware that they can be a domestic abuser or that they are being abused.

"In domestic violence, there is always **misuse of power**. Domestic violence is **characterized by fear, control, and harm**. One person in the relationship used **coercion or force to control the other person** or other family members." Willie & Elaine Oliver, *Hope for Today's Families*, p. 66, 67

- b. We can name at least 5 forms of domestic abuse:

"Domestic violence includes **physical abuse**, **sexual abuse**, and **emotional abuse**. [...] Each one is destructive." Willie & Elaine Oliver, *Hope for Today's Families*, p. 65

#### i. Physical abuse

"Physical abuse may include behaviors such as pushing and kicking, and it can escalate into more harmful attacks. While it can start with minor bruising, it could end in murder." Willie & Elaine Oliver, *Hope for Today's Families*, p. 65

#### ii. Sexual abuse

“Sexual abuse can include inappropriate touching and verbal remarks. Rape, molestation, and incest are also included in this category.” Willie & Elaine Oliver, *Hope for Today's Families*, p. 65

iii. Emotional abuse

“Emotional abuse includes behaviors that consistently degrade or belittle the individual. It can include verbal threats, episodes of rage, obscene language, demands for perfection, and invalidation of character and person. Extreme possessiveness, isolation, and depriving someone of economic resources are all psychologically and emotionally abusive.” Willie & Elaine Oliver, *Hope for Today's Families*, p. 65

iv. Neglect

“In the case of the elderly and children, it may also include severe neglect.” Willie & Elaine Oliver, *Hope for Today's Families*, p. 65

v. **Breaking things in the home** as the means of manipulation

**2. Abuse is the enemy's method when relating to someone.**

- a. Revelation 12:17 – Satan uses anger and physical violence. He instills in His followers the same.
- b. Revelation 12:10 – Satan abuses people verbally by constantly bringing up their faults.
  - i. Proverbs 17:9 – To repeat matters separate friends.
- c. Genesis 4:3-8 – The first case registered of domestic abuse—Cain was angry and killed his brother because he chose not to control his anger.

**3. Why abusers choose to abuse their power?**

- a. He thinks it is his right; that is, part of his role.
- b. He feels entitled to use power.
- c. He has learned this behavior in his past.
- d. He thinks this behavior works.

“From various sources, the abuser has learned that it is appropriate for the person who is bigger and stronger—usually a male—to hit others ‘**for their own good**’ or **because he loves them**.” Willie & Elaine Oliver, *Hope for Today's Families*, p. 67

**4. How do people learn abusive behaviors?**

- a. Observing parents and peers
- b. Misinterpretation of biblical teachings to justify abuse
- c. Media (jokes, cartoons, and movies)

“When parents use unhealthy forms of power and control with children, the children detach from their family and learn negative ways of using power and relating to others.” Willie & Elaine Oliver, *Hope for Today's Families*, p. 69

**5. What are the consequences of domestic violence?**

- a. Survivors of domestic violence face high rates of depression, sleep disturbances, and other emotional distress.
- b. Domestic violence contributes to poor health for many survivors.
- c. Without help, girls who witness domestic violence are more vulnerable to abuse as teens and adults.
- d. Without help, boys who witness domestic violence are far more likely to become abusers of their partners and children as adults, thus continuing the cycle of violence in the next generation.

**6. What to do if a family member or I am an abuser?**

- a. Starting today, strive toward making your home and relationships abuse free.
- b. Recognize the abuse and seek counsel and professional help as soon as possible.
- c. Re-consecrate your life to God.
  - i. Galatians 6:4 – We all need self-examination
  - ii. Galatians 5:24-26 – Our lives must show evidence that the flesh is denied and we are in the Spirit. Such a life will impact positively our relationships.
  - iii. Galatians 5:19-23 – Paul clearly specifies the works of the flesh and fruit of the Spirit so we can exam ourselves.
- d. Break the silence and report abuse.
  - i. Proverbs 19:19 – The greatest roadblock to fight against domestic abuse is silence from the victims.
  - ii. Some of the reasons that women don't report are emotional and financial dependence, maintaining the unity of the family, and shame to expose herself.
  - iii. Seniors are usually afraid of reporting for fear of loosing the support of the home.
  - iv. Children usually don't report because they don't understand what is going on.

“Responsible communities can no longer remain silent. Silence continues the cycle of domestic violence and does not lead to change. Efforts must be made by every community—especially church communities—to help families stop abuse and assist in creating healthier environments for children, teenagers, and adults.” Willie & Elaine Oliver, *Hope for Today's Families*, p. 64

- e. Exercise regularly.

“Hundreds of studies have demonstrated that exercise reduces anger that is the result of frustration by burning off excess energy and releasing powerful endorphins that can help in altering mood.” Priyanka Malhotra, *Exercise and Its Impact on Anger Management*, p. 134

- f. Adopt a diet free from stimulants, including caffeine in coffee and soft drinks.

## **7. Bible Passages to fight against domestic abuse:**

“Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.” 1 Corinthians 13:4-7

“Husbands, love your wives, and do not be harsh with them.” Colossians 3:19

“Wives, submit to your own husbands, as to the Lord.” Ephesians 5:22

“Fathers, do not provoke your children, lest they become discouraged.” Colossians 3:21

“Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. [...] Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” Ephesians 4:29, 31, 32

“If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless.” James 1:26