



## Nuggets 29: Healing from Sexual Abuse

Once it couldn't be talked about. Now I hear more and more people saying, "I was abused as a child." One-fourth of American women and a growing number of men have experienced some form of sexual abuse, often with lasting emotional, psychological and spiritual damage. You need to know that *in Christ there is healing* for people damaged by sexual abuse.

If you are a victim, you must reclaim the Biblical truth that God created sex as a holy and beautiful gift. Only the misuse of it is evil. God will help you to stop blaming yourself for that for which you were not responsible. If in any way you shared responsibility, you need to know how God delights to completely forgive, cleanse and renew. God does not want the past to keep spoiling his plan for your present. As hard as it is, you can gradually resolve the painful memories of the past by responding to them in ways God teaches. You can experience positive blessings. Over time, these good memories will replace the bad ones at the center of your heart. God wants you to be free. God is so great that he can turn even painful things into good. "If the Son sets you free, you will be free indeed."

As long as you are controlled by resentment and depression, the abuser is continuing to destroy your life. You will never be free until you can forgive the abuser and leave vengeance to God. Forgiveness does not mean what happened was OK; it only means you decide to cancel the debt and hand your bitterness up to God.

If you could see yourself through God's eyes, you would never again think of yourself as dirty or worthless. It is time to rest from what you have been carrying for so long. Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

John 8:32,36; Genesis 1:27,28,31; 2:24; Proverbs 5; Song of Solomon; 1 Corinthians 5:2-5; Hebrews 13:4; 1 Samuel 11:1-27; 12:1-31; Psalm 32:1-11; 51:1-19; John 4:1-42; 8:1-11; Luke 7:36-50; 1 Corinthians 6:9-11; John 3:3-5; Romans 6:3-5; 2 Corinthians 5:17; Isaiah 1:18; Psalm 103:3,8-13; Micah 7:19; Romans 5:8; 1 Peter 3:18; Isaiah 53:4-6; John 3:16; 1 Timothy 1:12-16; Philippians 3:12-14; Matthew 18:15; Romans 12:17-21; 1 Peter 5:7; Matthew 11:28-30

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