

BREAKING FREE FROM ABUSE

You Make Me Crazy
Rick Warren & Tom Holladay

"Why do you keep tormenting me with words? Time after time you insult me and show no shame for the way you abuse me." Job 19:1-3 (GNT)

HOW TO HELP SOMEONE BREAK FREE

1. _____
Jesus: *"The truth will set you free."* John 8:32 (NIV)

David: *"I said, ' . . . I will not say anything while evil people are near.' I kept quiet, not saying a word . . . But my suffering only grew worse, and I was overcome with anxiety. The more I thought, the more troubled I became; I could not keep from asking: 'LORD, how long will I live? When will I die? Tell me how soon my life will end.'" Psalm 39:1-4 (GNT)*

2. _____ MARKS OF EMOTIONAL ABUSE—DAVID'S DESCRIPTIONS

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"My enemies taunt me day after day. They mock and curse me." Psalm 102:8 (NLT)
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"Who tell lies about me and threaten me." Psalm 109:20 (TLB)
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"Who see me make fun of me. Insults pour from their mouths." Psalm 22:7 (GW)
- _____
"I have been insulted, put to shame, and humiliated." Psalm 69:19 (GW)
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"Using words to kill; they bully their way with words." Psalm 73:8 (MSG)
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"They pushed hard to make me fall." Psalm 118:13 (GW)

- _____
"I have heard the many rumors about me, and I am surrounded by terror." Psalm 31:13 (NLT)
- _____
"They mock me and call me names; they snarl at me." Psalm 35:16 (NLT)
- 3. _____
"Don't be fooled by those who try to excuse these sins, for the anger of God will fall on all who disobey him." Ephesians 5:6 (NLT)
- 4. _____
"Look on victims of abuse as if what happened to them had happened to you." Hebrews 13:3 (MSG)

"Carry each other's burdens, and in this way you will fulfill the law of Christ." Galatians 6:2 (NIV)
- 5. _____
"By yourself you're unprotected. With a friend you can face the worst. Can you round up a third? A three-stranded rope isn't easily snapped." Ecclesiastes 4:12 (MSG)

"Take no part in the worthless deeds of evil and darkness; instead, expose them. It is shameful even to talk about the things that ungodly people do in secret. But their evil intentions will be exposed when the light shines on them, for the light makes everything visible." Ephesians 5:11-14 (NLT)
- 6. _____
"Put your heart right, Job. Reach out to God. Put away any evil and wrong from your home. Then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more. Your life will be brighter than sunshine at noon, and life's darkest hours will shine like the dawn." Job 11:13-17 (GNT)
- 7. _____
"Never pay back a bad turn with a bad turn or an insult with another insult, but on the contrary pay back with good. For this is your calling." 1 Peter 3:9 (PHILLIPS)

"Christ never verbally abused those who verbally abused him. When he suffered, he didn't make any threats but left everything to the one who judges fairly." 1 Peter 2:23 (GW)