



Coaching Tool:

Burned Baby Becomes Ex-Victim

Once a victim, you'll always be a victim. There's no true healing available, just better coping skills.	Vs.	Any victim can become an Ex-Victim through God's miraculous healing because Christ died on the cross.
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Examples Of What The Enemy Wants You To Think:

- This will never stop hurting.
- PTSD is going to ruin my life forever.
- I'm triggered into dysfunction no matter what I do.
- This hurts too much to ever improve.
- They ruined my life when they abused me.
- No one could love me now.
- I must be defective.
- My past is so messed up that there's no hope for my future.
- I might as well enjoy my addictions, because that's all I'll ever have.

God's Truth Says:

"So you are no longer a slave, but God's child; and since you are His child, God has made you also an heir." Galatians 4:7

Every victim can become an ex-victim by employing these three strategies:

1) Forgiveness

- a) Without forgiveness, it is virtually impossible to heal emotional wounds.
- b) Emotional wounds keep us emotionally handicapped, just as physical wounds keep us physically handicapped.
- c) Without healing, we're vulnerable to easily becoming a victim again. Don't continue to let un-forgiveness, hatred and bitterness make you a victim forever. Forgive for your own sake and take a step closer toward shutting the door to future abuse.



- d) Forgiveness shuts the door to self-abuse because accepting Christ's forgiveness for ourselves takes away the need to punish ourselves. We are free to love.
- e) The Lord's Prayer: "Forgive us our trespasses as we forgive those who have trespassed against us." - Matthew 6:12

2) Worship

- a) Worship helps you get filled with God's strength and love as your source. Your focus moves off of you and your problems and puts your eyes on God and His love.
- b) Worship also helps you to stand strong on the solid ground of God's promises. Satan's lies will tell you that you're hopeless. Worship helps you see God's value and your value as His child.
- c) "For this reason I kneel before the Father, I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith." – Ephesians 3:14-17

3) Giving Back

- a) Serving God and his children out of love – makes us active contributors. When we're focused on others, we're not wallowing in self-pity.
- b) We can find our purpose, despite the harm done to us. Leaving the brokenness behind gives us the ability to grow and continue healing.
- c) "And the King will say, 'I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!'" - Matthew 25:40

Listen To This Song:

Listen to "Stronger" by Mandisa.

Questions To Help You Process This Concept:

1. Do you feel like you're in a repeating cycles of abuse? How?

2. Have you internalized the abuse and started hurting yourself? How?



3. Have you ever tried worship as a way to break through the darkness of abuse and victimization? What worship music do you like best?

4. Have you ever stepped out of your pain by helping others? Where and how?

5. Have you ever been able to see yourself as an Ex-Victim? When and where?

Exercise:

1. Spend 30 minutes listening to worship music and reflecting on God's ability and willingness to heal your emotional and physical wounds.
2. Make a list of the people you still need to forgive
3. Make a list of the things you need to forgive yourself for.
4. For the next week, every day, claim forgiveness for each item on both lists individually.
5. Intentionally do something kind for a friend or neighbor sometime this week.