



Coaching Tool:

If You're Married, Can it Really be Abuse?

Marriage vows - love & honor each other	Vs.	Abuse - power & control over the other person
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Examples Of What The Enemy Wants You To Think:

- You must submit to your husband even if he is doing you harm.
- Marriage is more important than your life or wellbeing.
- You are a failure and disgrace if you get divorced.
- Your kids need you to stay together even if it is training them that abuse is normal.

God's Truth Says:

- 1. Wives are to submit to their husbands so that husbands can lift them up, protect them, and love them (not to give husband's permission to harm their wives).**
 - a. "Husbands, love your wives, just as Christ loved the church and gave himself up for her" - Ephesians 5:25
- 2. Marriage is never intended to give control; it is meant to represent God's heart for the church.**
 - a. While each person in the marriage has distinct roles, neither one is better or than the other. They are meant to work together to lift each other up.
 - b. "Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you." - John 13:14-15
- 3. God's heart is to love & protect, never manipulate, control, or abuse.**
 - a. "Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace." - Ephesians 4:2-3



- b. Codependence is not healthy, even in marriage. Each person's value needs to be found in Christ and not tied to any one else's opinions or expectations.

Watch This Video:

[Hey Girl by Nicole C. Mullen](#)

Questions To Help You Process This Concept:

1. Have you ever felt someone had the right to control you because of their relationship with you? (family member, parent, spouse, etc.)

2. Have you ever believed your thoughts or opinions were more/less important than anyone else's?



3. Have you felt like staying married was more important than your safety or wellbeing? (We're not advocating divorce because you're just not "happy" or "fulfilled" by your spouse. We're speaking specifically to situations where they are doing you harm.)

4. Has the fear of being publicly shamed by divorce prevented you from admitting you're in an abusive marriage?

5. Read Ephesians 5:25-33. What does this tell you about God's intention for marriage symbolizing His relationship with the church?

6. Have you ever considered that each person's role within marriage was intended to draw us closer to God and understand mutual sacrificial love?



7. Has marriage become your idol rather than seeking and trusting God?

Exercises:

1. Pray about whether or not you're demonstrating Christ's love to your spouse.
2. Make a list of any ways your spouse has done you harm (physically, sexually, verbally, emotionally).
3. If you have questions about the safety of your marriage, find a Christian Counselor that can help you get clarity on the reality of your situation.