HOPE & RESTORTAION AFTER SEXUAL ABUSE

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This seminar will be presented in three segments of approximately 50 minutes each with 10 minute breaks. If the material becomes overwhelming for you, please feel free to leave. It is good for you to have a voice in how much you can process at one time.

The videos of this presentation will be posted at www.bradhambrick.com/sexualabuse, so you can view whatever portions of this seminar you miss when you are ready. We will have additional resources for recovery from sexual abuse there.

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Thank you for coming. To learn more about the various venues for counseling that are available at The Summit Church, please visit www.summitrdu.com/counseling.

UNDERSTANDING THE DISRUPTION

Hour 1

WHERE TO BEGIN?

Thank you for coming! You are not alone.

I hope you hear and find your voice.

You are in a safe place on a hard journey.

"To fail to speak is awful. To speak is equally awful because the telling makes the story real (p. 34)." Diane Langberg in *On the Threshold of Hope*

GOAL: To learn to tell your story, so you can live one whole life and see God enter your story redemptively.

WHAT IS SEXUAL ABUSE?

"Sexual abuse occurs whenever a person – child or adult – is sexually exploited by an older or more powerful person for the satisfaction of the abuser's needs (p. 43)." Diane Langberg in *On the Threshold of Hope*

(1) Verbal	(2) Visual	(3) Physical
Depression	Memory Difficulty	Trust
GI Problems	Substance Abuse	Dissociation
Nightmares	Anxiety/Flashbacks	Self-Injury (*biology*)

These are rational responses to sexual abuse.

FAMILIES WHERE ABUSE OCCURS

"No type of family is exempt from abuse (p. 67)… Until you state what you know, you cannot find out what is a lie and what is the truth. And as long as the lies remain hidden, they will exert a powerful influence over your life (p. 72)… In order to preserve the illusion that their parents are safe people **[Double Think]**, children find it more palatable to see themselves as the evil ones (p. 103)." Diane Langberg in *On the Threshold of Hope*

1. Often have multiple problems.
2. Are often rigid in their relational roles
3. Are confused about individual's roles
4. Send destructive messages

STAGES OF SEXUAL ABUSE

11% Stranger 29% Family Member
60% Known, Non-family Member

1. Development of Intimacy & Secrecy
→ "The Adultified Child"

2. Physical Contact That Appears Appropriate
→ Sensual versus Sexual

"The tragedy of abuse is that the enjoyment of one's body becomes the basis for the hatred of one's soul (p. 96)."Dan Allender in *The Wounded Heart*

3. Sexual Abuse Proper

4. Maintain Abuse & Secrecy Via Threats & Privileges
→ Resentment of Stage One privileges and increases isolation.

CONFUSING LANGUAGE

"Children depend on adults to tell them the truth… Children need to be able to trust adults to name things correctly (p. 59)… If prior knowledge is a lie, then all incoming knowledge will get filtered through that lie, and the lie will stand. This is especially so if the lie was repeated many times and accompanied by high emotional intensity (p. 122)." Diane Langberg in *On the Threshold of Hope*

… about good, bad, right, wrong, and love
… about relationships, influence, innocence, and exploration
… about their bodies and sexual identity
… about competence, self-confidence, creativity & initiative

"Chronic abuse also results in the abandonment of hope… The letting go of hope produces a restricted kind of thinking (p. 160). Diane Langberg in *Counseling Survivors of Sexual Abuse*

DEGREE OF IMPACT

"Abuse shapes you. Abuse results in a life lived in reaction to, in protection against, in defiance of, a horror you would like to forget (p. 20)." Diane Langberg in *On the Threshold of Hope*

Frequency	Duration	Age Range
Related Closeness	Penetration	Violence
Willingness	Arousal	Ignored

Not Believed (Psalm 27:9-10)

"Those who know the truth of these things will know that we have understated it, carefully toned it down perforce, because it cannot be written in full. It could neither be published or read… but oh, it had to be lived! *And what you may not even hear, had to be endured by little girls* (p. 228)." Amy Carmichael in *Things As They Are*

LIVING IN AN ABUSED BODY

"Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body." 1 Corinthians 6:18

Lie #1: You are only a body and nothing else.

Lie #2: Your body is the enemy.

Lie #3: Your body is worthless trash.

Lie #4: Your gender is the problem.

Truth #1: God made your body and said it was good.

Truth #2: God chose to live in a body.

Truth #3: God is willing to live in your body.

THE TOPIC OF MEMORY

1. No set of symptoms automatically indicates a history of sexual abuse.
2. Memories can be repressed. (*dissociation & denial*)
3. According to research, traumatic events appear to be stored in the memory in vivid detail and create lasting visual images. (*impacts the pace of healthy remembering*)
4. Memories are not always accurate.
5. Details of abuse memories are almost always outside the realm of verification.
6. While memories are important, they are not all that is important.

"The guiding principle with traumatic memories is the restoration of voice and power to the sufferer (p. 123)." Diane Langberg in *Counseling Survivors of Sexual Abuse*

THE SEARCH FOR PEACE

Hour 2

SAFE AND HONEST

"True hope never minimizes a problem in order to make it more palatable and easily managed (p. 105)… When we fail to trust the real God, we do not escape trusting someone or something. Trust, like breathing, and indeed, like worship is inevitable (p. 27)." Dan Allender in *The Wounded Heart*

"Abuse feels like an experience that has stamped you and has *the* final word on your identity. But the truth is, God gives you a different identity (p. 4)… The abuse you suffered is part of the stage upon which your life choices will now take place (p. 6)… You are marked by suffering, but that suffering has become your context for knowing God (p. 22)." David Powlison in *Recovering From Child Abuse*

GRIEVING A LOST CHILDHOOD

"A great many coping mechanisms are destructive. The cycle is very similar to the abuse cycle. You feel; it hurts; you find some way to disconnect (p. 142)." Diane Langberg in *On the Threshold of Hope*

"A large part of helping the client understand what it means to be a victim is educating the client about what it means to be a child (p. 144)." Diane Langberg in *Counseling Survivors of Sexual Abuse*

Application: Watch children the age you were abused.

THE ENEMY OF SHAME

"Shame is an experience of the eyes (p. 61)… Legitimate shame exposes depravity, and illegitimate shame shines a light on some element of dignity (p. 63)… A godly response in the face of abuse is to grieve—for the perpetrator's sin and for the damage done to our soul; but the natural response is to cower in shame, condemning our own soul for being so foolish as to hope, want, or risk (p. 65)… Shame intensifies the horror of the past. Shame is compounded by personal confusion (p. 139)." Dan Allender in *The Wounded Heart*

THE ENEMY OF CONTEMPT

"Contempt uses rage—sometimes loud and violent, and other times quiet and insidious—as a means of chasing away the uncertainty of shame (p. 79)… For the woman or man who has been abused one of the greatest enemies of the soul is the longing for intimacy… Contempt is a cruel anesthetic to longing (p. 80)… The image of being without talent, mediocre, average, or worse is a self-serving, self-protective evaluation used for a purpose: it provides the victim with a contemptuous explanation for not being able to halt the pain (p. 116)… The image of being vile explains not only why the abuser betrayed the victim in the first place, but also gives reason for the absence of deep relationship today (p. 143)… Self-contempt is Satan's counterfeit for true conviction (p. 203)." Dan Allender in *The Wounded Heart*

PAINLESS IS NOT PEACE

"When we abandon pain **[leprosy]**, we lose a sense of being intact and alive (p. 112)… Many times the chronic patterns of lying or deceit common to abused persons arise because of a forsaken history that forces them to concoct a past and a present that has no connection to their abused soul (p. 113)… To cut off the past is to erase part of our story, our journey, our self (p. 185)… In the beginning, honestly facing the characteristic lies and denial associated with sexual abuse usually intensifies the experience of victimization (p. 197)." Dan Allender in *The Wounded Heart*

"Many survivors talk about using self-injury in order to 'feel alive' or as a major jolt to the body that results in quieting raging anxiety and fear… A dissociative state ensues, so the injuries initially seem to produce no pain, almost as if an anesthesia had been given (p. 90)." Diane Langberg in *Counseling Survivors of Sexual Abuse*

PEACE and P.T.S.D

Hypervigilance "Life is centered on taking in as much information as possible. The goal is never to be surprised again (p. 125)." **Ambivalence** "Feeling two contradictory emotions at the same moment (p. 133)." Dan Allender in *The Wounded Heart*

Flashbacks and grounding yourself in your 5 Senses

"Trauma is, by definition, an injury done to personhood (p. 51)… When personhood is shattered and actions become meaningless, a traumatic reaction occurs (p. 62)… The work of therapy must be managed with the needs and resiliency of the individual client in mind. Trauma is by definition unbearable (p. 129)." Diane Langberg in *Counseling Survivors of Sexual Abuse*

PAINFUL LIBERTY OF TRUTH

"Depression is 'selfless selfishness,' or perhaps better said, 'selfless revenge' (p. 149)… More often than not such serene faith is byproduct of wanting very little from God (p. 175)… Honesty is the commitment to see reality as it is, without conscious distortion, minimization, or spiritualization. Honesty begins by admitting we are deceived and that we would rather construct a false world than face the bright, searing light of truth (p. 183)." Dan Allender in *The Wounded Heart*

GOD SPEAKS

Remember **Romans 8:26-27** precedes **verse 28**

Rewrite **Psalm 55-57.** *Read them out loud (with another present).*
www.bradhambrick.com/sexualabusepsalm55

"Notice the psalmist repeats himself (p. 15)." David Powlison in *Recovering From Child Abuse*

Rewrite **Isaiah 53**. *Jesus will be the only one in Heaven with scars.*
www.bradhambrick.com/sexualabuseisaiah53

"The act of having another enter into our suffering with us is an incredible gift with profound results (p. 150)." Diane Langberg in *Counseling Survivors of Sexual Abuse*

THE SEARCH FOR RESTORATION

Hour 3

HOW LONG, O LORD?

"The damage you suffered may have been done in one or more terrible moments; the healing and the restoration unfolds at a human pace. It unfolds at your pace. It unfolds as a part of your story (p. 3)… Sometimes Christians make you feel that if you just get the right answer to your problem, you can apply it and your problem will be instantly solved! But that's not God's way. God is a vinedresser who carefully and slowly prunes his vines through the years. God works in us on the scale of years, over a lifetime (p. 21)." David Powlison in *Recovering From Child Abuse*

"Substantial healing, a phrase used by Francis Schaeffer, underscores the possibility of deep and meaningful alteration, without blinding our eyes to the fact that permanent and final change awaits the transformation of the world through Christ's return (p. 147)." Dan Allender in *The Wounded Heart*

REGAINING YOUR VOICE

"Abuse strips a person of the freedom to choose (p. 106)… To live with a dead soul makes deep sense to an abuse victim (p. 204)… Love is not an absence of anger… In fact, an absence of anger makes love anemic and devoid of passion (p. 215)." Dan Allender in *The Wounded Heart*

To confront or not to confront? When & Why?

Chapter 5 in *Death by Love* by Mark Driscoll

Aslan when Narnia was created, "Creatures, I give you yourselves." The animals replied, "We hear and obey. We are awake. We love. We think. We speak. We know."

A VERY TEMPTING TRAP

"The primary purpose in facing victimization is not simply to know how one feels about it but to expose more clearly the victim's subtle patterns of seeking life and comfort apart from dependence upon God (p. 177)… Honesty about the form of self-protection also helps the victim see the small choices of life from a larger vantage point (p. 190)." Dan Allender in *The Wounded Heart*

"When you are living for your own protection, comfort, or desire to escape, you are not loving God or the people around you (p. 16)." David Powlison in *Recovering From Child Abuse*

FORGIVENESS?

"Forgiveness built on 'forgetfulness' is a Christian version of a frontal lobotomy (p. 15)… Forgiveness is not something to be pushed on the abuse victim. It is an aspect of the healing process but not a bitter pill to swallow. It must be assumed not commanded (p. 217)… If repentance does not occur, the victim can still forgive by offering bold love, *but relationship cannot be restored* (p. 228)." Dan Allender in *The Wounded Heart*

"One reason this is hard to do [facing unhealthy or sinful coping mechanisms] is that your response to abuse usually seems so much less wrong than what happened to you. Your life was ruined – so you are bitter and unforgiving (p. 16)… alternatives to forgiveness—bitterness, fear, holding a grudge, never trusting anybody (p. 18)." David Powlison in *Recovering From Child Abuse*

THE ROLE OF RELATIONSHIPS?

"Recovery—learning not to live based on the fear—must also occur in the context of relationship. It cannot occur in isolation (p. 151)… It is important to understand that you cannot figure out relationships by yourself. We learn about relationships in relationships (p. 169)… Learning to tell 'normal' hurt from 'abnormal' hurt is a difficult process (p. 170)." Diane Langberg in *On the Threshold of Hope*

"We destroy the dignity of others when we refuse to wait for them… We bestow honor on another when we consider him or her worth waiting for (p. 28)… Isolation was a core component of the abuse. Connection or relationship is a core component of recovery (p. 157)… Most of her relational skills were learned in the context of abuse. Speaking up, learning to say no, handling conflict, not assuming everyone thinks about her the way her abuser did, asking questions, and learning how to recognize 'safe' people are all skills the survivor will have to learn (p. 158) – [reference Hebrews 5:14]." Diane Langberg in *Counseling Survivors of Sexual Abuse*

THE CURRENT MARRIAGE

"This is a terrible struggle for the abused woman. She longs for a man who will take hold of her. On the other hand, she is terrified to be in a position of being out of control (p. 115)… The person who has been betrayed fears her own longings for connection with others because her longings tempt her to move out of isolation and want something from others, which will surely destroy her (p. 128)… Genuine trust involves allowing another to matter and have an impact in our lives (p. 175)… It seems that a spouse is most often the abuse-surrogate. In the marriage relationship, intimacy, trust, and sexuality are set against the issues of powerlessness, betrayal, and ambivalence (p. 224)… [To Spouse] Learn to experience righteous anger toward those who harmed your spouse; she wants your protection. Even more, learn to weep for your spouse; she wants your compassion (p. 235)." Dan Allender in *The Wounded Heart*

AN ACCURATE MARRIAGE

"Survivors also see themselves as powerless to make good things happen or bad things stop; at the same time, they see themselves as having excessive power to cause bad or evil in the lives of others (p. 88)." Diane Langberg in *Counseling Survivors of Sexual Abuse*

You *are not* what your history says you are.

You *are not* what your abuser said you are.

You *are not* what other's disbelief says you are.

You *are not* what your feelings say you are.

"Who I Am in Christ" verses compiled by Bob Kellemen

CLOSING TESTIMONIES

"Let us tell tales so as to remember how vulnerable man is when faced with overwhelming evil. Let us tell tales so as not to allow the executioner to have the last word. The last word belongs to the victim. It is up to the witness to capture it, shape it, transmit it (p. 403)." Elie Wiesel in *Reflections on the Holocaust*

"Now my hope is not the childish hope that bad things will not happen. My hope today believes that God can take any situation of mine—even if the circumstances do not change one bit—and redeem that moment. That is hope: Christ's work on the cross affecting every aspect and corner of my life (p. 100)." Diane Langberg in *Counseling Survivors of Sexual Abuse*

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Psalm 55 Personalized for Sexual Abuse

In his booklet *Recovering from Child Abuse: Healing and Hope for Victims* David Powlison identified Psalms 55, 56, and 57 as particularly good Psalms for helping victims of abuse put their experience into words. The Psalms were meant by God to help us put our experiences into words, but for many people (especially those who were "silenced" after their abuse) this can be difficult.

The example below is an attempt to rewrite Psalm 55 to put the experience of sexual abuse at the hands of a family member or trusted friend into words. It is advised to read Psalm 55 in your Bible first. Then read this post. Afterwards you might try to rewrite it to allow God to give words to your experience.

Psalm 55 (ESV)	Psalm 55 Personalized
To the choirmaster: with stringed instruments. A Maskil of David.	*A song of me, my pain, my story, and my God.*
1. Give ear to my prayer, O God, and hide not yourself from my plea for mercy!	1. Oh God please hear me. Don't pretend that this is not happening. I need you!
2. Attend to me, and answer me; I am restless in my complaint and I moan,	2. Be silent no longer. Say something. Let me know you are there. I am overwhelmed as I cry and convulse over what happened to me. I can't eat, sleep, or think.
3. because of the noise of the enemy, because of the oppression of the wicked. For they drop trouble upon me, and in anger they bear a grudge against me.	3. My abuser made such awful noises. He took pleasure in my pain and degradation. He over-powered me. There was nothing I could do. He must hate me to keep doing this. What have I done?! What could cause such hatred and disregard?!
4. My heart is in anguish within me; the terrors of death have fallen upon me.	4. My soul quakes. Heart-break feels romantic compared to this. This is worse than death.
5. Fear and trembling come upon me, and horror overwhelms me.	5. Panic attacks and the fear of panic attacks assail me. My body tremors in rebellion against me. I can't control my movements. Fear divides my heart, soul, mind, body, and will to attack them separately.
6. And I say, "Oh, that I had wings like a dove! I would fly away and be at rest;	6. Like Jenny in Forest Gump, I want to be a bird and fly away. I want to escape to a place of rest.
7. yes, I would wander far away; I would lodge in the wilderness; Selah	7. That place of rest would have to be far away, but there is one, right? I would travel however far, by whatever means, if only You promise there is somewhere I can go.
8. I would hurry to find a shelter from the raging wind and tempest."	8. If you would just tell me the direction I would leave now. I would drive all night. I want peace more than sleep. Without peace sleep is useless. Sleep is just part of the storm with its nightmares and waking up realizing I've got to fake it through another day.

9. Destroy, O Lord, divide their tongues; for I see violence and strife in the city.	9. Take justice! Do to them what they have done to my soul. Don't let them multiply my shame by talking of this deed. Don't let them mock me or worse talk like nothing happened.
10. Day and night they go around it on its walls, and iniquity and trouble are within it;	10. I can't believe I live in a world/country where this is "common." It's always being reported on the news or another documentary. Every time I hear it I am reminded. The pain echoes; worse it flashes back.
11. ruin is in its midst; oppression and fraud do not depart from its marketplace.	11. There is a whole industry of sexual degradation in our culture – porn. Its bigger than the NFL. They write and glorify stories like mine. There is an audience who pays for it, even with children.
12. For it is not an enemy who taunts me—then I could bear it; it is not an adversary who deals insolently with me—then I could hide from him.	12. But I can't blame culture or an "industry" for my pain. It is no stranger who dined on my soul. It was not an enemy who was getting even. If it were, then I could be more protected. I could appeal to family and friends for help… and they might believe me.
13. But it is you, a man, my equal, my companion, my familiar friend.	13. But I knew him! I trusted him! My trust was used against me. My trust was the Trojan horse that let him in. How was I supposed to know?
14. We used to take sweet counsel together; within God's house we walked in the throng.	14. We had so many good talks before that. We went to church together. We prayed together. He taught me Bible lessons. How much of that was a lie? What does it mean to have your soul betrayed by a friend and a "friend of God"?
15. Let death steal over them; let them go down to Sheol alive; for evil is in their dwelling place and in their heart.	15. May the death they have sparked in me explode in their own life and them live to experience it. Oh, that they would know the full degree of pain it was possible for them to create. Let their heart vomit its content into their own soul.
16. But I call to God, and the LORD will save me.	16. But I call to you God. No one is capable of handling what is before me except You. It takes omnipotence to overpower my pain, omnipresence to get your arms around it, and omniscience to fathom it. Only You can help me.
17. Evening and morning and at noon I utter my complaint and moan, and he hears my voice.	17. My pain is before me all day and at night when I am not sleeping. I don't know what else to do but cry to You. So You hear from me a lot. Everything in my life reminds me of my pain and my pain reminds me of my need for you constantly.
18. He redeems my soul in safety from the battle that I wage, for many are arrayed against me.	18. You are the one who keeps soldiers safe in the midst of battles. I am in the fight of my life and won't make it without You. My abusers, pain, memories, and fears out number me greatly.

19. God will give ear and humble them, he who is enthroned from of old, because they do not change and do not fear God.	19. God I trust the lies and deception do not outlive You. You hear, see, and know the truth. This sin was as arrogant against You as it was ravaging to me. He will not stand or smirk in Your presence.
20. My companion stretched out his hand against his friends; he violated his covenant.	20. My father/uncle/friend attacked me and violated the trust of our friendship and, with it, my willingness to allow anyone to get close again.
21. His speech was smooth as butter, yet war was in his heart; his words were softer than oil, yet they were drawn swords.	21. I replay his words over and over again, but cannot figure out what I should have heard. The terror of his intentions was hidden from so many. Were all of his compliments intentional instruments of death or were some of them sincere?
22. Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved.	22. This was not my fault. God calls me righteous as His child. He asks me to cry to Him. He is not ashamed of me. God is angered by anyone who would shun or condemn me for what happened to me.
23. But you, O God, will cast them down into the pit of destruction; men of blood and treachery shall not live out half their days. But I will trust in you.	23. But God is more angered by my rapist. Sexual predators will answer for their sin. Yet in His fury against them God is still safe for me. I will come near, leave my shame, look in Your eyes, and have my trust restored.

Isaiah 53 Personalized for Sexual Abuse

In her book *On the Threshold of Hope: Opening the Door to Healing for Survivors of Sexual Abuse* Diane Langberg advises victims of sexual abuse to rewrite the Isaiah 53 passage of the Suffering Servant as a way to help them see how Christ can identify with their suffering. She says:

> "Turn what you read into a prayer. Use the word of Scripture to help you articulate your pain, your questions, your fear, your anger… Rewrite the Scripture passages as you read. Personalize them. Take Isaiah 53, and write it so it speaks about your life. Then look hard at the similarities in your life and the life of Jesus (p. 182)."

The example below is an attempt to rewrite Isaiah 53 to put the experience of sexual abuse into words. Dr. Langberg provides another example of rewriting Isaiah 53 in her book on pages 182-186.

Isaiah 53 (ESV)	Isaiah 53 Personalized
1. Who has believed what he has heard from us? And to whom has the arm of the Lord been revealed?	1. I spoke and no one believed what I said. They thought I was a liar or a lunatic. Even when there was great reason to believe me, they refused. The truth was supposed to set me free, but it made me an outcast.
2. For he grew up before him like a young plant, and like a root out of dry ground; he had no form or majesty that we should look at him, and no beauty that we should desire him.	2. I was a young child. He knew and "loved" me. I was weak and vulnerable in his care. Was it my body? Was there anything about the body of a child that could allure such destructive passion? If so, I'll hide my beauty. I'd rather not be seen than attacked. To be known is dangerous.
3. He was despised and rejected by men; a man of sorrows, and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not.	3. Oh, the way he looks at me now. He hates me. He looks at me, knows what he did, and despises me as his reminder. I feel like others can see it too, and reject me. When I speak people back away from me. I want comfort. I keep getting rejection. I am sadness. Grief is my best/only friend. People find it easier to pretend nothing happened and turn their eyes (literally and figuratively). I represent what people want to forget.
4. Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted.	4. Is this worse than the cross? Is this what made you cry "My God! My God! Why have you forsaken me?" instead of the nails? I know why people thought God had abandoned you. I have thought the same of myself.
5. But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.	5. You did this voluntarily? You bore this so we would not be alone in this moment? I don't yet know how it is supposed to heal me, but I am amazed. I can't get anyone to believe me and You would join me. You must want peace for me worse than I do!
6. All we like sheep have gone astray; we have turned—every one—to his own way; and the Lord has laid on him the iniquity of us all.	6. I have run from my pain in so many directions: people-pleasing, promiscuousness, cutting, thoughts of suicide, perfectionism, denial, withdrawal, and more. None of them worked, yet You bore the penalty and walked the journey of each road to buy me back and set me free. That kind of love is so foreign to me it scares me.

7. He was oppressed, and he was afflicted, yet he opened not his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he opened not his mouth.	7. You too were tortured and silenced. You surrendered Your voice because they took mine. They took Your clothes too and You said nothing. You plunged fully into the depths of my pain to rescue my drowning soul. I was so silenced I could no longer call to You, yet You came.
8. By oppression and judgment he was taken away; and as for his generation, who considered that he was cut off out of the land of the living, stricken for the transgression of my people?	8. People scorned You because of Your suffering. I too have been judged for my suffering. I judge myself and wonder if it was "my fault." I want to scream, "No I wasn't asking for it!" You were cut off from the "land of the living." I feel as if I walk though life with a dead soul. I hate being ostracized because of someone else's sin.
9. And they made his grave with the wicked wand with a rich man in his death, although he had done no violence, and there was no deceit in his mouth.	9. I hate being grouped with the "dirty people"—hookers and sluts. But that is how I feel, dirty. I did not give myself to another, but I do not get to be "pure" and do not feel I can associate with the "pure." But I didn't do anything wrong. I have to believe that. It's true. Why is it so hard to believe?
10. Yet it was the will of the Lord to crush him; he has put him to grief; when his soul makes an offering for guilt, he shall see his offspring; he shall prolong his days; the will of the Lord shall prosper in his hand.	10. I don't know how to talk of Your involvement in my suffering, God. You were not blind. You were not sleeping. Your character does not change? God, be patient with me if I skip this question for a while. I fear I want survival more than redemption right now. Work with me at a pace my soul and mind can bear. I'm trying to pray "I believe. Help my unbelief."
11. Out of the anguish of his soul he shall see and be satisfied; by his knowledge shall the righteous one, my servant, make many to be accounted righteous, and he shall bear their iniquities.	11. When/if I find comfort for this pain, I would gladly share it with the world, or at least anyone who would care to listen to me. Help me believe that peace is more than a fairy tale like unicorns. I long to join with Christ in His journey through suffering to life—life unshakable and impenetrable.
12. Therefore I will divide him a portion with the any, and he shall divide the spoil with the strong, because he poured out his soul to death and was numbered with the transgressors; yet he bore the sin of many, and makes intercession for the transgressors.	12. Pray of me, Jesus! Pray for me! I am beginning to realize if I have held up under this weight for this long, I must be in "the strong." You identified with me in my suffering. Help me identify with You in your victory over sin, suffering, and death. Instead of losing myself in the crowd, in my numbness, or in the dots on the ceiling (where there is no life). Let me lose myself in You (Life Itself)!

THE SUMMIT CHURCH

WHO I AM IN CHRIST

Adapted from Bob Kellemen, RPM Ministries (www.rpmministries.org) and, Excerpted from *Soul Physicians*.

Salt of the Earth
Matthew 5:13

Light of the World
Matthew 5:14

A Disciple of Christ
Luke 14:27; John 8:31

Christ's Witness
Luke 24:48; Acts 1:8

Set Free From Sin
John 8:32, 36

I Have Abundant Life
John 10:10

I Have Peace
John 14:27; 16:33

Clean in Christ
John 15:3

Bearer of Lasting Fruit
John 15:4, 5, 8, 16;

Completed in Christ
John 15:11

Overcomer of the World
John 16:33

Not of This World
John 17:16

A Christian, "A Little Christ"
Acts 11:26

Freely & Fully Justified
Romans 3:24, 26, 28, 30

Sanctified
1 Corinthians 6:11

A Saint
Philippians 1:1; 4:21, 22

Redeemed
Romans 3:24; Ephesians 1:7

Credited with Christ's Righteousness
Romans 3:21-26; 4:3-24

Dead to Sin
Romans 6:2

Raised to New Life
Romans 6:4

United with Christ in His Resurrection
Romans 6:5

My Old Self is Crucified
Romans 6:6

No Longer Sin's Slave
Romans 6:6-7

Alive to God
Romans 6:11

Not Under Law, but Under Grace
Romans 6:14

A Slave to Righteousness
Romans 6:19

No Longer a Sufferer of Condemnation
Romans 8:1

Not Controlled by the Flesh, but Controlled by the Spirit
Romans 8:9

Predestined to be Conformed to the Image of the Son
Romans 8:29

More than a Conqueror in Christ
Romans 8:37

Competent to Disciple Others in Christ
Romans 15:14

Sanctified by the Holy Spirit
Romans 15:16

Acceptable to God in Christ
Romans 15:16

Holy in Christ
Ephesians 5:26; Colossians 3:12

Blameless in Christ
1 Corinthians 1:8

God's Fellow Worker
1 Corinthians 3:9

God's Field
1 Corinthians 3:9

God's Building
1 Corinthians 3:9

God's Sacred Temple
1 Corinthians 3:16-17; 2 Corinthians 6:16

Washed in Christ
1 Corinthians 6:11

Bought and Redeemed with a Price
1 Corinthians 6:20

A Growing Reflection of the Lord's Glory
2 Corinthians 3:18

Renewed Inwardly Day by Day
2 Corinthians 4:16

A New Creation
2 Corinthians 5:17

A Minister of Reconciliation
2 Corinthians 5:18

Christ's Ambassador
2 Corinthians 5:20

Christ's Spiritually Pure Virgin
2 Corinthians 11:2

Rescued From This Present Evil Age
Galatians 1:4

Crucified with Christ
Galatians 2:20

Redeemed from the Curse
Galatians 3:13-14

Chosen to be Holy
Ephesians 1:4

I Have God's Resurrection Power Actively Working in Me.
Ephesians 1:17-19

Saved by Grace
Ephesians 2:5, 8

Raised Up with Christ
Ephesians 2:6

Seated with Christ in the Heavenly Realms
Ephesians 2:6

Christ's Workmanship
Ephesians 2:10

Prepared in Advance in Christ Jesus to do Good Works
Ephesians 2:10

THE SUMMIT CHURCH

A Dwelling in Which God Lives by His Spirit
Ephesians 2:22

Strengthened with Power by God's Spirit
Ephesians 3:16

Rooted and Established in Love
Ephesians 3:17

I Have Power to Grasp God's Great Love for Me.
Ephesians 3:18

Filled to the Measure of All the Fullness of God in Christ
Ephesians 3:19

New in the Attitude of My Mind in Christ
Ephesians 4:23

Light in the Lord
Ephesians 5:8

The Fruit of My Life is Goodness, Righteousness and Truth
Ephesians 5:9

Cleansed
Ephesians 5:26

Together with the Bride, I am Presentable, Radiant, Without Stain or Wrinkle or Any Other Blemish, But Holy and Blameless
Ephesians 5:27

Blameless and Pure; a Child of God Without Fault
Philippians 2:15

Conformed to His Image through Christ's Resurrection Power
Philippians 3:10

My Citizenship is in Heaven
Philippians 3:20

I Can Do All Things through Christ Who Strengthens Me
Philippians 4:13

God Meets All My Needs through His Riches in Christ Jesus
Philippians 4:19

Qualified to Share in the Inheritance of the Saints
Colossians 1:12

Rescued from the Dominion of Darkness
Colossians 1:13

Holy in God's Sight – Without Blemish, and Free From Accusation
Colossians 1:22

Sin is Defeated and Disarmed in My Life
Colossians 2:14-15

I Died with Christ to the World
Colossians 2:20

My Life is Now Hidden with Christ in God
Colossians 3:3

Blameless and Holy Before God's Presence
1 Thessalonians 3:13

Sanctified by God Through and Through
1 Thessalonians 5:23

Kept Blameless by God in My Whole Spirit, Soul and Body
1 Thessalonians 5:23

God Placed Within Me His Spirit of Power, Love and Wisdom
2 Timothy 1:7

A Good Soldier
2 Timothy 2:3-4

A Victorious Athlete in Jesus Christ
2 Timothy 2:5

A Disciplined, Hard-Working Farmer
2 Timothy 2:6

Purified from Sin in and by Christ
Hebrews 1:3

Saved Completely
Hebrews 7:25

God's Law is in My Mind and Written on My Heart
Hebrews 8:10; 10:16

My Conscience is Cleansed
Hebrews 9:14

Set Free from Sin
Hebrews 9:15

My Sins are Done Away With and Taken Away in and by Christ
Hebrews 9:26-27

Cleansed Once for All - Guiltless
Hebrews 10:2

Made Perfect Forever in and by Christ
Hebrews 10:14

Redeemed from My Old Empty Way
1 Peter 1:18-19

Purified by Faith in Christ
1 Peter 1:22

Born Again of Imperishable Seed
1 Peter 1:23

A Living Stone, Being Built into a Spiritual House
1 Peter 2:5

Along with All the Saints, I am a Holy Priesthood
1 Peter 2:5

Along with All the Saints, I am a Chosen People
1 Peter 2:9

Along with All the Saints, I am a People Belonging to God
1 Peter 2:9-10

Called Out of Darkness into Christ's Wonderful Light
1 Peter 2:9

Through God's Divine Power, I Have Everything I Need for Life and Godliness
2 Peter 1:3

I Have Escaped the Corruption in the World Caused by Evil Desires
2 Peter 1:4

An Overcomer of the World, the Flesh and the Devil Because Greater is He Who is in Me, Than He who is in the World
1 John 4:4

I Stand Before God's Glorious Presence without Fault and with Great Joy
Jude 24

Freed from my Sins by Christ's Blood
Revelation 1:5

Part of the Pure Bride of Christ – Clean, White and Righteous
Revelation 19:7-8, 14