



BRAVE CHURCH
TACKLING TOUGH TOPICS
TOGETHER

Chapter 4 - Domestic Violence



October is...

DOMESTIC
VIOLENCE

awareness

Month

Opening Prayer

Loving God, be with all men and women who are in doubt about their intimate relationships. Give them clarity of mind and peaceful hearts so that they can make good decisions guided by Your love. Let those who must, discern any abuse that may exist so that they can learn to care for themselves with Your help. Let those who must, acknowledge that they are harming the other, so they can learn to abhor their own behavior and come to true repentance and amendment of life. Keep us all safe in our relationships.

In Jesus' name. Amen.

Covenant Rules

RULE 1

We will accept conflict and commit to the way of kindness.

RULE 2

We will take responsibility for how our own words are received.

RULE 3

We will ask permission before we challenge someone's views on a subject.

RULE 4

We will show respect for one another and graciously receive feedback if someone feels disrespected.

RULE 5

We will use 'I' instead of 'you' statements. We will not accuse or attack."

RULE 6

Give everyone who wants to speak an opportunity to do so.

Topics for This Evening

- What is domestic violence?
- The various forms of abuse
- Sharing one's experiences with abuse
- The role of the church as a shelter
- Plans to better care for victims

What Is Domestic Violence?

Domestic violence is when one person does a variety of things to control another person in an intimate relationship. Ways a person might try to gain power and control over their partner include isolation, economic abuse, verbal/emotional/psychological abuse, intimidation, coercion and threats, physical abuse, minimizing, denying, and blaming.

Research Shows . . .

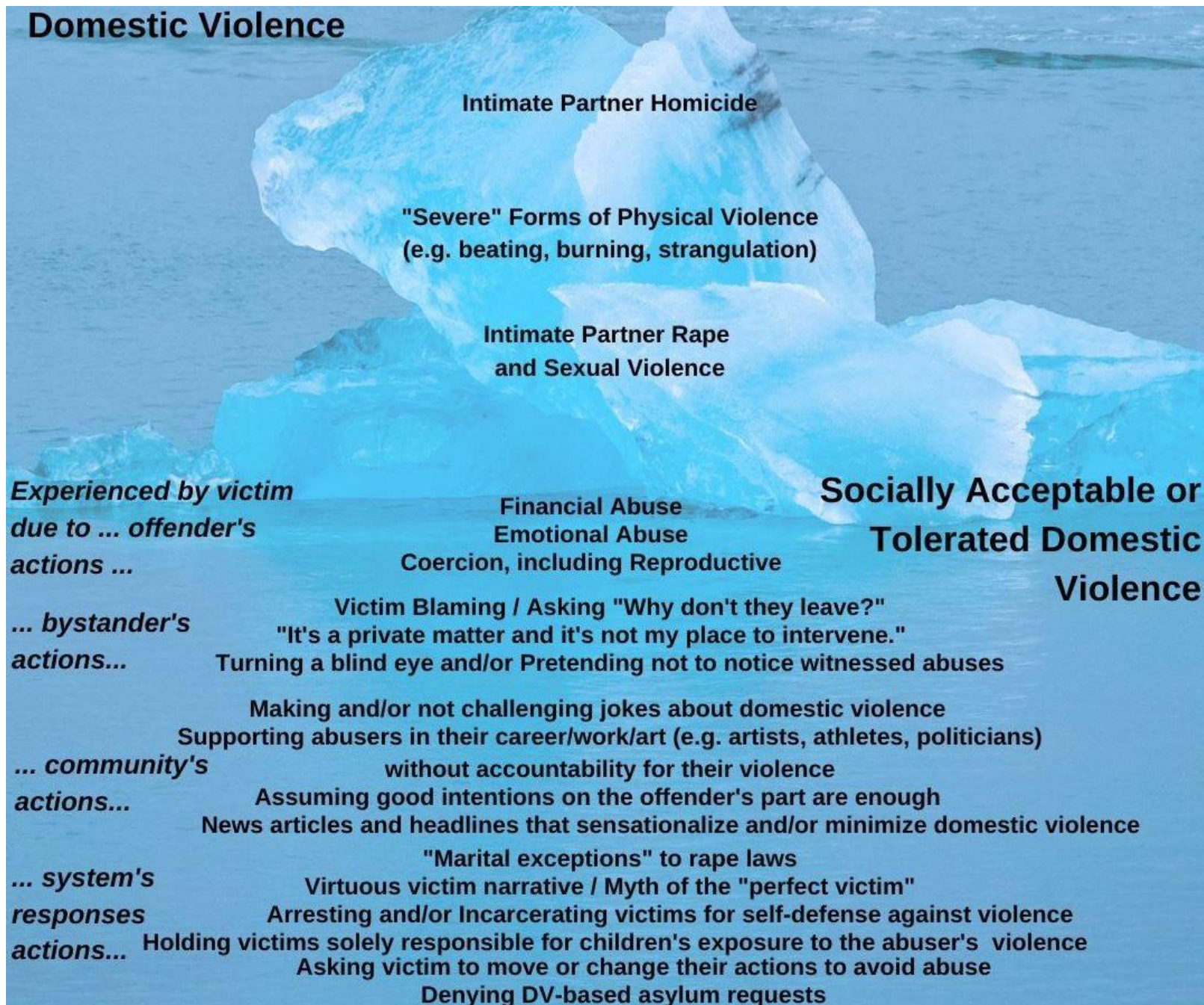
- One in 5 women have experienced severe physical violence
- One in 7 men have experienced severe physical violence
- One in 5 women have experienced sexual violence
- One in 12 men have experienced sexual violence
- 43 million women have experienced psychological abuse
- 38 million men have experienced psychological abuse

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Recognized Forms of Domestic Violence

- ✓ **Physical**
- ✓ **Verbal**
- ✓ **Sexual**
- ✓ **Psychological**
- ✓ **Emotional**
- ✓ **Financial**
- ✓ **Technological**
- ✓ **Spiritual**

Domestic Violence



Understanding Domestic Violence

THE RELATIONSHIP SPECTRUM

Source: LevelsRespect.org

Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spends time together
- Pressured into activities
- Unequal economically

Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

What Does Our Church Believe?

- **About submission**

(Ephesians 5:22-23) Wives, submit yourselves to your own husbands as you do to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior.

(Ephesians 5:25-33) Husbands, love your wives, just as Christ loved the church . . . In this same way, husbands ought to love their wives as their own bodies . . . He who loves his wife loves himself . . . just as Christ does the church.

- **About marriage and divorce**

(Matthew 19:6) So they are no longer two, but one flesh. Therefore, what God has joined together, let no one separate.

- **About forgiveness and reconciliation**

(Luke 15:11-32) The parable of the prodigal son

- **Is Grace Church a safe haven or is Grace Church doing harm?**

Discussion Questions

- Why do you think you are shocked when you learn that someone you know is experiencing abuse? What can your disbelief tell you about the nature of domestic violence?
- If someone from Grace Church told you that he or she was in an abusive relationship, how would you respond?
- How can Grace Church provide more support to people experiencing intimate partner violence?

Additional Resources

- <https://www.thehotline.org/>
- <https://www.loveisrespect.org/>
- <https://www.b6men.org/> (for male survivors)
- <https://www.talkspace.com/>
- <https://www.betterhelp.com/>