

## I. Introduction

### A. Statistics of the Sexually Abused<sup>1</sup>

1. One in Nine Girls experience sexual abuse or assault at the hands of an adult.

I.1.1.i. 82% of all victims are female, and under 18<sup>2</sup>

I.1.1.ii. Females 16-19 are 4 times more likely to experience rape, attempted rape, or sexual assault.

I.1.1.iii. Perpetrators of Sexual Abuse are Often Related, or Know the Victim.

2. One in Five Boys experience sexual abuse or assault at the hands of an adult.

I.2.1.i. 1 of 10 rape victims are male.

I.2.1.ii. Males 18-24 who are college students 5 times more likely to be victims.

I.2.1.iii. Every 9 minutes child protective services finds evidence for a claim of sexual abuse.

### B. Prevalence of the Sexual Abuse

1. Take Place in All Communities and Crosses all Socio-economic Barriers.

2. 60-Million Survivors in the United States

3. Many Sitting in Our Churches Who Have Been Impacted.

## II. Lessons Learned Counseling the Sexually Abused

### A. Involvement: Caring for the Sexually Abused

#### II.1.1. Purpose of Involvement

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<sup>1</sup>David Finkelhor, Anne Shattuck, Heather A. Turner, & Sherry L. Hamby, *The Lifetime Prevalence of Child Sexual Abuse and Sexual Assault Assessed in Late Adolescence*, 55 *Journal of Adolescent Health* 329, 329-333 (2014)

<sup>2</sup>Department of Justice, Office of Justice Programs, Bureau of Justice Statistics, *Sexual Assault of Young Children as Reported to Law Enforcement* (2000).

- i. To 'ally' yourself, or to 'involve' yourself in the other person's life, for their benefit.
- ii. Provide Loving Care by Building a Christlike Relationship

#### II.1.2. Goals of Involvement

- i. Be Available – Galatians 6:2 - *"...bear one another's burdens and thereby fulfill the law of Christ."*
- ii. Show Compassion – Mt. 9:36 - *"...seeing the people, He felt compassion for them, because they were distressed, and dispirited like sheep without a shepherd.."*
- iii. Take Problems Seriously - 1 Cor. 13:7 – *"...bears all things, believes all things, hopes all things, endures all things.."*
- iv. Express Confidence She Can Obey God's Word – Phil. 1:6 - *"...I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus."*

#### II.1.3. Building Involvement: Case Study #1: A Bruised Reed

##### II.1.3.i. Sexually Assaulted: Someone In Authority She Trusted

##### II.1.3.i.a. Presentation Problem: Intense Shame, Bitterness

##### II.1.3.ii. Build Involvement By:

II.1.3.ii.a. Praying for and with Her Often (Heb. 4:16)

II.1.3.ii.b. Grieve with Her (Rom. 12:15)

II.1.3.ii.c. Be Tender and Gentle (1 Thess. 2:7-8)

II.1.3.ii.d. Be Patient (1 Thess. 5:14)

II.1.3.ii.e. Listen to Understand (Prov. 18:13)

II.1.3.ii.f. Taking the Story Seriously (1 Cor. 13:7)

- iii. Lessons I learned
  - a. Be Humble
  - b. Seek the Lord in Prayer
  - c. Ask God for Wisdom and Discernment
  - d. Have a Posture that Communicates Care and Concern

B. Inspiration: Giving Biblical Hope to the Sexually Abused

*"What Comes into our minds when we think about God is the most important thing about us." (AW Tozer)*

- 1. Biblical Hope is Confidence that God is who He says He is, and He will do what He has promised (2 Cor. 1:3-5)!
  - i. Biblical Hope for The Sexually Abused
    - a. Is Built Upon God and His Promises (Jer 3:21-27)
    - b. Is Built Upon God and His Word (Ps 119:49-50)
    - c. Is the Result of Our Salvation (1 Pet. 1:3)
    - d. Is the Outcome of a Bigger Picture (Rom. 8:28-19)
  - ii. Inspiring Hope to the Sexually Abused
    - a. Intimate Relationship with Jesus Christ.
      - Review the Gospel
      - Exchange Testimonies

b. Strengthen Her Relationship with Jesus Christ.

- Assist in Developing the Spiritual Disciplines
  - The reading, studying, memorizing, and meditating upon God's Word.

c. The Bible Speaks to Her Problem

- Example: Tamar – 2 Samuel 13.

d. Help the Counselee Think Biblically

- Think Through God's Character (Ps. 77, Lam 3)
- Think Through the Possibility for Good (Rom. 8:28-29)
- Think About His Divine Resources (2 Pet. 1:3)
- Think Through the Nature and Cause of Her Circumstance (Jn. 16:33)

iii. Lessons Learned

- a. There is always great hope for change because of Christ! (Jn. 1:29; Rom. 6:1-23; 1 Tm 1:15; Mt. 1:21; 2 Pet. 1:3-8)
- b. Difficult past does not have to determine one's future! (2 Cor. 5:17; Rom. 6:3-4; Gal. 2:20)
- c. She is not a forever victim, but a Victor in Christ! (Rom. 6:6, 16-22, 8:15)

C. Instruction: Teaching the Sexually Abused

1. Using the Scripture to teach truths that call the counselee to action as they apply them to their life.
2. The Nature of Counseling Instruction should be biblical and biblically accurate.

4. Helpful Instruction for the Sexually Abused
  - i. Educate with Tamar's Story (2 Samuel 13)
    - a. Mindset and Actions of a Sexual Predator (1-15)
      - ✓ Amnon was manipulative and deceptive
      - ✓ Sexual Assault is About Power, Violence, and Manipulation.
    - b. Mindset and Actions of the Sexually Abused (16-20)
      - ✓ Tamar felt abandoned, confused, and humiliated, and mourn the loss of her virtue.
      - ✓ Tamar Felt Ruined
      - ✓ Tamar Felt Life was Useless
      - ✓ Tamar Sorrowed Without Hope
    - c. Mindset and Actions of the Believer
      - ✓ The Gospel Brings Her Hope
        - It says to her pain she is healed (Rom. 6:3-4)
        - It says to her shame she can come to the throne of Grace and find help and mercy (Heb. 4:14-16).
        - Remind her soul of her forgiven status before the Lord (Rom. 4:5,7)
  - ii. Encourage with Joseph's Story (Gen. 37-50)
    - ✓ Emphasize that Joseph did not bear the responsibility for his own slavery, false imprisonment, or attempted sexual assault.
    - ✓ Emphasize Joseph's character, He was faithful, and forgiving, and blessed his brothers.
    - ✓ Joseph trusted in God's Justice.
    - ✓ Joseph trusted that God was Sovereign.

- What happened to Joseph was evil, but God designed it for the preservation of life (Gen. 50:20)

iii. Other Helpful Truths to Encourage and Edify

- ✓ Psalm 139:1-7 + Isaiah 43:1-4
  - emphasizing God's Omnipresence even amidst tragedy.
- ✓ God is intimately acquainted with our deepest sorrows and shame.
  - He is with you in the fire and flood.
- ✓ The book of Job is *always*
  - emphasizing that God doesn't answer our pain with answers, but often answers with His presence and magnificence).
- ✓ Romans 8 + 2 Cor 4-5.
  - bringing in themes of momentary affliction not worth comparing to future glory.
  - God designing all suffering *not to punish or condemn us*, but to give us Himself, His good, and His work for glory and flourishing+life.
  - Sorrow that can cut us off from God's love.
- ✓ 1 John/John 14-17
  - encourage abiding in Christ, obeying, choosing joy, walking in light and love and fellowship.