

I. Introduction: disturbing, difficult

A. *Sexual assault – rape*

(RAINN): sexual assault involves sexual behavior without the **consent** of the other. **Consent** is when a person freely agrees to participate in the activity and has the freedom and capacity (i.e., age and understanding) to make that **choice** without constraint. They cannot be asleep, unconscious, intoxicated, have a mental restriction, be too young to understand what is going on, or be undergoing a medical procedure. Sexual assault includes attempted rape, fondling or unwanted sexual touching, forced sexual acts including oral sex or any penetration of the body, and rape. Rape is when a victim is forcibly penetrated.

When a person is raped, the perpetrator abuses his greater strength and power over his victim. He gains a sense of entitlement and power over a person who is not able to defend herself.

B. *Different kinds*

Stranger rape - the perpetrator and the victim do not know each other at all.

Acquaintance rape - the perpetrator and the victim know each other in some way.

Date rape - during a dating relationship.

Marital rape - the perpetrator and the victim are married to each other.

Statutory rape - the victim is below the legal age of consent. Although they both may have agreed to have sex, if she is below the legal age of consent, the sexual activity is understood to be rape.

(Twice-raped) - when a victim experiences further grievous suffering after the rape. During a disturbing medical examination, when people she confides in don't believe her or blame her, when the prosecutor during a trial blames her

II. Response

A. *3 Phases*

First phase, the crisis or acute stage, is right after the rape. She will be in a state of shock, fear, anxiety, anger, and may not believe that this has happened to her.

Second phase, the outward adjustment stage, which usually occurs in the immediate weeks after the attack. This is a period when the rape controls the victim's life.

The integration, or long-term reorganization stage. She will be able to make choices for her actions and behavior, no longer being in a place where she is trying to cope with each day.

B. *Post-Traumatic Distress*

The symptoms of Post-Traumatic Distress fall under three categories: hyperarousal, intrusion, and constriction.

i. *Hyperarousal*

Easily startled, irritable, outbursts of anger, difficulty concentrating, sleeping problems. Extreme responses to stimuli

ii. *Intrusion*

Reliving the rape, resulting in it intruding upon her daily life.

iii. *Constriction*

Life becomes narrow as she withdraws by avoiding people, places, and things that remind her of the attack. Attempt to numb emotions by engaging in self-harm, overeating, abusing drugs, or alcohol.

C. *Triggers*

A reminder of the attack. Smells, sounds, sights, things she touches, or locations.

D. *Intrusive Thoughts*

Unwanted thoughts that plague her mind and seem impossible to stop.

E. *Flashbacks*

As if they are back at the assault and are reliving it in part or in full. It can be visual, auditory, or involve smells.

Teach her to focus on what is real, her present location, where she is, and who is with her. "This is not real, the vision will not hurt me." She can then refocus by thinking that she is safe, she is at home, and that she is with someone safe. Keep a record of when the flashbacks occurred. Write down what was happening, what she and the people around her were doing. Plan what to think in similar situations.

F. *Dissociation*

When a victim splits off and fragments the overwhelming experience. Convinces herself that the rape is not happening, she is an onlooker, it was a bad dream, transport herself to a fantasy location, or enter into a pretend event.

Results in feeling indifferent, emotionally detached, and passive. Tries to avoid thoughts, feelings, situations, or activities related to it. She may focus her attention internally, unfocus her gaze, and focus on an imaginary event.

It can lead to her not being able to function in reality and cause difficulties in relationships, employment, and in performing daily activities.

III. Emotions

A. *Blame and Guilt*

Victims often blamed. May blame herself if she was dressed provocatively, think she did not fight him off enough, or for being where she was before the attack, if she was sexually aroused.

Blame must be put squarely on the perpetrator.

Confess guilt for prior sin eg drunkenness

B. *Doubt*

Difference between her experience and the notions of rapes. Questioning her ability to think, have valuable opinions, and who she is as a person. Work with her on thinking truth and living in the reality of the present.

C. *Regret*

Things related to leading up to the attack. Leaving the window open, walking in a secluded area, or going into a car.

D. *Sorrow and Grief*

Deep sorrow will be experienced. Grieve the loss of trust, her ability to have power over her own body, and the loss of dignity.

E. *Anger*

Toward the perpetrator or those who did not provide adequate support. That it continues to have a hold over her life. If her anger turns inward, she will become withdrawn and depressed.

Anger comes from a judgment that you are against something and perceive it to be wrong.

Righteous anger: (1) a sin that has occurred; (2) a concern for the glory of God, not one's glory; and (3) a righteous expression.

Give help so that her anger does not become sinful.

F. *Shame*

Something inherently wrong with them. Not able to live up to a standard

G. *Depression*

If she believes that she is a failure, has lost trust in people, lives in guilt, fear, anger, and has disturbed sleeping patterns.

Work on her thinking patterns, keeping a schedule, taking regular physical exercise, having social contact, having set times for going to bed and getting up in the morning, and developing healthy eating patterns. Start by having her do one responsible thing every day, and then work with her so that she can keep a weekly schedule. Have her write down the things that she will think about when she is inclined to think sad thoughts. Focus on Christ, who he is, what he has done, and who she is in him.

IV. Behavior

A. *Expressions of Fear*

Danger: body produces adrenaline or noradrenaline. When adrenaline is created, the victim will experience a fight or flight response. When noradrenaline is produced, she will freeze.

B. *Obsessive-Compulsive Behavior*

Obsessions are intrusive thoughts, images, and impulses that are unwanted and cause anxiety, making her want to do something to be relieved of the anxiety. When whatever she chooses to do is done on a regular basis, it becomes a compulsion and therefore a habit.

C. *Escapism*

World will be a scary place. Restricts life. Can lead to begin self-harm, addictive behaviors to numb pain.

D. *Thinking*

Become aware of what her thoughts and evaluate it according Scripture.

i. *Purposefully Thinking Truth*

Help her live in the present.

When she tempted to dissociate, she can do practical things such as exercise, do housework, or hold onto something that means a lot to her. She can phone someone, play, or listen to music, sing, or pray. She can speak scriptural truths that she has memorized, written on cards, or stored on her phone. She can look around her and take note of what is in the room and the colors that she sees.

ii. Dealing with Fear and Worry

Ephesians 1 and Colossians 1: who Christ is and what he has done.

Philippians 4:4-7

Bring that thought to the Lord and then think about an attribute of God in relation to it.

He is omnipresent

God's omnipresence can be a tremendous help for her as she trusts that he is with her wherever she goes. She can know that wherever she is and whatever happens to her, as a believer, God is always with her. She is never alone.

Jeremiah 23:23-24

Psalm 139:7-10

omniscient

As she works on dealing with fear and worries, she can trust God that he knows all things, including the answer to the mystery about why she was attacked. Some victims want to know why they were attacked. This understandable search for specific answers will be fruitless and possibly lead to more fear and confusion. It is important to help her see that the Lord knows all the details and aspects of her life and future. She may ask questions about where God was at the time of the rape. Therefore, it is crucial for her to understand that the Lord will judge the evil of rape.

1 John 3:20

Psalm 139:1-2, 4, 16

wise

Wisdom is found in Christ. The wisdom she needs for how to make decisions, how to relate to people, and how to live in all areas of her life is found in scripture

Romans 16:27

1 Corinthians 1:24, 30

Ephesians 3:10

Colossians 2:3

faithful

God is faithful, he is truthful. Help her to see that the Lord will keep his word and that he is true to his promises. Help her discover what the Lord has said, and to trust that he is true to his word.

Deuteronomy 32:4

good

She can know that God is good. There is no evil or wrongdoing in him. The standard she should use for judging any behavior is God himself.

Luke 18:19

Psalm 100:5

Psalm 106:1

Psalm 34:8

and love

God is love and has expressed his love by sending his Son to die in her place. He acts in such a way toward her that it is for her benefit. She can trust that he will continue to love her and work in her life.

1 John 4:8

John 3:16

Galatians 2:20

He is merciful

He is kind and shows pity by ministering to her in her sadness and grief. She can be confident that he will continue to be compassionately merciful about her fears and about trusting him with her daily life.

2 Corinthians 1:3

gracious

It was because of his grace that God sent his Son for her salvation. She can be sure that he will continue to be gracious to her. He will continue to extend unmerited favor to her, as she trusts him.

Romans 3:24

2 Corinthians 8:9

Ephesians 2:8

holy

When God is called holy, it means that he is unique. His nature is separate from creation. He is morally pure and separate from evil. What happened to her, while being under the Lord's control, was anti-God. It is the opposite of God's character. She can know that God can be trusted as he is morally pure. She can also know that the purpose of her own life is to become holy.

Psalm 71:22

Psalm 89:18

1 Peter 1:16

and righteous

God is righteous which is seen in what he does. She can trust that he will relate to her and guide her according to what is morally good

Deuteronomy 32:4

God is jealous

God being jealous means that he defends his character and reputation. As she trusts God in her daily life, she can know she pleases him as she seeks to honor him in all that she does.

Exodus 34:14

Deuteronomy 4:24; 5:9

Since he is jealous for his people, she can also be assured that he is jealous for her. He is committed to her through his covenant with her in Christ and will work in her life for her good and his glory.

Joel 2:18

Zechariah 1:14

Zechariah 8:2

wrathful

God is wrathful against all evil and godlessness. She can know that he is furious about the rape. God will judge the perpetrator, and justice will come.

Exodus 32:9-10

2 Kings 22:13

Romans 1:18

omnipotent

The victim can know that as she trusts the Lord, he is fully able to do what he is consistent with his desires and character. This may lead her to ask questions about God's relation to

evil, a mystery has troubled believers for centuries. While he is in control and powerful, people are responsible for their deeds. It may be helpful to study the life of Joseph, explaining that while his brothers were accountable, God was working to save lives (Genesis 50:20).

Psalm 24:8

Jeremiah 32:27

and longsuffering

There will be times when she fails and gives in to fear. She can trust that the Lord is patient with her and will continue to work in her life.

Exodus 34:6

Psalm 86:15

Romans 2:4

Romans 9:22

1 Peter 3:20

2 Peter 3:15

V. Relational

A. *Trust*

Struggle to trust, might view all men as selfish, dangerous, and violent.

B. *Relationships*

Have a supportive community around her.

Swing between wanting to be around people and desiring to be alone.

C. *Speaking Out*

Some never speak to anyone

D. *Boundaries*

Opinion, personhood, and body meant nothing to the perpetrator. This leads to behaviors such as those described under Obsessive-Compulsive Behavior earlier.

E. *Marriage*

May or may not have told her husband
Her changed behaviors and attitudes may confuse him.
His responses may not be helpful because he does not understand
Struggle with trusting her husband, treat him as selfish, dangerous, and violent.
Her husband must also be given help

Intimacy, or a loving touch, might cause her to recoil. If a flashback occurs, she can tell her husband what is happening. He can help her refocus by reminding her that she is safe, she is at home, and that she is with him. Couples need talk to each other. Some husbands begin to view their wives as defiled and unclean and no longer want them.

Unmarried

Struggle to know how to relate to men. Might be potential threats, try to protect from harm, do anything to be accepted by men, believes no man would want her.
Difficulty processing her trauma or resisting temptation to self-harm

VI. Bible

A. *Teaching*

i. *The Horror of Rape in the Bible*

It is evil and a degradation of people who are created in his image. He speaks compassionately to the suffering

Dinah

Genesis 34: 1-2, 7

Tamar

2 Samuel 13:1-22

Levite's Concubine

Judges 19

Old Testament Law

Forbidden in Old Testament law
Deuteronomy 22:25-29: punishable offense.

ii. *Oppression in the Bible*

The Suffering of His People

Exodus 2: remembered the covenant and sent them a deliverer: Moses.

Condemnation of Oppressors

Isaiah 10:1-2, Ezekiel 22:6-12, Micah 2:2 Micah 3:4

The Suffering Servant

Our Lord entered into human suffering. He was rejected, abandoned

Matthew 26:47-56

Mark 14:50

slandered, and lied about

John 8:41, 48

he was a man of sorrows and acquainted with grief

Isaiah 53:3

Bore our sorrows and grief so that we would be healed and have peace with God.

Isaiah 61:1-10

Frees believers enslaved by fear of death and provides help when suffering.

Hebrews 2:9-18

Hope in Suffering

How can a good God who is in control of all things could allow this to happen? Superficial answers can be trite, hurtful, and compound suffering.

Suffering and cruelty exist in this fallen world.

God cannot be tempted with evil and tempts no one.

Temptation comes when a person is lured by their own desire. When this desire is conceived, it gives birth to sin:

James 1:13-15

The attacker is solely responsible and accountable for what he did.

Our Lord cares so much about our suffering that he took it upon himself and wants to help us in it

VII. *The Cross Applied*

A. *Reality of Evil*

The evil of rape is a result of living in a fallen world.
Genesis 3, sin and suffering entered creation.

B. *Evil Conquered*

Evil does not reign and nor have the final say.
Jesus defeated Satan and evil, disarmed the rulers and authorities

Colossians 2:15

Fulfilled Psalm 110:1, seated at the right hand of the Father in heaven, having defeated God's enemies.

Ephesians 1:20-21

He destroyed the devil and his works.

Hebrews 2:14

1 John 3:8

Even at the Fall, he promised that evil would be conquered.

Genesis 3:15

C. *Sin Conquered*

Jesus substituted himself for sinners on the cross. Fulfilled the law, satisfied the justice of God
If a person trusts in Christ, he or she can be forgiven and come into a new relationship with God.

Galatians 3:13

D. *Satan and Death Conquered*

Jesus destroyed the devil who had the power of death and delivered those who through fear of death were subject to lifelong slavery

Genesis 3:15

Hebrews 2:15

Listen and seek to understand what questions she has. This takes time.
She knows evil is real, might think it is more powerful than God. Show her that evil has been defeated, as have the devil and his works.

Slowly help her as she trusts the Lord that he has paid for the evil of the rape. It will not have the final say.
She can trust God that he is just and that evil will be punished. He will bring ultimate justice.

2 Thessalonians 1:5-10

VIII. Redeemed and Belonging to God

Essential comes to understand that who she is, is a woman who is redeemed and belonging to God, not a victim of rape, no matter how intense its destructive impact has been on her life.

It is to be expected that she does not see herself in these ways. After discovering how she thinks about herself, take her to these passages and help her to live in what is true about her in Christ.

She is redeemed and forgiven: Ephesians 1:7-8

Made righteous: Romans 5:1

Blessed with every spiritual blessing in the heavenly places: Ephesians 1:3

Chosen before the foundation of the world to be holy and blameless: Ephesians 1:4

Predestined for adoption: Ephesians 1:5

Recipient of an inheritance: Ephesians 1:11

Sealed with the Holy Spirit as a guarantee of the inheritance: Ephesians 1:13, 14

Filled in him: Colossians 2:10

A new creation: 2 Corinthians 5:17

God's workmanship: Ephesians 2:10

Reconciled to God: 2 Corinthians 5:18

A saint: 1 Corinthians 1:2; Ephesians 1:1; Philippians 1:1

Chosen, holy and beloved: Colossians 3:12

A child of light: 1 Thessalonians 5:5

Pure and blameless: Philippians 1:10-11

Holy, blameless and above reproach: Colossians 1:21-22