

TRUST—CAN I DO IT?

ABUSE AND TRUSTING GOD FOR HEALING

For my thoughts are not your thoughts, Nor are your ways My ways, says the Lord. (Isaiah 55:8)

I felt out of control day after day. My life was not going the way I planned. My plans were not being fulfilled. I kept asking myself, *what's wrong with this picture?* It was a never ending battle. It was like being on a roller coaster that wouldn't stop so I could get off; I felt stuck with no hope in sight!

At times, when I allowed the Lord control, I would see things smooth out, but those times were far and few in between. Still—I was slowly learning to yield more control to Him and that revealed another issue—TRUST, which brought up numerous questions to which I had no answers. Was I willing to trust God with the course of my recovery? Was I willing to acknowledge that He knows best the paths I should take? Was I willing to let my walls down? If I let people in, would I be hurt again? Yet deep within my heart I knew I needed to repent of my need to control. I needed to start trusting the Lord and submit to His leadership. *But how Lord? How? HOW?* The cry keeps echoing deep within my heart; bouncing back and forth seeking an answer.

As victims of abuse we feel rejected and abandoned and are distrustful of others. We often project these feeling into our relationship with God. When people we can see prove to be untrustworthy and forsake us, then how can we trust God, whom we cannot see? We are trapped in a never-ending circle.

One day a friend shared this scripture with me and I knew the Lord was tugging at my heart. *And those who know Your name will put their TRUST in You; For You, Lord, have not forsaken those who seek you. (Psalm 9:10)* I was a Christian. I had accepted the Lord Jesus into my heart, but I didn't walk in the freedom I desired. She told me that God is not a man who would forsake or abandon us. If we don't trust Him, we will go our own way, making wrong decisions and paying the consequences for them. Ultimately we need to realize there is no choice BUT to RISK TRUSTING GOD by taking a step toward Him. God is faithful to us once we start seeking Him for answers. When we see His faithfulness demonstrated it will become easier and easier to trust Him.

I knew she was right and was telling me the truth. I needed to make some wiser decisions and I needed to make them now! She then read Psalm 139 verse 5 which said, *O Lord, You have searched me and known me...And laid Your hand upon me.* Now hidden deep within me was a terrified little girl. She was huddled in an empty corner, her small arms wrapped around her chubby, short legs and her tearstained face buried deep in her tiny lap. She felt totally rejected and utterly abandoned.

In a vulnerable moment I revealed her existence to my trusted friend. She encouraged me to let Jesus enter that secret room. I agreed, but immediately felt the little girl's horror and overwhelming shame. Had I betrayed her too?

With great compassion, Jesus quietly approached the frightened child. He had always known of her existence and was waiting for this time; the welcome to enter in. He laid His hand on her head, gently stroking her hair. His loving touch calmed all her fears. She knew at once that she was safe with Jesus, and that He would comfort her—heal her pain. At this point, I cried out, *Jesus, help me to not be afraid either. Touch the little girl inside me. Heal her wounds and take away her pain. She has suffered enough; set her free. Bring peace to her little heart and soul.*

My friend drew me into her arms, held me close for a few moments, and then she softly quoted Ezekiel 11:19 - *I will give them an undivided heart and put a new spirit in them.* My heart was broken and the adult part of me was grieving. As I recounted the horror, I cried even harder, for the child part of me was reliving the abuse. I had always felt like two pieces of a broken shell—me, the adult, and me, the child. I never felt whole.

Weak and exhausted from pouring out my pain, I felt God's presence as He lifted me into His arms, drew me to His breast, bound up my wounds, and defused my memories. Awe filled my soul as I realized that He was healing the adult and the little girl at the same time, making me a whole, new person. Oh, I knew that there were still many hidden crevices that needed Jesus' healing touch, but it was a start. Together we would work through them; Jesus was my answer and the timing of healing was in His hands.

A victim of sexual abuse often feels like two people. She can never be whole until the adult and the child embrace each other and become one. God promises to do that for us and we can pray, Thank You Lord, for uniting my divided heart, and making me ONE. Psalm 116:8 says, *For You have delivered my soul from death, my eyes from tears, and my feet from falling.*

Through healing I've learned that women who experience severe trauma like sexual abuse often get stuck emotionally at the age it occurred. Even though we grow up, we still continue to react to our world and its events through a wounded child's eyes. It is not the adult who needs God's touch, but the little child within. Many men are also victims. They go through similar emotional problems and they also need the Lord's healing touch.

Furthermore, we cannot go through emotional healing without being emotional, for only as God leads us through the memories of our past can He bring our emotions into BALANCE, and balance was my heart's cry, *Father, bring my emotions into line; heal the little girl that's still within. Deliver me from the tears of the past by Your loving grace and mercy.*

God is faithful to carry us through all we will encounter in the healing process. We can learn to trust Him as we release the control into His capable hands. Proverbs 11:1 *A false balance is abomination to the Lord: but a just weight is his delight* was a favorite verse of mine; it was a strong tool (the Word of God) that I quoted out loud time and time again. It encouraged me and held me steady in the truth of who I was becoming—His delight. Oh I liked that! It was one of the scriptures that I used in my SMART (sexual adults releasing trauma) groups. We not only quoted it over and over, but we learned to believe it and walk in it.

My sisters and brothers, that pain can be stopped. You may feel lonely, lost and cold, hopeless and despairing, asking *Where is God?* And God in His grace will reach down into the pit, take your hand, and He will pull you out, and in an instant you will know He had always been there. He will answer your prayers, heal every hurt, and He will make it stop.

Psalm 139:1-3 – *O, Lord, You have searched me and known me. You know my sitting down and my rising up; you understand my thought afar off. You...are acquainted with all my ways.* God desires our healing, but we obstruct Him when we are afraid to speak honestly to Him and reveal our real thoughts and feelings. We often think if He finds out our true feelings He'll be mad, disappointed, or condemning.

We don't have to keep our MASKS on before Him. God already understands how we feel and why we feel the way we do. God never tells us not to feel—people tell us that. We are told to *toughen up* or *suck it in* or *hide your feeling and pretend you're fine* or *don't act like a baby* or...and the list goes on and on. God does not drive us to unrealistic goals of perfection—we do that to ourselves. We must not try to resolve all our negative feelings before praying to Him. We need only share our hearts with Him, and He'll help us with the feeling. *Today, Father, free me from wrong perception of You and wrong expectation of me. You know me, understand, and love me, negative feeling and all.*

I still have my personal struggles—feel discouraged—catch myself asking, *what is wrong with me, Lord? i know You could speak the word and I would be healed. Why don't You? Why do I always have to work through the attitudes of my heart?* His answer—*But child, I'm changing your heart. I have a purpose and a plan for you. Do not despair. I have hidden you in the palm of My hand and you are forever before Me.*

Contrary to how we sometimes feel, God never forgets us; we are always in His hand. Although God helps each of us differently; His purpose remains the same—to give us new hearts and right spirits, that we might fulfill our destiny that He has laid out for us.

Psalm 19:7-14 (New International)

The law of the LORD is perfect, reviving the soul. The statutes of the LORD are trustworthy, making wise the simple. The precepts of the LORD are right, giving joy to the heart. The commands of the LORD are radiant, giving light to the eyes. The fear of the LORD is pure, enduring forever. The Ordinances (Judgments) of the LORD are sure and altogether righteous. They are more precious (more to be desired) than gold, than much pure gold; they are sweeter than honey, than honey from the comb. By them is your servant warned; in keeping them there is great reward. Who can discern (understand) his errors? Forgive (cleanse) my hidden (secret) faults. Keep your servant also from willful sins; may they not rule (have dominion) over me. Then will I be blameless, innocent of great transgression. May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock (strength) and my Redeemer.

Psalm 16:5-11 (NIV 1984)

Lord, you have assigned me my portion and my cup; you have made my lot secure. The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance. I will praise the Lord, who counsels me; even at night my heart instructs me. I have set the Lord always before me. Because he is at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure, (In hope), because you will not abandon me to the grave, nor will you let your Holy One see decay. You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

The LORD is our: Strength, Rock, Fortress, Deliverer, Refuge, Shield, Horn of our salvation,
Stronghold, Comforter, Counselor, Covering, High Tower, and more!