



4. Breaking Free of Abuse

*"Then Sarai treated Hagar so cruelly that she ran away."
—Genesis 16:6 (Good News)*

1. _____

*Jesus: "The truth will set you free."
— John 8:32*

*David: "I said to myself, 'I will not say anything while evil people are near.' So I kept quiet, not saying a word... but my suffering only grew worse."
— Psalm 139:1-4 (Today's English Version)*

*"Take no part in the worthless deeds of evil and darkness; instead, rebuke and expose them."
—Ephesians 5:11-13 (New Living Translation)*

2. _____

*"And the Lord said, "What have you done? Listen; your brother's blood is crying out to me from the ground!"
—Genesis 4:10 (NRSV)*

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3. _____

*"Don't be fooled by those who try to excuse these sins, for the anger of God comes upon all those who disobey him."
—Ephesians. 5:6 (New Living Translation)*

4. _____

*"Look on victims of abuse as if what happened to them happened to you."
— Hebrews 13:3b (Message)*

*"Carry each other's burdens, and in this way you will fulfill the law of Christ."
— Galatians 6:2 (NIV)*

5. _____

*"By yourself you're unprotected. With a friend you can face the worst. Can you get a third person? A three-stranded rope isn't easily snapped."
—Ecclesiastes. 4:12 (The Message)*

6. _____

*Advice to Job: "Put your heart right. Reach out to God. Put away any evil and wrong from your home. Then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more! Your life will be brighter than sunshine at noon, and life's darkest hours will shine like the dawn!"
—Job 11:13-17 (Today's English Version)*

7. _____

*"Never repay one wrong with another, or one abusive word with another; instead, repay with a blessing. That is what you are called to do, so that you inherit a blessing."
— 1 Peter 3:9 (NJB)*

"Christ never verbally abused those who verbally abused him. When he suffered, he didn't make any threats but left everything to the one who judges fairly." 1 Peter 2:23 (GW)

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