

## HAVE YOU BEEN SEXUALLY ABUSED?



DEAR LOVED ONE

Were you sexually abused and does all the damage it did to you hang over your life, coloring everything in your life?

Do you think that you will never be able to get past it and be content and lead a happy, fulfilled life?

Can you not stop of thinking about and dwelling on the details for very long and to forgive the one or ones responsible for the abuse?

Does the Devil keep digging it up in your mind to remind you of it, and tell you that you can't recover from it and put it aside in your life and let it go?

Well, the Devil is a liar, the Bible says he is the Father of lies!

I didn't recognize until recently that it was the Devil who insisted on my keeping this whole thing alive in my mind; even though at times, I thought I was done at last, dwelling on it at all.

The devil was telling me that my past abuse was just too terrible to get over the grieving for what I had lost in my life because of all the abuse.

The sexual abuse and parental abuse that mostly all happened as a child took my identity away. I didn't know who I was! I had been violated in the worst ways possible!

In Truth, how can be anything worse than sexual abuse along with parental rejection?

Most of my life I didn't see how I could forgive my Grandfather for sexually abusing me. He used me for his own pleasure not considering what it was doing to me!

I was just an innocent, helpless little girl! And even when I grew up it was an unspoken family rule that I wasn't supposed to upset the apple cart by upsetting grandfather or my grandmother or anyone in the family by saying anything about the continued harassment of my grandfather! Heaven forbid that I would tell anyone about the original sexual abuse, but my mother said that I did! She said I told lots of people. That must have been when I was older but I sure was afraid when I was younger. Grandpa would threaten me that if I told anyone he would do things to me like cut off my arms and legs!

As I got older Grandpa continued to make advances to me and I felt that I had to put up with it, and oh, how it would sicken me when he made innuendos and wanted to be held and kissed. I felt so trapped but I felt like I wasn't important enough to be defended if I did say something. How I got that idea was the way my parents had treated me all my life, like I had no value. Nothing I said or did was good enough in their eyes.

So, I just put up with the abuse the best that I could always trying to keep my distance from my grandfather but he would, for example, trap me in the bedroom when we had a family party to try to get a kiss, etc. and he would whisper sexual things to me.

He never quit making advances to me until he was 75 years old. That's a long time to put up with that kind of behavior! When he was in a nursing home he got all stiff as he was dying and I put my hand on his head and became so nauseous I retched and thought I was going to throw up, I was sickened by touching him! I pictured him on his face looking down into the flames of Hell and him knowing that he was descending into it! It was such a strong feeling!

Then I cried and cried at his funeral, not in grief because he died, but because of what he had been to me! I remember everyone saying to me that he was old and it wasn't bad that he died.

Years later I found myself in counseling because I couldn't stop eating all the time, and what immediately came out of my mouth was that my grandfather had sexually abused me when I was a child. I still wasn't over it!

Thinking back:

I remember he had started sexually abusing me when I was about five years old. I remember a bath he gave me in a tub in the middle of their cabin floor and how he had moved the wash cloth he was washing me with back and forth slowly in a sexual way. There were many other sexual things he did with me as I spent all my Summers in the his company. He always kept me close to him. I was always doing things with him.

He continued to abuse me on into my teen years, often pulling me into his arms and asking me if I enjoyed it, and once even chasing me around the small cabin my grandparents had moved into when they retired, even with my grandmother just in the other room at the time. I couldn't believe he could have been so bold! Gramma must have known what was going on, Grampa was making so much noise but she didn't say a word!

Grandpa had been chasing women for many years and it wasn't anything new to her. But to let him do it to her own granddaughter, I can't understand!

As a teenager I wanted so badly to have sex but I knew that it was wrong and I held out until I was 19 years old before I gave in to having it with a boy. I thought that finding someone to love me and having sex all the time was the answer to my feeling lost and lonely. I wanted to find a man to marry me so desperately that I looked in all the wrong places.

I found out that I couldn't find a man that wanted someone who had no direction in their life, except wanting a husband. I wasn't fulfilled at all in my life and I didn't have any other interests and goals.

I was too needy, just wanting to be taken care of and wanting to have children and take care of them and my husband. But I really didn't know how to do that, either.

Then I got pregnant when I was going to college and the boy wouldn't marry me so I called Social Services and they put me in a home where I lived while I was pregnant and I gave up my son for adoption. I was devastated at having to give up my baby. I had always wanted a baby and now I had to give him up to give him a chance at a good life.

Then I moved back home and met this young man who was all messed up and I became involved with him, and I married him and had two children.

That was a bad marriage with no love in it. After three years he left me for another woman and my children and I moved far away from there and back to where my parents lived again.

My parents bought me a trailer home to live in and I moved into a trailer park to raise my two boys. I was very lonely and still lost, and went out looking for love in all the wrong places again. I went to a bar to meet men to try and find someone who would love me and want to spend their life with me.

I found out eventually, that most of them were married and I would drop them. But there were single men too, and they were all messed up, just as I was.

I got in trouble again and got pregnant. I was so scared that my parents would reject me that I looked around and found information on how and where I could get an abortion. Than I went and got one and it ruined what was left of my life for the next 25 years until I could finally accept Jesus forgiveness. And now I still live with the regret that he didn't get a chance to live his life and I didn't get to raise him. When you sin like that you will always have the extra baggage of what you did. It won't be ever be completely gone.

I had met a man at that bar I was going to, (who is still my husband) who eventually came to love me enough to marry me and accept my two boys too; and although the marriage was turbulent for the first 10 years or so, he stuck with me. Our marriage got better and better through the years.

Some time in those years my past came up in my mind and I couldn't stop eating but I didn't know at the time why until I went for counseling for the problem, as I mentioned before. Continuing on with that:

It wasn't long as I went in for counseling again that I became childlike and was playing with dolls and I had a bear that I really was attached to and even slept with him and other dolls. I found some life-like fur dolls that had eyes that looked just like a child and they became my inner children in my mind. They each had a name and I felt that they had had a role in my childhood to help me survive and make it through; and that they still were helping me cope with life at that time.

One was about 3, another 9 and another 12 and another a teenager, and they all had names. I knew what role each child had in my life. This was Jesus' way of helping me cope until I found Him and got saved, and then He took over and healed me so that I would look to Him for everything from then on. There was no longer an awareness in me of any inner children.

I hadn't been allowed to be a little girl, so now I was kind of reliving my childhood, only at my family's expense. I had a husband and young children to raise. It wasn't the greatest thing to be doing; reliving my childhood. I was also remembering some of the abuse and I would lie on the floor and scream this high pitched scream that expressed the intense pain I was in. It seemed like the pain was so intense that it would never end! It felt like it would go on and on, and it did go on for a long time each time that I would go down on the floor as close to being under the bed as I could get and scream. You can only imagine what it was like for my husband to find me like that! He put up with a lot! More than most men and yet he stayed for the duration of all that I went through!

A few years later my daughter had a guinea pig that was screaming an almost unearthly scream as it was dying, and I noted that my screams had sounded just like that!

My counselor said that it was all right to get very angry and sometimes I would get so angry I would break things.

I remember going into our shed one time when I had just remembered something awful that had happened to me and I banged the garden hose on the floor as hard as I could until it came apart as I pounded out my rage. It seemed never ending but I felt better afterwards.

Somewhere in there my own daughter was sexually molested when she was four years old by a boy down the street, and that was an awful time for me and her. We took her to a wonderful place for counseling and they helped her a lot!

It took her until she was grown up to be comfortable with her body again and still some of her shame lingered into adulthood.

Through counseling from a wonderful, loving counselor I learned that I was a precious human being who shouldn't have been treated the way that I was. I learned to love and respect myself. Something I had never been able to do before.

Then some years later I was back in counseling again. I was having problems with the sexual abuse again! I told my counselor that I couldn't get rid of grandpa although he was dead. He seemed to be coming back again and again. My counselor told me to ask Jesus what I should do.

I paused in surprise wondering if I would get an answer if I did. I did what she said, I asked and then listened for a reply, and when I almost stopped listening I heard, "love him."

I was amazed at how simple the solution was! I just had to love him and I would be all right! You might think that that would be too hard for me but it actually wasn't at the time.

And it worked, his image never came to haunt me again!

I have felt some resentment at times because of what he did to me and what it has done to my life around sex but I have never been oppressed by the whole thing since.

Now that I am saved I realize that Jesus was with me the whole time! Now I remember feeling the presence of the Holy Spirit comforting me when I was at my low points. I even remember when I was a little baby crying in my crib because no one came to pick me up and comfort me, that I felt the Holy Ghost comfort me as I was turning over in my crib, sucking my thumb and holding onto my blanket! He was there all the time! and I didn't really know it then, but I know it now.

Oh, just to know that He was there watching over me and that He cared more than I could imagine! He was hurting right along with me but He let me go through all of what I did for a reason!

He knew that I would overcome all odds and come out victorious! And He knew that because I suffered so much I would have much love and compassion to share with many others!

That is Jesus heart that we first love Him and than love one another, and that we will lead others to find Him and receive Salvation, too! And that those people will obey Him as recorded in His Word and follow Him for the rest of their lives!

CONTINUING ON WITH MY STORY:

Every once in awhile the Devil has dug up the past and inferred that I need to feel grief about all my pain and sorrow that has been in my life. He has put into my mind that it's a fact of life. It happened and I probably will never fully recover from it and when it comes up I must go into pain and grief again. I got saved about twelve years ago and that has brought me a lot of healing, but I wasn't sure if I would ever be free of the pain of my childhood completely. I didn't know if it could keep coming up to bother me again. I was sick of having my past come up every so often and have to deal with the pain again; so,

I took it to the Lord and said that this just shouldn't be. I needed to be healed here on earth and put all this aside for all time, and concentrate on the present and the future. And I asked him fervently how I could do this. I felt like He said that I had to "give it to Him." But I didn't know how and I asked Him for His help in getting me to that place where I could do it.

I was also having trouble being sure that I had forgiven my parents for their past abuse and continued rejection now. I sometimes found myself bitter and angry when they disagreed with me strongly about my testimony about Jesus.

So I was constantly crying out to Jesus to help me with this problem, and He was always there answering my prayers. He is helping me to have a soft heart and helps me to deal with all my conflicting emotions around the whole thing.

I remind myself at those times that my parents are a product of their own childhoods and they don't have anymore inside to offer than what they have. I keep my distance and I continue to pray for their Salvation no matter what I'm feeling.

I kept pressing in with Jesus and looking for the answer and I was always in my Bible and paying attention to all that it said about things. I again came upon the Scripture that says, forgetting the things that came behind and looking forth to that which is before.

I wanted to do that but still didn't know what the holdup was, so I kept seeking the answers from Jesus and the Bible.

Then it dawned on me, shortly after I started earnestly seeking the answer, that I don't have to be sorrowful anymore! I can kick the Devil out when he comes to remind me that I still need to be grieving for my childhood and all the mistakes I made, and when he told me that it all was too terrible to ever put behind me.

You may not think that it is the Devil that is putting all these things in your mind but believe me it is! He won't give you a moment's peace if you believe his lies and don't tell him to get behind you, in the Name of Jesus!

Then I started claiming victory over all these things In Jesus Name and I told the devil to get lost everytime he came around to torment me. I would no longer stand for it!

I spoke Scriptures that would give me victory over all obstacles in my life. They are powerful when spoken in faith and determination! Speaking Words of Scripture has the power to overcome anything! That's what Jesus provided them for...to use!

I find that it works when you speak the Word of God! Speaking it gets me through the longest day! It gives you peace and confidence that you can make it through anything!

When you thank and praise Him for all things no matter what is going on in your life you will stop doubting and complaining about your life and just trust and rest in Him!

You will know that He has your life in His capable hands and that He will not fail you! He will take care of you and work everything out for good that happens or has happened in your life!

He knows the end from the beginning! He knows what best!

Your terrible experiences and tragedies won't be wasted! Jesus will heal you and bring something good out of it. Now that you have suffered much you can use your experiences in life to help others and comfort them: since you have been in the same shoes as they have.

When it comes down to it, it isn't about our life and our will but it's about Jesus and His Will for our life! When we learn that, life is so much more joyful knowing we no longer have to worry about anything. Jesus will help us through everything, no matter how difficult or unpleasant.

All we need do is turn to Him with all of our heart and ask Him to help us.



First we have to make sure that we have repented of our sins and said the Sinner's Prayer, like is as follows, say,

LORD JESUS, I AM A SINNER. BUT I BELIEVE THAT YOU DIED ON THE CROSS FOR ME  
I THANK YOU NOW AND I ASK YOU FOR FORGIVENESS FOR MY SINS!  
I SURRENDER MY LIFE TO YOU, COME INTO MY HEART AND CHANGE ME  
I ACCEPT YOU AS MY SAVIOR, MY LORD, MY GOD, MY FRIEND!

AMEN.

If you have prayed this prayer with a sincere heart which I believe you have, Jesus will take you up on it and He will accept your prayer and your life shall be changed from this day forward!

Then you must obey John 3 and become "born again." When you are born again you will be filled with the Holy Ghost and you will speak with other tongues, just as described in the book of Acts. Many different nationalities were all filled with the Holy Ghost in the book of Acts, not just the Apostles!

Read it for yourself in an Authorized King James Bible. It is the only pure, unaltered Word of God there is in English. This the Bible that you can trust because nothing has been added or deleted from the original transcripts. Jesus made sure we would have a Bible we could trust.

You must obey the Bible and do this: "Be baptized in the Name of the Jesus Christ for the remission of sins" by immersion in water, just like they did it in the book of Acts. This verse I just described is Acts 2:38

In order to do this you need to find a Pentecostal church or a church that teaches the "Baptism of the Holy Ghost. If they don't baptize in Jesus Name, ask them to do it that way. Some churches don't baptize in Jesus Name, but it's important that you do it like they did in the Book of Acts. We must follow the Apostles example on how to do things.

Hopefully, you will continue to go to church for support and guidance from the loving people there. Your Bible of course, is your main Guide. Only what's recorded in there is the Truth to follow.

HERE ARE MANY SCRIPTURES TO APPLY TO YOUR LIFE  
AND SOME COMFORTING ONES:

(some are personalized making them easier to apply)

Jesus is my Friend and sticks closer than a brother!  
Proverbs 18:24

“When my father and mother forsake me, than the Lord will take thee up!”  
Psalm 27:10

Jesus is able to do exceedingly abundantly above all that I ask or think!  
Ephesians 3:20

And I know that all things work together for good to them that love God... Romans 8:28

If Jesus be for me, who can be against me?  
For I know that I am more than a conqueror through Him who loves me! Romans 8:31, 37



The Bible says, “Let your conversation (conduct) be without covetousness; and be content with such things as ye have: for He (Jesus) hath said, I will never leave you, nor forsake you!”

**Hebrews 13:5**

“The blessing of the Lord is rich and He (Jesus) addeth no sorrow to it.”  
Proverbs 10:22

“He will keep thee in perfect peace whose mind is stayed on Thee, because he trusteth in Thee!” Isaiah 26:3

I can do all things through Christ Who strengthens me!  
But my God shall supply all my needs according to His riches in glory by Christ Jesus!  
Philippians 4:13, 19

But this thing will I do. I will put aside those things which are past, and look to the present and the future.  
Phillipian 3:13

I will be anxious about nothing; but in everything by prayer and supplication, with thanksgiving, I will let my requests be made known unto God!

And the peace of God which passes all understanding, will keep my heart and mind in Christ Jesus!  
Philippians 4:6, 7

I am giving thanks always for all things unto God...Ephesians 5:20

In everything I will give thanks! for this is the Will of God in Christ Jesus concerning me!  
1 Thessalonians 5:18

I will delight myself in the Lord, and He will give me the desires of my heart!  
I commit my way unto the Lord and trust also in Him, and He will bring answers to my prayers to pass!  
I am resting in the Lord and waiting patiently for Him! Psalm 37:4, 5, 7

I will be meek, and I will inherit the earth, and I shall delight myself in the abundance of peace! Psalm 37:11

I will wait upon the Lord and be of good courage and He shall strengthen my heart.  
Again, I say that I will wait upon the Lord! Psalm 27:14

I will wait upon the Lord, and He shall renew my strength; I shall mount up with wings as eagles; I shall run and not be weary; and I shall walk and not faint.  
Teach me, Lord! Teach me, Lord, to wait! Isaiah 40:31

“I will lift up mine eyes unto the hills, from whence cometh my help!

**My help cometh from the Lord, which made Heaven and Earth!**  
Psalm 121:1, 2

I will be comforted knowing that “This God is our God for ever and ever!  
He will be my Guide even unto Death! Psalm 48:14

I will trust in the Lord with all my heart and I shall lean not unto my own understanding!  
Proverbs 3:5

When I lay down, I shall not be afraid; yea, I will lie down and my sleep shall be sweet!  
Proverbs 3:24

The name of the Lord is a strong tower; the righteous run into it and is safe!  
Proverbs 18:10

The Eternal God is my refuge, and underneath are the everlasting arms; and He shall thrust out the enemy from before me; and shall say, Destroy them!  
Deuteronomy 33:27

“Peace I leave with you, my peace I give unto you. Not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid!” John 14:27

“Henceforth I call you not servants, but I have called you Friends! John 15:15

“The angel of the Lord encampeth round about them that fear Him, and He delivereth them! Psalm 34:7

“For He satisfieth the longing soul and filleth the hungry soul with goodness!  
Psalm 65:2

“But know that the Lord hath set apart them that are godly for Himself! The Lord will hear when I call unto Him!”  
Psalm 4:3

“For the Lord God is a sun and a shield, the Lord will give grace (graciousness, favour) and glory: no good thing will He withhold from them that walk uprightly!  
Psalm 84:11

“Happy is the man that have the God of Jacob for his help! Psalm 146:5

“Many are the afflictions of the righteous: but the Lord delivereth them out of them all!”  
Psalm 34:19

“Cast thy burden upon the Lord and He shall sustain thee; He will never suffer (let) the righteous to be moved!”  
Psalm 55:22

“The Lord upholdeth all that fall, and raiseth up all those that be bowed down!”  
Psalm 145:14

“Thou hast given me the shield of thy Salvation: and thy right hand holds me up, and thy gentleness has made me great! Psalm 18:35

“What time I am afraid I will trust in Thee! Psalm 56:3

“But let all those that put their trust in thee, rejoice: let them ever shout for joy, because thou defendest them, let them also that love thy Name be joyful in Thee!  
Psalms 5:11, 12

“The Lord is my Light and my Salvation, whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?” Psalm 27:1



If you have been sexually abused or raped, you need to get counseling for it. Very few can deal with it without help. It takes a long time to deal with these issues. Usually there are other forms of abuse that went on also that you need help dealing with, like abusive parents and relatives.

Please ask Jesus to help you find a wonderful Counselor and then look for one. I wouldn't have been able to deal with any of the abuse without good counselors and Jesus' wonderful help." I learned that I was a precious human being and the things that happened to me was a great wrong and how to think differently about myself by talking things out and receiving lots of love and support from the counselors.

