

# Available Light Online

## PROCESS

### Part one

I had a friend ask me a question about the "process" we go through for healing and recovery from abuse. I thought about this and I came to some basic realizations. I realize that not everyone gets healed by God in the same manner. Jesus is the healer in all situations but the ways are different, but still tie into the Word that never changes. I also realized that because of this, one can not formulate healing and force people to follow the ten step plan. Healing is done via the power of God Almighty by his ways and means. However, I have noticed some basic patterns that take place during healing. Many healings today are actually a process of healing from healing processes that somehow went awry. One person was seeking healing from a circumstance, a hurt, and / or an abuse and somehow in that process, another hurt, abuse, etc came into existence. Therefore, we have seen abuse on top of abuse and hurt on top of hurt when the original intent was to be healed in order to be free. Below is a list of some observations I have noticed that take place during healing from spiritual abuse. This is not the "concrete way" of doing things, but an observation:

- (1): The abused person realizes (by whatever means) that they have been spiritually abused, currently are being spiritually abused, and probably will continue to be spiritually abused in their current situation if they decide not to leave.
- (2): The abused person begins a process of "a break" from the spiritually abusive organization (this does take time and preparation).
- (3): The abused person musters up enough mental energy, confidence, and asks God to assist them in making that break from that Spiritually abusive situation.
- (4): The abused person makes the break from the spiritually abusive group.
- (5): The abused person learns to trust someone and seeks out that someone to help them learn how to heal, how not to become an abuser, and how to trust a pastor again in order to assimilate back into the local church body.
- (6): The abused person begins the healing process and re-learns the true meaning of the Scriptures, not one man's personal ideology turned corporate theology with twisted scriptures to promote personal agenda's.

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(7): The abused person begins to assimilate themselves back into a healthy church body while healing, learning not to abuse, and re-learning trust. While at the same time, learn to forgive and let God be the ultimate judge no matter how hard it is, no matter if the abuser appears to be prospering when you are suffering, and no matter if the abuser lies about you and attempts in their own powers to suppress, to deny, to not acknowledge, and to revise the story. Realize that God is on the throne and God will take care of these things and the wicked shall see their just reward and the just shall both live by faith and be vindicated.

(8): The once abused person realizes, is told by God, etc., that they are no longer the abused and no longer an abuser, but now healed.

(9): The once abused person fully assimilates back into the local body of Christ and uses their testimony of the healing process to assist, help, free, and rescue others from similar spiritually abusive environments and walks with that person until healing is accomplished and teaches them to give their testimony and assist, help, free, and rescue others from similar spiritually abusive environments.

(10): The once abused never denies the past but realizes that Jesus controls the past, present, and future and does whatever preventative maintenance of prayer, worship, Word, hobbies that promote good mental health, etc to keep themselves from falling back into a state of being abused or becoming an abuser.

Because of this, one can not place a time frame on how long the "process" takes. Instead, the "process" of healing must be done and implemented God's way and on God's timetable. The need for fellowship during this process, the echoes of others who went through the same healing, and the support from others is very critical to the healing of the person. There is a need to make sure that one does not get off on a tangent somewhere and either forsake the healing process, hurt others, or revise the past. Healing is a gift from God and is available to those who need healing from spiritually abusive situations. Healing is a process that takes time and it is not time in itself that heals, but God.

If one feels like they are being abused by a pastor, a leadership, and / or some "spiritual leader". I would encourage you to seek God and pray and discern if one is truly being abused and if so, seek help to break free from spiritual abuse.

If one is in the process of recovery from abuse, I would like to encourage you to still seek recovery and to press forward and not quit until healing and wholeness takes place.

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If one is fully recovered, I would like to encourage that person to help others recover and help others be set free from spiritual abuse.

If one is recovering from abuse, I would like to suggest that they do everything to continue to go onward and forward with life. Some of the time, between stages five through seven listed above, either the person gives up, is "re-convicted" by deceptive means that the "abusive" group is not abuse, or somehow gets tied up in another abusive group to the point where in all the scenarios mentioned above; instead of progressing to step eight to move forward and onward, their movement is cyclical in nature and goes back to the "pre step one" stage to stay there for years before entering step one again. With God as your healer, move forward and onward and continue healing and realizing that Vengeance belongs to the Lord and not to you. I know and realize that even though the abuser may seem to be prospering with more influence, more money, and more power and we suffer, that we tend to think that it is us that is wrong, or God does not really like us. That is not true. It is just that God will enact justice His way and on His timetable. You can not look around you. Look up and thank God for delivering you from the abuse and moving you onward and forward.