OIL
AND
WINE
FOR THE
WOUNDED
by
Bruce and Jan Willson

A project of Hope House
163 Elm Street
Mechanic Falls, Maine 04256

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Cover artwork: Ann Felber

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All scripture references, unless otherwise specified, are taken from the King James Version.

Copies of “Oil and Wine for the Wounded” may be ordered from Hope House Inc., 163 Elm St., Mechanic Falls, ME 04256, (207) 345-3027. Also available is a “Leader’s Guide”, companion booklet “Hope for the Walking Wounded”, and these companion cassettes: “It Shouldn't Hurt to Be a Child”, “Evening Psalms”, and “Coming of Age”.
INTRODUCTION

WINDOWS

There's a look in your eyes,
I caught you unaware... .
Thought you pulled all the blinds,
But the windows are bare
For a moment, the hurt's undisguised
Through that look in your eyes.

There's a look in your eyes,
A loneliness... .
Funny how something
Can move you like this,
'Till you're showing the struggle you hide
Through that look in your eyes.

For the windows of the soul
Expose the places we feel alone.
What sorrows have been told
In silence, before the curtains fold
In those windows of the soul.

People try to deny
That look in their eyes... .
It's so hard to hide it,
But everyone tries
'Till we find our Father draws near
When we've broken down all those blinds

In the windows of the soul
And expose the places we feel alone.
The Father's arms will hold
The wounded you that cowers low
Behind the windows of the soul.

There's a look in your eyes... .
Let Him touch the hurt inside.

by Jan Willson, © 1995 Jan Willson

If we could talk face-to-face right now, it would be so much better! We like to look people in the eye. You can tell a lot about somebody that way.
But if you’re reading this now, there’s a good chance we already know what we might see. We might see sadness, with tears welling up. We might see a skeptical look that says, “I’ve learned not to trust. . . but please prove me wrong!” We might see a weary look of hopelessness. All of these looks, and more, would cue us. . . you’re hurting, aren’t you?

Sometimes hurts, if ignored, fade in time. But that only works for life’s minor bumps and bruises. Deep cuts must be examined, cleansed, medicated, bandaged, allowed to rest, re-examined, re-cleansed, given fresh bandages, given more time to heal. . . it’s quite a lot of work, and quite a process. But most people with serious physical wounds submit to that process, because they understand the danger of infection that looms if they don’t. If infection sets in, and festers over time, they could end up being a lot worse off.

Why is it, then, that we have a hard time acknowledging the need for a similar recovery process for serious wounds of the heart? In many cases, infection has set in, for years, but it is ignored or just not linked to the cause. Well-meaning friends say, “Just get on with your life!” And you try to do just that. Meanwhile, you’re burning with fever (so-to-speak), aching all over, and angry at yourself that you don’t have the energy you should. . . all the while unaware of or trying to deny the existence of the infection, or maybe just thinking the soreness is normal.

If you’re a Christian, then you may be all the more frustrated that you’re still hurting. After all, “If any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new” (II Corinthians 5:17). Perhaps we need to realize that the word “become” leaves room for a process that may take some time. Lots of God’s miracles take time. They also often involve our cooperation.

Look at Psalm 11:2&3: “For lo, the wicked bend their bow, they make ready their arrow upon the string, that they may privily shoot at the upright in heart. If the foundation be destroyed, what can the righteous do?” This verse expresses that even “righteous” people can end up being vulnerable to continuous attacks, and may feel resigned to defeat. . . all because their foundations were destroyed (or perhaps not properly laid to begin with.) In Bible times, people built strong structures, and even walls around their cities, to protect themselves. And they knew the importance of a well-laid foundation underneath these structures. Similarly, a good foundation of a person’s life is the basis of all further building and protection. Without a good foundation, laid in childhood, what can even the righteous do? It’s clear that a new foundation must be laid, or the old one repaired. And that spells time and work.

Get the idea? Whatever the word picture – recovery from a wound, rebuilding of a foundation – it signifies the resulting benefits of allowing God the necessary time, along with affording Him your cooperation, to fix the damage.

If possible, find a trustworthy group or friend to work through this course with you. The principles of God’s healing process tend to be similar for whatever the hurt. But the course will be focusing on wounds from hurtful home lives – especially abuse, including sexual abuse. We hope you will commit to giving serious consideration to the scriptures shared in the course, and to letting God apply them to your specific needs. We hope you will stick with the course through to the end of the workbook. We think the benefits you experience by then will make it all worth it.

Bruce and Jan Willson
ABOUT THE AUTHORS

Bruce and Jan Willson founded and direct Hope House Network, Inc., which since 1986 has served over 1800 needy mothers through an array of Pregnancy and Single Moms' Support centers (crisis pregnancy centers with a lot of ongoing care services), and Hope Houses (shelter homes) throughout Maine.

For 8 years the Willson's family of six was a state-licensed foster home for pregnant and parenting teens. The Willsons have also directed crisis pregnancy centers for 12 years, helping to start several in Maine. They have a passion for assisting single mothers, and have received much media recognition for their unique inner-city drop-in center for single mothers in Lewiston, Maine.

Bruce has pastored in New England, and is presently assistant pastor at Good News Chapel in Lewiston, Maine. He and Jan have also ministered through music for many years, Bruce as the host of a Christian radio show, and Jan as a recording artist with 4 released albums. Jan has been a childbirth educator and labor coach for years, and is now a midwife associated with Midwives of Maine.

Bruce and Jan often travel and minister with their children. They have 3 still at home—Zac, Noah, and Sarah. Their oldest, Rachel is married, has 2 children, and she and her husband, Norbi, are missionaries to Eastern Europe.

Bruce and Jan speak widely, and offer training seminars on abuse-recovery and mentoring moms. For booking information contact:

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Note: All names of abuse survivors included in examples throughout this book have been changed to respect their privacy. We thank them with all our hearts for the things they taught us by their letting us share in their private struggle.
"Oil and Wine for the Wounded" is a workbook designed to guide you through recovery from abuse. You can work through this book alone or with others. It is based on Jesus’ story of the wounded man and the Samaritan, from which it lays out four steps toward healing:

1. RECALL THE ROBBERY

2. RECEIVE THE OIL AND WINE

3. SPEND TIME AT THE INN

4. GET READY FOR THE ROAD

Grab your Bible and a pen. Find a quiet space, and take your time as you thoughtfully work through this study guide. Let’s start by taking a look at the story to which we will refer continually, as we explore what God has to say to abuse survivors and those who would help them heal.

OIL AND WINE FOR THE WOUNDED

30) And Jesus answering said, A certain man went down from Jerusalem to Jericho, and fell among thieves, which stripped him of his raiment, and wounded him, and departed, leaving him half dead. 31) And by chance there came down a certain priest that way; and when he saw him, he passed by on the other side. 32) And likewise a Levite, when he was at the place, came and looked on him, and passed by on the other side. 33) But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him, 34) And went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him. 35) And on the morrow when he departed, he took out two pence, and gave them to the host, and said unto him, Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee. 36) Which now of these three, thinkest thou, was neighbor unto him that fell among the thieves? 37) And he said, He that shewed mercy on him. Then said Jesus unto him, Go, and do thou likewise. (Luke 10:30-37,KJV)

Maybe you can relate with the wounded man in Jesus’ story. Perhaps you were also an unsuspecting victim of abuse, and have been disappointed by people, as that man was. Don’t give up hope! Help is on the way. But there’s a lot you can do to begin or continue recovering.
“There is no remembrance of former things... so I returned, and considered all the oppressions. ... behold the tears of such as were oppressed, and they had no comforter; and on the side of their oppressors there was power.” (Ecclesiastes. 1:11, 4:1)

“On the side of their oppressors (abusers) there was power.” Abuse means being hurt, mistreated, used by someone who has power over you... power by virtue of physical strength, age, or their role over your life. It can be a betrayal by someone who was responsible for your care.

The following song lyrics describe one woman’s experience of finally recalling and dealing with her childhood sexual abuse. Statistics say that one out of four females and one out of seven males in the U.S. may have just such a secret hidden in their attic of memories, too. (1) Do you know of or suspect abuse in your past? Ask Jesus, the Light, to reveal what happened, so that if you were abused, healing can begin.

**ATTIC SECRET**

In her attic lies a secret  
Packed up and hidden away.  
She herself can’t recall that she keeps it...  
Her attic secret haunts her,  
It’s cloud of darkness stays...  
Robbing her life each day.  
The loss she denies, though her health is drained;  
She tosses through the night, worries through the day.  
The cost of friendship is fear she can’t explain;  
It robs even marriage... trust was once betrayed  
Now a Light beckons her to the attic...  
She fears, and she panics...  
The Light gives her courage to climb the stairs,  
And it shines on a child in the attic  
Whose cries are so tragic  
But the Light is stronger than the darkness there  
And the pain she bears.  
And now she sees past the secret  
And all of the shame its shadow cast.  
The Light not only revealed it,  
But gives her power to forgive her abuser at last...  
Now the attic’s gloom will pass.  
The Light is so healing; her strength returns.  
Finally she’s sleeping, and waking unconcerned.  
Brighter are her friendships... no fear they’re undeserved.  
She finds in her marriage trust can be learned.
She finds in her marriage trust can be learned.
Now her attic hides no more secrets;
She keeps it bright, so that on those days
When the memory returns, she sees it
And shines the Light to fight the fear away...
She'll not be a victim again.
She started walking as a victor that day
When down the attic stairs she came.

by Jan Willson, © 1991 Obedient Publications

Suggested song to listen to: “Attic Secret”, on It Shouldn’t Hurt to Be a Child cassette.

Paula, a teenage girl who had been raped as a child, and who also had witnessed much home violence, had great difficulty charting her life road-map.* There were whole spans of childhood years she could not recall, because traumatic and painful events had caused her mind to simply bury the time frames. She struggled with great inner rage and unhappiness, perhaps not knowing why.

Gradually, as Paula was cared for in a Christian foster home, she began remembering. Her first recalled memory was of being molested as a child, by a friend of her father’s. She came downstairs one night in tears, and shared about it with her foster parents. Together, they prayed for God’s healing of that horrible experience which had so wounded the little girl she once was.

Paula is still working through the process of dealing with painful memories... one memory at a time. And she acknowledges great relief each time she bares yet another secret wound of her heart to one of the Christians who have befriended her. She doesn’t talk about suicide any more, but rather of plans for the future.

Another young woman, Jill, recently shared that she had dreaded a visit to her home town, because of the negative memories she feared it would cause to resurface. And, yes, some bad memories did “play back”. But she also remembered, happily, some experiences she had long forgotten of God’s presence in her childhood. One memory that resurfaced was of praying to receive Jesus into her life at a neighborhood church’s vacation Bible school. How glad she was that her mind had been triggered back to that time frame.

Jill writes, “You know, I also went through a lot of abuse in my childhood. And how I dealt with it was not to deal with it. But now, my memory is spurting forth these mini-movies that I don’t care to watch. It’s like a television that you can’t turn off, and the channels keep changing. Slowly, I’m learning to press pause and concentrate on one channel at a time. I forgive the person involved, and then I pray. I pray for my guilt and shame to be dissolved; I pray for the destroyer—that he will be healed, and halted from abusing anyone else; then I pray to God to revoke that channel’s license to operate. Then I begin again on the next channel. With God’s help, I will soon be able to shut off that TV in my head.”

Joseph was an abuse survivor in the Bible. Years after his older brothers’ cruelty, he had

*Note: Charting a Life-So-Far Roadmap is an exercise described on page 5, and involves remembering back through earlier years.)
two sons. The first son he named Manasseh, which means “forgetting”, because Joseph said God had helped him forget his past. But God doesn’t waste anything. And perhaps Joseph began to see that, because when his second son was born, Joseph named him Ephraim, which means “fruitfulness”. Joseph said, “For God hath caused me to be fruitful in the land of my affliction” (Genesis 41:52).

Forgetting may sometimes be a gift of God, in the way our minds file things into the subconscious. That may help us survive until we can deal with extreme pain. But often, the good gets filed along with the bad in a certain time frame. Joseph had dreams as a youth which he apparently didn’t remember until a reunion with his brothers much later in life triggered those dreams. . . “and Joseph remembered the dreams” (Genesis 42:9). Those dreams had been early cues to let him know the course his life would take, and the leadership role God would raise him up into. They could have provided him much-needed hope during his years of mistreatment.

The fact that you survived abuse attests to your courage. Perhaps you survived partly by attempting to put it all in the past and by just trying to forget. But as you mature in life, you come to a place where you need answers. . . you need more wisdom and insight. David said of the Lord, “Thou desirest truth in the inward parts; and in the hidden part thou shalt make me to know wisdom” (Psalm 51:6).

There is One Who “shall teach you all things, and bring all things to your remembrance,” “guide you into all truth,” and “show you things to come” (John 14:26, 16:13). Jesus called Him the Spirit of Truth, but also referred to Him as the Comforter Who the Father would send. . . for sometimes comfort is needed when facing truth, and so God provides that. He Himself goes with us back through the years of hidden things. . . if we’ll let Him. Is it worth re-living the pain? That depends. . . how much is incredible fruitfulness worth to you?

Remembering is a time for even more courage than forgetting. It won’t be easy to let God jar the vessel of your mind, so you can see what spills over the rim. . . so you can know what you have been full of. But He’ll jar it so gently, and only to rid you of poisons.

Read through the following lists of statistics, putting a check by ones which describe losses or hurtful situations you have personally experienced.

VIOLENCE AND BATTERIES

____ America has the highest family abuse crime rate in the world. (2)
____ America’s police spend 1/3 of their time responding to domestic violence calls. (3)
____ One out of every four women is battered. (4)
____ Six million women a year are abused by their partners. (5)
____ One third of emergency room patients are there because of abuse. (6)
____ Domestic violence is the greatest single cause of injury to women. (7)
____ 200 women are assaulted by men every hour, 4,000 beaten to death annually. (8)
____ Child abuse is the leading cause of death in childhood. (9)
____ Nationally, as many as 1/3 of all women under twenty have been physically abused by a boyfriend. (10)
3 out of every 25 teens have been victims of violence while on a date. (11)
Pregnancy can increase abuse, especially if the husband or boyfriend doesn’t want the child. (12)
7 out of 8 battered women are routinely turned away from shelters. (13)
Women are more apt to be child-batterers than men. (14)
90% of abusive parents were abused as children. (15)
In 1995 alone, three million children were reported having been abused. (16)
Studies show child abuse is sixteen times greater than the national statistics have shown so far. Most cases go unreported. (17)

SEXUAL ABUSE
1 in 4 females, 1 in seven males in the U.S. were molested as a child. (18)
75% of child sexual abuse is perpetrated by the child’s own parents. (19)
1 in 10-20 families may be incestuous. (20)
Incest is perhaps the biggest hidden problem in the church today, with 80% of its victims coming from religious homes. (21)
Half a million children nationwide will be molested this year. (22)
One in ten women will be raped, while only 3 to 10% of rapes are reported. And 1 in 5 women will experience sex without consent in her lifetime. (23)
The average number of child victims a child molester abuses is 3 times the average number of adult women assaulted by a rapist. (24)
90% of sexual abusers are men, and more than 80% were themselves sexually abused as children. (25)

DIVORCE, SINGLE MOMS, AND POVERTY
According to the 1986 U.S. Census Bureau, 3 out of 5 youths were left by a parent, largely due to divorce. (26)
About half of all marriages end in divorce... over one million divorces a year in the U.S. (27)
A divorced women’s standard of living FALLS an average of 73% in the year after divorce, while a divorced man’s INCREASES an average of 42%. (28)
Just over half of all single mothers are receiving the child support they’re entitled to. (29)
Almost one family in four is headed by a woman. (30)
Nearly half of all families headed by women are living in poverty. (31)
The median income for the single-parent family now stands at the poverty line for a family of 3. (32)
52% of children of divorce not living with their father have not seen him at all in the past year. (33)
60% of America’s children will spend part of their growing up years with just 1 parent, 90% of those with the mom. (34)
1 out of every 5 children in the U.S. is poverty-stricken, 1 out of 8 go hungry. (35)

SUBSTANCE ABUSE
About 34 million children and adults in America today grew up or are being raised in alcoholic homes. (36)
Children of chemically-dependent people are at least twice as likely to develop chemical dependency themselves. (37)
High school and college age make up about 50% of the drug population. (38)
1 out of 6 children has tried marijuana and 1 in 3 alcohol before 9th grade. (39)
Children raised in alcoholic families are at risk for physical abuse, sexual abuse, and neglect. (40)
America is seeing an epidemic of fetal alcohol syndrome and drug-related fetal malformation, growth deficiencies, retardation, heart defects and central nervous system dysfunction, due to alcohol and drug abuse of the mother in pregnancy. (41)

Many times, abuse victims were constrained to keep quiet for a long time about their abuse. There is immediate relief in just allowing yourself to release the bottled-up pain. Often, the memories don’t come easily, though. Here’s a way to start recounting them, for that’s the first step in finding healing. The wounded man in Luke 10 would never have recovered, had he denied that he had been wounded.

He had to acknowledge that he was hurt in a specific place, on the road from Jerusalem to Jericho, and at a specific point in his life, when he was a lone traveller journeying to Jericho. He needed to know what hit him, that thieves caught him by surprise and attacked him. Hurts can best be healed by first pinpointing their origin, tracing the ripples so-to-speak back to the stone which was thrown in the water.

The following exercise may help you to trace your hurt. Think back over your life’s journey and try to pinpoint times you experienced painful losses or traumatic events. Here is one young woman’s recounting of these times in her life, as she charted her map of them.

A. CHART A LIFE-SO-FAR ROAD MAP
(NOTE POINTS OF ROBBERIES).

example:

```
My birth
5 yrs.
I was molested
My parents divorced
My father dropped out of my life
8 yrs.
My mother remarried
My stepfather verbally abused me
10 yrs.
I was beaten; I ran away from home
14 yrs.
My boyfriend raped me
15 yrs.
etc. etc.
```

Now below or on a separate paper draw your own map, similar to the example just shown, of the times you experienced losses in life:

**MY LIFE-SO-FAR ROAD MAP**
B. LIST THE “LOST RAIMENTS,” CHECK FOR INJURIES.
Next, take inventory of what was stolen, and note any injuries inflicted. The victimized traveler in Luke 10:30 was stripped of his “raiment”, or clothing, and no doubt had everything of value taken from him (since it says he fell among thieves). He was wounded, abandoned, and left to deal with his losses and pain alone. You may have experienced a similar series of ripples from abuse. Try to identify some of them now, on the list below:

<table>
<thead>
<tr>
<th>LOSSES (“lost raiments”)</th>
<th>INJURIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>self worth</td>
<td>memory blocks</td>
</tr>
<tr>
<td>childhood innocence</td>
<td>fear and anxiety</td>
</tr>
<tr>
<td>ability to trust easily</td>
<td>low self-esteem</td>
</tr>
<tr>
<td>normal nurturing</td>
<td>nightmares</td>
</tr>
<tr>
<td>hope</td>
<td>eating disorders</td>
</tr>
<tr>
<td>models for marriage</td>
<td>depression</td>
</tr>
<tr>
<td>closeness to God</td>
<td>insomnia</td>
</tr>
<tr>
<td>confidence to make choices</td>
<td>sexual problems</td>
</tr>
<tr>
<td>models for parenting</td>
<td>compulsive behavior</td>
</tr>
<tr>
<td>father figure</td>
<td>anger</td>
</tr>
<tr>
<td>expression of feelings</td>
<td>self-destructiveness</td>
</tr>
<tr>
<td>security</td>
<td>difficulty approaching God</td>
</tr>
<tr>
<td>control over own body</td>
<td>complications in childbearing</td>
</tr>
<tr>
<td>health</td>
<td>struggles parenting</td>
</tr>
<tr>
<td>virginity</td>
<td>substance abuse</td>
</tr>
<tr>
<td>normal sexual drives</td>
<td>promiscuity</td>
</tr>
<tr>
<td>identity</td>
<td>rebellion to authority</td>
</tr>
<tr>
<td>dreams for future</td>
<td>mood swings</td>
</tr>
<tr>
<td>inner peace</td>
<td>being withdrawn</td>
</tr>
<tr>
<td>(other) __________________</td>
<td>emotional numbness</td>
</tr>
<tr>
<td>(other) __________________</td>
<td>doing anything for attention</td>
</tr>
<tr>
<td>(other) __________________</td>
<td>perfectionism</td>
</tr>
<tr>
<td>(other) __________________</td>
<td>(other) ______________</td>
</tr>
</tbody>
</table>

Bill Gothard, in his teachings at The Institute of Basic Youth Conflicts, lists these consequences of a negative self-image:
1) *An inability to trust God*, often traced to a deep rejection of self; “If what I see in the mirror is an example of God’s love, then I’m not interested.” Also, if we’ve been rejected or hurt by our earthly parents, it’s hard to believe we can trust our Heavenly Father.
2) *A resistance against authority*. We feel we’ve already been wronged by the way God made us. When we reject the ‘self’ that God is creating, we begin to nurse deep wounds of having been cheated in life. This produces a floating bitterness which can easily be attached to any authority such as parents, teachers, employers, etc.
3) A hindrance to genuine friendships... a double hindrance. It hinders our response to others and their needs, since we are concentrating on our own needs, and it hinders their response to us. We engage in self-criticism in the hopes that someone will disagree and build up our self-image... “I’m so ugly.” “No you’re not!” “Yes I am.” The Bible says, “Can two walk together except they be agreed?”

4) A diverting attention from true achievement... rejection of self is the result of accepting the values those around us place on our appearance, abilities, etc. rather than accepting God’s values. Self-rejection leads us to compensate by striving only toward goals which will bring approval from men... and our attention is diverted from all God would have us achieve.

5) An overemphasis on materialism. The constantly-changing fads and fashions in our society bear this out... the need to find “just the right clothes,” only to realize that these do not really bring self-acceptance, and therefore the search goes on.

If you try to be totally honest, you might see yourself in some of the above descriptions.

Perhaps you never fully realized until now the connection between some of the “injuries” or “losses” that have troubled you, and a “robbery” which might have occurred long ago.

C. IDENTIFY THE THIEVES & PASSERS-BY/RECOUNT YOUR FEELINGS

Luke 10:31&32 describes how those who passed by the wounded man, without acknowledging his pain or helping him, added insult to injury. Similarly, you may have had those in your life whom you suspect knew about the abuse, but didn’t help you. Often, the “Priests and Levites” passing by can seem as painful to us as the initial attackers.

For example, often a person who was molested by their father also has a difficult time relating to their mother, whom they feel should have somehow protected them, or whom they feel may blame them. And the evidence, or lack of it, to support those feelings has little bearing on how strong the feelings are.

Before we can know more about what happened, we need to identify our feelings. They are like a clue. We can’t trust feelings to give us the whole accurate picture, but even if feelings are based on some misconceptions, they are a force to be dealt with. Left unidentified and suppressed, painful feelings will eventually wreak havoc in us. Perhaps you have already experienced some of that havoc. Begin to sort through those feelings, and try to recall some of the key people with whom you connect the feelings. Start by filling in some of them under the headings on the next page.
**EXAMPLE:**

<table>
<thead>
<tr>
<th>THIEVES</th>
<th>THOSE WHO DIDN'T HELP</th>
<th>HOW I FELT</th>
</tr>
</thead>
<tbody>
<tr>
<td>My uncle when he exposed himself to me (I was 12 yrs. old).</td>
<td>My aunt, who knew but ignored it. My cousin who laughed it off when I told him. My other cousin who said I “came on” to my uncle.</td>
<td>Betrayed Confused Ashamed Angry Responsible</td>
</tr>
</tbody>
</table>

1. How did David feel about those who hurt him (Psalm 55:12-14)? What about the relationship made it especially hard to bear?

2. When the one who hurt us was someone close to us, it pulls the rug right out from under our self-worth. Abuse lies to us about who we are. Those lies can replay over and over in our mind for years, fueled by our enemy, the father of lies (John 8:44). What are some specific lies that play over in your mind, sapping your confidence?
D. ESTABLISH WHO IS ACCOUNTABLE

One young teenage incest survivor received a letter from the Superior Court judge who passed sentence on her father. The sentence was very light, based on the judge's belief that abusers are all mentally ill and should be treated for their illness rather than punished for a crime, despite the fact that child abuse is classified as one of the most serious of crimes committed. The judge did not like classifying child abusers as criminals! Today, apparently, this way of thinking is common in the courts. Ten years ago, 15 year sentences were common, whereas now one year and under sentences are more likely. It is sad that our society is so inconsistent concerning holding abusers accountable.

However, some of the judge's letter did accurately express that the child is certainly not the person who should be held accountable in any child abuse crime, and that greatly comforted the victim who received this letter:

“Make no mistake—you are not to blame; you are not at fault to any degree. Adults have the compete responsibility to behave appropriately in their relationships with children. Children trust adults to behave responsibly. . . the fact that you trusted your father is no reason to fault yourself.” (Justice from Superior Court)

1. Does Luke 10:30 say that the wounded man did anything to deserve the attack that left him wounded? (Note: The word “fell” in the phrase “fell among thieves” does not mean the same as someone who sins “falls.”)

2. Some people mistakenly think that whenever bad things happen to people, it is a punishment for their sin. . . that they somehow deserved it. People in Jesus’ day particularly thought that about anyone with a physical affliction. Read John 9:1-7, 15, 34-38. Who in the story thought that the man born blind had suffered that tragedy as a result of his or his parents’ sin, and who thought less of him because of it? (v.2, v.15&34)

3. Did Jesus think the same? (v.3). How did Jesus help and encourage the blind man? (v. 6&7, 35-37)
4. Is it hard for you to believe that you certainly did not deserve the bad things that happened to you? Why or why not?

Have other people’s opinions of you influenced your self image positively or negatively?

What do you think God’s opinion of you is?

5. How does God feel about those who harm children? (Matthew 18:6, 10-14)

If that is how God feels, why do you think Jesus says in Matthew 18:7 that children will be harmed in this world? (Ephesians 6:12, I Peter 5:8)

6. Read what Jesus said in John 10:10. Who do you think is the “head thief” who influenced those who attacked you? Who is the One Who brings you life?

Often, memories will resurface from the subconscious by first pushing their way into dreams, where the mind has let its guard down. Do not be surprised, as well, if memories resurface gradually... the first few coming into focus hesitantly, but followed by others that soon flow like dominoes. This remembering process may take a long period of time,
but it will be less difficult if fear does not suppress it. You may want to keep a pad of paper and pencil by your bed to record any impressions you awaken with, that you feel may be significant. And before going to bed at night, ask God to guard your mind as you sleep... and to use your dreams (Job 33:14-16, and Numbers 12:6).

**WEAVER OF DREAMS**

*As I'm drifting, as I'm sleeping,*  
*Be the guardian of my dreaming.*  
*Through the pictures, weave Your meaning.*  
*Be the Weaver of my dreams.*

*You have sought us through the ages*  
*In the quiet... in the lateness...*  
*When our thoughts are empty pages,*  
*We may see You in our dreams.*

*But the night can call up feelings,*  
*And those anxious thoughts start reeling.*  
*But these tangled threads, I'm leaving*  
*With the Weaver of my dreams.*

*As I'm drifting, as I'm sleeping,*  
*Be the guardian of my dreaming.*  
*You're the peace my heart is seeking...*  

*Be the Weaver of my dreams.*  

*by Jan Willson*  
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Suggested song to listen to: “Weaver of Dreams”, on *Evening Psalms* cassette.

7. Have any of your dreams seemed re-occurring, troubling, or significant in any way so far? Describe the impressions you got, and how the dream made you feel:
8. Read the following poem. Below it, sketch a few of the Lord’s “new paintings” you see Him working on in your mind’s gallery... or some new thoughts you would like to see (i.e. peace of mind, contentment, confidence, enjoyment, knowledge of being loved, etc.)

GALLERY

Oh Great Healer and Restorer
Will You give to me Your mind?
For as I walk through lanes of memories
I fear what I shall find.
And I can face them if You’re with me,
Secret sorrows, pain of guilt... 
Together we can see through sadness
That the years have built,
All that hurt I felt.
Rows of ugly pictures,
One by one, You take them down.
Leaving room for all the beauty
Of the new thoughts that surround.
On the canvas of Your healing,
Love and joy, and peace of mind... 
Then together, hand in hand, we’ll
Leave that old museum,
That old museum, behind.

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Suggested song to listen to: “Gallery” on Coming of Age cassette.

If you need to spend more time exploring your feelings about abuse, it may be helpful to look at the Bible story of Tamar, in II Samuel 13:1-20. You can skip ahead in the workbook, to look at pages 51, 52, 59 (middle), and 90 (#4,5,6). Then return to Step Two on page 13.
“He healeth the broken in heart, and bindeth up their wounds.” (Psalm 147:3)

A. FIND FIRST AID

1. WHO GIVES OIL AND WINE, AND HOW DO YOU GET IT?

Oil and wine were common remedies applied to wounds in Bible times, and they were what the Samaritan poured onto the wounds of the hurt man in Jesus’ story in Luke 10. Let’s look at how wounded hearts can find oil and wine today.

1. Wine in Bible times was almost always made from grapes, and oil, from olives. What did they do to olives and grapes to get oil and wine? (Micah 6:15, Nehemiah 13:15, Isaiah 63:2)

2. It cost God to provide for your recovery. It cost Him a lot. Who was “crushed” and abused for your healing? (Isaiah 53:3-7, especially v.5, I Peter 2:21-25)

   Why did God give His Son? (John 3:16)

4. What is wine mainly a picture of in the Bible? (Mark 14:23-25, 1 Corinthians 11:25)

5. Read I John 4:13 and Galatians 1:3&4, and note the words “given” and “gave.” Do we earn the Holy Spirit being poured out on us, or Jesus’ blood sacrifice? Or are they a gift of God to us?

6. How does Jesus say that we get these gifts? (John 20:22, 16:23&24)

Receiving the Father’s gift of His Son and His Holy Spirit is only the start of a healing, rebuilding process which needs to happen for full recovery. Some people receive the Lord but never go on to fully heal. Others might be hurt after, not before, they receive the Lord. In either case, they wonder, “Why do I hurt? . . . I have the oil and wine!”

7. Read Psalm 11:2&3. David describes in v.2 people who are “upright in heart” but yet are open targets for the enemy’s arrows. . . why are they? (v.3)

8. Does being one of the “righteous” through Jesus make one immune to having a damaged foundation in life? What “foundations” in your life may have been destroyed by the abuse you suffered? (i.e., the foundation of trust in caregivers, of positive role models for marriage and parenting, of trust in God, of self-worth, etc. etc.)
9. What did the prophet Nehemiah do about the destroyed foundation of Jerusalem, the city of God's people? (Nehemiah 2:13, 17&18)

Surveying our damage from losses and abuse. . . sizing up our broken walls, etc. . . is a private thing, as Nehemiah’s ride by himself illustrates. Later, he enlisted the help of lots of God's people.

10. What did Jesus do when He and His disciples were shaken by, and grieving, the loss of John the Baptist? (Matthew 14:10-14, Mark 6:27-33)

Grieving is initially (and interspersed throughout) a private affair. And it drains us. Tears, though a necessary release from a bleeding heart much as the cleansing blood flows from a wound, are also every bit as exhausting as the blood loss from a physical cut. As bleeding is a self-cleansing tactic of our bodies, so tears often cleanse the soul. They need to come. But when grieving, we need to “come apart and rest” with Jesus. . . for that is what Jesus encouraged His friends to do.

There was another time in Jesus' life, when He was facing not a friend’s death but His own. And we see Him retreat again to a private place. The Gospels record often that Jesus drew apart from crowds to pray and commune with His Father in the desert or in mountain places. But we see it also as the habitual way Jesus dealt with times of crisis. He would find a private retreat, a safe and quiet spot.

11. Specifically where did Jesus go to face the suffering He knew was at hand? Did He go there often? (John 18:1,2)

12. Read Matthew 26:19,20,30,36-44 to discover what happened there. Did Jesus bring anyone with Him? Who? (v. 36)

What three did He ask to share in His private agony? (v. 37)

How much was Jesus hurting inside? (v. 38)

To whom did Jesus talk about it? (vs. 37-39, 42)
Jesus laid out a good pattern to us in how He dealt with His heart’s agony. One thing He did was to include a few trusted friends in what He was going through. A friend’s mere presence is comforting. But friends are human and have needs of their own. Jesus’ friends apparently needed sleep when He needed them! (Luke 22:45 records that Jesus’ friends were “sleeping due to sorrow.” It’s possible that even those who care about us may have difficulty facing our pain, and “sleep” on the job, so to speak.) The reality is such that no human friend, however close, can be there for us 100% of the time.

13. Was Jesus disappointed in His friends? (Matthew 26:40)

How many times did He come to them in the garden, hoping they would be praying with Him, and find them “not there” for Him? (Matthew 26:39-45)

Did Jesus give up on His friends each time they let Him down, or did He keep trying to include them?

14. To Whom did Jesus repeatedly go, when He was in agony and His friends didn’t seem to be able to help? (Matthew 26:39, 42, 44)

As Jesus prayed to His Heavenly Father, what happened? (Luke 22:41-43)

God will ALWAYS BE THERE for you! But the pain, or other relief we seek, or just the busyness of life often distracts us from quieting our hearts enough to sense His presence and receive His help. Ever try to put a bandage on a squirmy kid? “Just hold still and I’ll help you!” we say. God will help US if we’ll hold still.

When hurting or facing something dreaded, it is vital to find your own Gethsemane... that relaxing place where you can be still and feel heaven’s touch. Choose a place easily accessible where you can pray, even weep, and not feel conspicuous.
15. Have you found a “garden”, like Jesus did? Maybe not a literal garden, although nature spots are a superb choice, but someplace familiar, comforting, private, and quiet? Where is it? Do you have several?

You may want to consider trying one of these spots:
your bedroom the living room late at night
your kitchen table when you’re alone
the shower or bathtub the bathroom
your porch (maybe early in the morning)
sitting in your parked car walking or hiking
in your car or on a bike an empty park bench
an empty beach your backyard
a church an empty lounge at work
an airport terminal or hospital waiting room (teary places!)

 Make someplace your “garden”... your hiding place of escape. Even Jesus needed one.
 And because He knows just how you feel, He will be glad to meet you there anytime. Just call Him.

**RUN TO YOUR CHAMPION**

*For so many years, you’ve buried the pain...*
*You’ve held back the tears, and lived with the shame.*
*You thought you deserved the ripples it made.*
*You fought on for years, a war someone else waged...* 
*’Neath armour of fear, every part of you aches.*
*While you fight your own battles, a Champion waits.*
*You thought no one could see, and no one could help,*
*But you have a Champion stronger than all else,*
*When the memories come, just run to your Champion.*

*by Jan Willson, © 1993 Jan Willson*

**GO AHEAD AND CRY**

*Go ahead and cry...*
*You don’t have to try to hold back*
*All those tears welling up...*
*You’ve been brave long enough.*
*Go ahead and cry...*
*It can be the sweetest release.*
*Every tear, Jesus keeps*
*Every time His child weeps.*
*Put your head down on His chest...*
*Let Him draw you close, and then*
Let Him draw you close, and then
Go ahead and cry...
God already knows how you feel,
But when you're tender and real
That's the time He draws nigh.
Go ahead and cry.

by Jan Willson, © 1993 Jan Willson

Suggested songs to listen to: “Run to Your Champion” and “Go Ahead and Cry” on Lost Roses cassette.

Is. 30:19 says “He will be very gracious unto thee at the voice of thy cry”, and Psalm 34:18 says “The Lord is nigh unto them that are of a broken heart.” From now on, when tears come, imagine Jesus drawing you close, saying “Go ahead and cry.”

B. START TO HEAL

Why treat a wound? First let’s see why a physical wound needs treating. Skin is a barrier, a wall of protection for the body. It holds together a network of cells, and acts as a defense against thousands of foreign cells. Those foreign cells, if allowed entrance into the body, could cause harmful infection and dangerously damage internal organs. When the body suffers an open wound, it becomes seriously susceptible in two ways: blood loss, and the entrance of infection-causing bacteria.

The Bible acknowledges that “the life. . . is the blood” (Genesis 9:4). The blood lost from a wound can be fatal. Invasion of bacteria can be serious, too. Bacteria tend to multiply rapidly in devitalized tissues; one reason is that white cells and other blood elements that ordinarily combat infection by destroying or neutralizing bacteria cannot reach dead tissues. It is vitally important to help torn tissue rebuild, for an untreated tear can leave a person vulnerable to yet more damage.

What happens when an emotional wound is left untreated? A heart, torn apart and broken, will be susceptible to more harm unless it is helped to heal and rebuild.

1. BIND THE WOUND

Someone coming to administer first aid to a wound victim knows that they must first stop the bleeding, usually by pressure and by a bandage. Once the wound is not bleeding seriously, they should cleanse the wound to reduce bacteria, apply ointment to keep the wound moist, and bandage it to provide a surrogate barrier of defense. Often a bandage can also provide support to a weak part, like wrapping an ace bandage around a weak wrist, or tennis elbow.

1. From Luke 10:30, how do we know that the man must have had serious wounds?
2. According to Luke 10:34, what was the Samaritan’s first action of first aid toward the wounded man who perhaps lay by the road bleeding to death?

Binding a wound applies the pressure of a cloth against it, and helps control bleeding. The Samaritan most likely tore off some of his own clothing to supply the bandages needed. To stop serious bleeding, continued pressure, sometimes for hours, must be applied, by the first aid giver pressing his hand against the bandage. Perhaps the Samaritan sat by the man for hours, trying to stop his bleeding.

World-renowned surgeon Dr. Paul Brand, in a similar situation, found himself applying hours of pressure with his finger against an artery of a person to stop him from bleeding to death. In his book, Fearfully and Wonderfully Made, he wrote, “In this case, my medical training counted very little. What mattered was my presence and my willingness to respond by reaching out and contacting another human being.” Jesus showed us the Father’s heart and modeled that kind of contact for us... always reaching out to touch the lepers or lame or diseased. And in touching, He brought healing.

3. Our world is full of bleeding hearts. People spend much time, energy and money trying to bind their wounds and stop their life-strength from draining away as they hurt. In Mark 5:25-34, a woman who literally couldn’t stop herself from bleeding came to Jesus. Why do you think she may have been discouraged as well? (v. 26)

4. This woman had heard that Jesus made people well, and she somehow knew touch was important... but the crowds around Jesus made it look impossible. Finally, she was able to get close enough to stretch out and just barely touch His robe. What happened? (v. 29)

A 16 year old girl, Jackie, had a lot in common with that woman in Mark 5. Jackie’s bleeding heart had driven her to seek other “cures” that only made her bleeding worse. Her
childhood of abuse, abandonment, and constant uprooting had left deep heart-wounds which she had tried to bind up through the band-aids of attention given her when she pleased people. She learned early on how to please men sexually, but they broke her heart more because their affection was always short-lived and conditional. And that lifestyle left her with health problems and pregnancies.

To please relatives, Jackie turned to abortion. That tore her heart apart in a way she never expected, and for two years afterwards she attempted to escape the pain through drugs and alcohol. Then she found herself pregnant again. Knowing first-hand the torment of abortion, Jackie decided to give life this time. And she found much encouragement and practical support in Christian friends, who were a part of pro-life groups she turned to for help.

Upon deciding to parent her child, Jackie struggled with how to break old self-destructive cycles and form new healthy ones which would be good for her and her baby. Living with three different Christian families at times during that new-singlemother stage, as well as receiving support from other Christian friends and a Christian counselor, all made Jesus very real to her and allowed His love to “pass close by” her. She saw Him and reached out to grab hold. She is still holding on.

Now, married and raising her three year old, Jackie continues the process of rebuilding her bruised heart. But now she knows where to go for help, and it’s not in a bottle or another man’s desires. Today she turns to Jesus and His followers. And little by little, the wounds are becoming scars that remind her, and others, of how far Jesus has brought her.

5. What or who have you “stretched out” to touch in your search for healing so far? Can you relate with the woman in Mark 5 who had tried other cures that only made her bleeding worse?

6. Have people “pushed you away” from God, just when you were trying to touch Him?

It’s true that people often hinder us in touching God. But some are like the Samaritan, and assist us in finding healing. They are like God’s touch to us. And in fact, God called his believers His “Body” here on earth (1 Corinthians 12:27) He often touches hurting people through them.
7. The Apostle Paul, who wrote the letter of Corinthians and through whom God revealed that picture of believers functioning as Jesus’ body (I Cor. 12) knew personally a lot about the need for God’s touch through others. In Paul’s past, he had been an abuser... he had abused and persecuted Christians, and had even participated in killing some. But after a confrontation with Jesus, he became a believer, and ended up himself being abused for the sake of the gospel. How did he handle the shame of his past, and the abuse he suffered later? Who were some of Paul’s “support people?”

Paul’s Support People

Acts 9:13-17
Acts 9:26&27
Romans 16:1-4
II Corinthians 7:5-7
I Corinthians 16:17&18
II Timothy 1:16-18
I Timothy 1:2
Acts 15.40, 16:22-26

Do you think Paul’s life would have been as fruitful if he had not acknowledged his need for others to help him?

8. Who can you call on in the middle of the night, when your broken heart is bleeding—do you know a friend or believer who will “be there” to provide that life-saving pressure of their presence?

The sweet pressure of hugs when you need them, or encouraging words, is important. A support group or another person working through this course with you can help provide some of the same benefits a band-aid provides a cut:

- protection – padding against the jarring and bumps of life
- promise of healing – a hope-producing reminder that now you’re recovering
- privacy – a shield hiding the wound, to prevent shame or embarrassment, a confidential keeper of the extent and depth of the cut
- possibilities – with the wound now covered, a whole world of new activities and greater mobility is afforded
9. Perhaps you haven’t yet found a “Samaritan” near you. We’ll talk later about how to seek one out. For now, know that there is Someone you can call on Who can touch you through His Spirit. Read Psalm 34:18, Ezekial 34: 15&16, and Luke 4:14-21. Who is always available to bind up your broken heart?

10. When King David of old was brokenhearted, who bound up his heart? (Psalm 147:2,3)

Who did David notice was the One Who helped those who felt like outcasts? (v.2)

Who will the Lord lift up when they are cast down? (Psalm 147:6)

You may not feel very close to God right now. One of the wounds from abuse is the feeling that God doesn’t love you or care. Stretch out your faith a little and see what will happen . . . just brush His robe.

There is a story written by Hannah Hurnard in the late 1800’s now published as “Hind’s Feet on High Places,” which is an allegory of following God to new heights. The story is about a young woman, Much-Afraid, who finds the courage to finally leave her abusive, “Fearing relatives” in the Valley of Humiliation. Much-Afraid escapes, following a strong and gentle Shepherd, who leads her to the High Places where “perfect love casteth out fear.”

As a cripple with deformed feet, she is continually unsure whether she can make the difficult journey. But the better life of the mountains calls to Much-Afraid, and so she perseveres with the Shepherd’s help and encouragement. And she learns along the way that her two companions, Sorrow and Suffering, actually help as well, and become Joy and Peace. She finally mounts the High Places, where her handicaps are healed. Transformed and bearing a new name, she returns to help her valley.

We can say the High Places are a picture of God the Father, whom the Shepherd, Jesus, leads us to know. Much-Afraid didn’t go to the High Places to get healed. She didn’t know that would happen. She fled to the peaks to escape horrid relatives, in hopes that she would finally know peace and joy. Healing was a side-benefit that surprised her.
As you choose to pursue the High Places – a freer life of closeness to God – you will not be disappointed.

**AS A MOUNTAIN**

You’re like a mountain place sometimes –
Like the warmth on my face from its sunshine,
Or like a mountain rain, flowing
On my dry soul again... I’ll start growing.
And as a mountain mist surrounds me,
You cover me completely.

You’re like the fresh air I breathe; You fill me,
And like the rustling leaves, You still me.
You’re like the hills that rise from the horizon –
To You I lift up my eyes where my help comes from.
And as a mountain both shelters and gives me view,
I can hide, yet find the truth, in You.

You’re in the flowers of spring, in the bird I hear sing.
You’re the rock I stand on, You’re my everything!
And whatever I am needing, that’s what You seem to be to me.

You’re like a cooling stream to wade in,
Or an oasis of trees to stay in.
And like the transforming snow, You change me,
And like the fireplace glow, You’re the flame in me.
When I’m with You, I’m on top of the world again,
Oh, You’ve become my closest friend.

And like a walk in the woods after a busy day,
Oh, it does my heart good, just to hear what You say,
And as a mountain both shelters and gives me view,
I can hide, yet find the truth, in You... in You.

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Suggested song to listen to: “As a Mountain”, on Coming of Age cassette.

2. **BE WILLING FOR THE WINE**

Help came to the wounded man in Luke 10, but through an unlikely person. The Samaritan wasn’t carrying any special first aid kit or Red Cross Badge. God is notorious for using ordinary things. Oil and wine were used for such a variety of survival needs in Bible times that quite likely most travelers carried them. Yet, the person God used to help the wounded man in Luke 10 was the person who was willing to stop and share what he had... not everyone was that willing. Interestingly, two who passed by and did not help were well-trained religious leaders of the day. But the one who stopped to help – the Samaritan – seemed to understand God’s heart better than they did, because he showed compassion.
To have compassion for the wounded Jewish man from Jerusalem, the Samaritan had to overcome the common prejudices of the day which would have made them despise one another. There were so many reasons the Samaritan could have logically come up with, so as to continue on down the road without stopping to help. But he had a willing heart. Jesus praised that man in the story, because that’s the kind of heart God has, too... willing to help, willing to heal.

1. When a leper came to Jesus (In Luke 5:12&13) and asked Jesus if he was willing to heal him, what did Jesus do and say?

God is willing to help you. And He may have gone to great lengths to cause a “Samaritan” or two to be willing to help you. But there is still one more person who has to be willing, before you can get the help you may need... that’s YOU. To better understand some of the feelings you may struggle with, let’s look at the wounded man in Luke 10 and at his situation some more. As you read the following scenario, underline phrases that relate to your own experience.

Picture him fearing for his life during the robbers’ surprise attack. Apparently he had been journeying alone, and they easily out-number him. He is a vulnerable victim, and not much of a threat to them. Out of fear, and intimidated by their power, he cooperates and yields over everything they want... and they want everything. He hopes that once they have stripped him, they will leave. Perhaps they will leave him unhurt. But for whatever reason... maybe sheer cruelty, or to make themselves feel powerful... the thieves beat him mercilessly. The pain knocks him unconscious, but not before his thoughts scream out inside him, “Why are you doing this to me? What have I done to you?”

At the sound of footsteps coming near, he comes to. His first thought is that his attackers have returned, or maybe another band of robbers have come. He knows he is too weak to crawl away to hide behind the brush. Never has he felt so helpless and exposed. Using all his strength, he lifts his head to see the danger approaching. Complete joy floods his heart when, instead of a robber, he sees the obvious robes of a priest moving toward him from down the road. He has no doubt that this good man of God... a leader of his own religion... will rescue him or assist him in some way. The priest draws close enough for their eyes to meet... but abruptly, he makes a wide path around him and hurry's away. The dying man whose heart had been lifted by such great hope, now gives in to dark despair. He feels now that no one will help him. As if to prove his heart’s hopeless conviction, the last scenario is repeated. Another temple leader draws near, notices him, and then passes by.

The wounded man wonders that he feels such acute disappointment again, as he hears the footsteps fade into the distance. Was his condition too overwhelming for them? Did they feel powerless to help, once they caught a closer glimpse of the extent of his wounds?
Maybe they had left him to go and get help. But no, he had seen the eyes of the first man . . . they were filled with, not compassion, but disgust.

Yet how could those men just go on, he wonders, as if they had seen nothing! Their faith taught them to help others, especially of their own people. If they who claim to represent God do not care, he reasons, then what of God? Where is He now? Far away too, no doubt. And certainly not the God who showed up to help Daniel of old, facing the lions, or David fighting Goliath. Then again, he thinks, maybe God just shows up to help really good people. Or maybe God is punishing him for some bad things he did. He tries to recall what they might be, but the pain sends his thoughts reeling, racing around his head. He gives up trying to catch them and sinks into despair.

Time passes, but he has no idea how much . . . he slips in and out of reality. Far greater than the pain of his body, though, is the pain of his soul. His life hangs by a thread. As the poison of cruelty and rejection soak deeper into him, he resigns himself to give up the fight . . . almost. He hears animals in the distance, and knows they will soon smell the stench of his wounds. Their howling seems to get closer . . . the next nightfall will draw them out as they search for prey. “Please, God, don’t let me die like that,” he prays, reaching out to God in spite of himself.

A wave of throbbing pain jolts him awake, and immediately he knows he is not alone. Convinced as he is that another presence must mean more hurt, he instinctively recoils. He hears a man saying something to him, in an accent different from his. Struggling to squint open his eyes, he catches a glimpse of a figure holding a jar over him. “Is he going to strike me with it? Does he think I have anything left to steal?” the wounded man wonders fearfully. The stranger bends down close, saying “Here, let me help you . . . I was just on my way home to Samaria . . . brace yourself, this is going to really hurt.”

In Bible times, wine was a common external medicine for wounds. No doubt whatever alcohol content may have been in it provided the cleansing effect and acted as an antibacterial agent. But pouring it on an open wound was bound to send the recipient reeling in pain.

2. Put yourself in the place of the wounded man. In his state of mind at the time, do you think he might have been resistant to the stranger pouring wine on his wounds? Why or why not?

Do you think it was logical for him to resist help given to save him?
3. Do abuse survivors experience some of the same reactions as the wounded man in Luke 10 might have experienced?

Tina, an incest victim, struggled with the help Christians wanted to give her, even though she knew she needed it. But incest had been the way of life in her family, and she was hesitant to admit that what she had grown up seeing as normal was, in fact, abusive. Even when she became pregnant by her brother, she still chose to live in the abusive situation where both her brother and her father continued to molest her. She feared refusing them, making them angry with her, and losing the only semblance of family “affection” she had known.

Incest had at least become familiar to her, and Tina was threatened by the changes that receiving a new Father and His family would require her to make. Why should she risk trusting a Heavenly Father and His followers when her own father, mother, their friends and her siblings had so used and abused her? Repeatedly through her teen years, Tina would go to homes of Christian families for help, and then abruptly leave, only to return to her abusive family to be victimized again. It wasn’t until years later that Tina began to break free from being a victim of sexual abuse.

The first stage of grief is usually denial. (Anger, bargaining and depression often follow before acceptance and hope are found.) Abuse survivors often go through the stages of grief, mourning their losses sustained in “the robberies” their abusers inflicted upon them. Jesus said that knowing the truth brings freedom (John 8:32). Satan’s lies, on the other hand, bring bondage. As long as abuse survivors deny the hurt that abuse caused them, deny who is responsible (Satan, using certain individuals who were no doubt themselves abused), and deny Who helped them survive it (God, and no doubt some of His believers), they remain “stuck”, in bondage. And they can’t know the cleansing, healing effect of the wine until they are willing to receive it.

To receive the wine is to enter into an agreement with God. It was His idea. Ephesians 2:12&13 says, “At that time ye were without Christ, being aliens... strangers from the covenants of promise, having no hope, and without God in the world: but now in Christ Jesus, ye who sometimes were far off are made nigh by the blood of Christ.” Wine, remember, is a picture of the blood of Christ... the blood that draws us near to God and His covenants of promise.

There was a tradition in Bible times, similar to a legal transaction. When they wanted to make an agreement final and binding, the two parties making the agreement would “cut covenant”. They would sacrifice an animal, and blood would be shed. The animal would be cut in half and the two parties making the promise or covenant would walk between the parts, in a ceremonial finalizing of the oath. (Jeremiah 34:18, Genesis 15) No wonder it made such an impression on Jesus’ disciples when He held up a loaf of bread, broke it (no doubt in half), and said “This is my body which is broken for you.” No wonder they under-
stood the significance when Jesus held up a cup of wine and said, “This cup is the new testament (covenant) in my blood.” (I Corinthians 11:24&25). God was “cutting covenant” with man, and His own Son was the sacrifice that would seal the agreement!

4. What was the agreement God was making with man through Jesus? (Galatians 4:3-7)

An agreement takes the consent of both parties. God has “drawn up the adoption agreement” but it takes your will consenting to it for you to be included. However, God understands that your hurt and disappointment in past caregivers... especially if it was your father... will make you fearful of trusting another Father, even if this one is totally good. So He is willing to let you see what He is like first. “The goodness of God leadeth thee to repentance (change)” (Romans 2:4b).

Receiving the wine, which is symbolic of our having entered into the covenant with God, is often a threatening thing for many abuse survivors. The sting of the wine can symbolize many things... the risk of getting your hopes up, when they have been dashed before... the humiliation of exposing all you are to Him, the fear that He will reject you like others have... the struggle to believe that He will follow through on His promises.

5. What is the “sting of the wine” for you? What is most difficult about agreeing to let God “adopt” you... take care of you, heal you, be a Father to you?

Maybe you are struggling from feelings of abandonment, betrayal, or rejection by your own father, or your children’s father. See if you relate with the following lyrics. They describe one single mom’s struggle as a grown child-of-divorce, who is disillusioned further by the rejection of her baby’s father.
WHAT DID I DO TO MAKE DADDY LEAVE?

Mommy doesn’t love Daddy anymore –
That’s what she told me one morning,
And then I heard Daddy slam out the door.
My whole world collapsed without warning.

I wonder what did I do to make Daddy leave?
He said, “Babe, it wasn’t you,” but that’s hard to believe.
The rest of my life I’ve been trying to please
And find out what did I do to make Daddy leave.

In high school, met a guy. . . doesn’t write me anymore
Though we went steady and got engaged.
I’m aching inside and it’s just like before. . .
Everyone says that I’m not to blame.

But I ask what did I do to make Daddy leave?
He said, “Babe, it wasn’t you,” but that’s hard to believe.
The rest of my life I’ve been trying to please
And find out what did I do to make Daddy leave.

Lately I’ve learned that God is real. . .
He’s helping me raise up my baby.
He’s given His Word that He’ll stay with me,
But I’m haunted by fears and old memories. . .

I wonder what did I do to make Daddy leave?
He said, “Babe, it wasn’t you,” but that’s hard to believe.
The rest of my life I’ve been trying to please
And find out what did I do to make Daddy leave.

by Jan Willson, © 1991 Obedient Publications

Suggested song to listen to: “What Did I Do To Make Daddy Leave”, on It Shouldn’t Hurt to Be a Child cassette.

6. Look up the verses in the following chart, and fill in the characteristics of your Heavenly Father. Discover how different He is from other fathers who have let you down.

What characteristic of your Heavenly Father do you most appreciate right now?
<table>
<thead>
<tr>
<th>CHECK HOW OTHER FATHERS LET YOU DOWN</th>
<th>HOW IS YOUR HEAVENLY FATHER DIFFERENT?</th>
<th>(write in His characteristics)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uncaring</td>
<td>“When my father and my mother forsake me, then the Lord will take me up.” Ps. 27:10</td>
<td></td>
</tr>
<tr>
<td>Behavior inappropriate for a father</td>
<td>“A father of the fatherless, and a judge of the widows, is God in his holy habitation.” Ps. 68:5</td>
<td></td>
</tr>
<tr>
<td>Spiteful, vindictive</td>
<td>“Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort.” II Cor. 1:3</td>
<td></td>
</tr>
<tr>
<td>His negative attitude made him hard to be around</td>
<td>“Thou wilt shew me the path of life: in thy presence is fullness of joy; at thy right hand there are pleasures for evermore.” Ps. 16:11</td>
<td></td>
</tr>
<tr>
<td>Didn’t give guidance when I needed it</td>
<td>“If any of you lack wisdom, let him ask of God, that giveth to all men liberally and upbraideth not; and it shall be given him.” James 1:5</td>
<td></td>
</tr>
<tr>
<td>Was never there when I needed him</td>
<td>“For he hath said, I will never leave thee, nor forsake thee.” Heb. 13:5b</td>
<td></td>
</tr>
<tr>
<td>Always too busy to be a part of important times in my life</td>
<td>“And he said, My presence shall go with thee, and I will give thee rest.” Ex. 33:14</td>
<td></td>
</tr>
<tr>
<td>Short tempered, hurtful</td>
<td>“Ye shall be the children of the Highest for he is kind to the unthankful and to the evil.” Lk. 6:35</td>
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<tr>
<td>Neglected my needs</td>
<td>“Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?... for your heavenly Father knoweth that ye have need of all these things.” Mt. 6:31,32</td>
<td></td>
</tr>
<tr>
<td>Never wanted to hear my side</td>
<td>“Like as a father pitieth his children, so the Lord pitieth them that fear him. For he knoweth our frame; he remembereth that we are dust.” Ps.103:13,14</td>
<td></td>
</tr>
<tr>
<td>Always reminds me of my failures</td>
<td>“And their sins and iniquities will I remember no more.” Heb. 10:17</td>
<td></td>
</tr>
<tr>
<td>Wasted everything on his own wants</td>
<td>“Delight thyself also in the Lord; and he shall give thee the desires of thine heart.” Ps. 37:4</td>
<td></td>
</tr>
<tr>
<td>Unsupportive</td>
<td>“I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread.” Ps. 37:25</td>
<td></td>
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</tbody>
</table>
7. As wine washes away poisonous bacteria and cleanses a wound, so the covenant promises of God in His Word wash away the poisonous lies of Satan. He has taken advantage of your vulnerable wounded heart for too long, infecting you with the lie “God doesn’t love you.” Pour on some wine — read the Word on the Wine Cards we’ve included, and let the lies about God start to wash away. God has said, “I will not lie” (Psalm 89:35). And He has sacrificed Himself to prove His integrity. “God is true... all the promises of God in Him (Jesus) are yea (yes)” (II Corinthians 1:18a, 20a). So when God says, “I promise you”... you can believe Him, for “God, that cannot lie, promised” (Titus 1:2).

8. After you have read through the Wine Card scriptures, pick two that are special to you. Cut them out, and post them in your room. Work on memorizing them this week. What two will you choose?

9. Read Matthew 19:13-15, where Jesus gathers up the children in His arms. Then read the following poem, while picturing the hurt child within you being held and comforted by Jesus.

**IT SHOULDN’T HURT TO BE A CHILD**

It shouldn’t hurt
To be a child,
It shouldn’t hurt.
What did you learn?
You gave your trust
And then got burned.
The child inside
That you’re afraid
To recall
Felt love denied
And that’s what made
The dominoes fall.

But Someone
Saw your tears,
Someone grieved,
Someone knew.
Let Him hold
That child in you.
It shouldn’t hurt
To be a child,
It shouldn’t hurt.

by Jan Willson, © 1991 Obedient Publications

Suggested song to listen to “It Shouldn’t Hurt to Be a Child”, on It Shouldn’t Hurt to be a Child cassette.
10. When Jesus was loving the children, Whose heart was He showing forth? (John 14:8-10)

11. Read Psalm 27:10, knowing that when the KJV version says “the Lord will take me up,” it means “gather me up,” as a father would gather up a child onto his lap.

**FATHER US, LORD**

We’re all little boys and girls
As we surrender to You.
There’s no father in this world
Quite as tender as You.
As you hold us close,
We’ll learn to love the way You do.

Come and father us… we need You, Lord.
We depend on You, like newborns.
May the things Your children do
Bring honor, O Father, to You.

When we fail, sometimes we hide…
Think You’ll scold us, Lord,
While the thing most on Your mind
Is just to hold us, Lord.
Oh, Your love… it makes us want
To be just like our Dad.

Come and father us… we need You, Lord.
We depend on You, like newborns.
May the things Your children do
Bring honor, O Father, to You.

**Father us, Lord.**
Father us, Lord.
Teach us to be children of Yours,
Father us, Lord.
by Jan Wilson, © 1993 Jan Willson

Suggested song to listen to: “Father Us, Lord,” on Lost Roses cassette.

3. LET THE OIL SOOTHE

A recent commercial for Band-aids told that in one study done, cuts covered by Band-aids healed more quickly than cuts left uncovered. Part of the reason, aside from the protection against infection, is that the wounds kept slightly moist have a better atmosphere in which to replace cells and rebuild tissue. Torn tissues are not rebuilt immediately, but oil
helps the process along. Oil soothes and comforts skin, and as it does, replacement cells grow back daily... mainly between 12 p.m. and 4 a.m., while much of the body rests.

In Bible times, olive oil was a common external medicine for wounds, similar to our present-day ointments. After the sting of cleansing a wound, oil was applied to soothe the pain and aid in healing. Olive oil had many other uses in Bible times, and so the Samaritan traveller was probably carrying it for his cooking, personal care, or to light a lamp. But, as with the wine, he used up his own resources to help the wounded man. The Bible says he had compassion on the man, and it surely influenced the manner in which he dressed the wounds and nursed the hurting man throughout the night... his touch was gentle, his presence quietly reassuring.

Oil is a picture of God’s Spirit. When Isaiah prophesied about Jesus and the kind of person He would be to us when He came to earth, Isaiah speaking for God the Father wrote, “Behold my servant... I have put My Spirit upon Him... He shall not cry, nor lift up, nor cause His voice to be heard in the street. A bruised reed shall he not break, and the smoking flax (dimly burning wick) shall He not quench (extinguish)” (Isaiah 42:1-3).

God’s gentle spirit was so evident in Jesus’ life and manner with people who were hurting, weak or small. Isaiah the prophet had foreseen how He would gather the little children up in His arms and encourage their mothers... for Isaiah wrote that as a Shepherd “He shall gather the lambs with His arm, and carry them in His bosom, and shall gently lead those that are with young” (Isaiah 40:11). In showing Isaiah these things, God told him, “Comfort ye My people” (Isaiah 40:1).

1. What did Jesus call the Holy Spirit who would be given to His followers? (John 14:16 KJV)

God’s oil... the Comforter... wants to rebuild and renew your hope, your dreams, and your self-worth that has been so torn down. You don’t have to brace yourself for the oil, or struggle with fears as you had to in being willing for the wine. But there are things you can do to cooperate with the work of the oil in your healing.

2. We just talked about how the body rebuilds best when it is at rest. Read Psalm 7:7-9. What are you told to do?
What will be the result? (Psalm 37:9&11)

As your spirit takes on a posture of rest in the Lord (and you may need to work at resting if you’re used to fretting instead!), the oil of the Holy Spirit can rebuild and renew you.

The *rest* which Psalm 37 mentions is a posture of our *spirits*, not necessarily our *bodies*. But many young women, since they began to turn to God for healing of their hearts, have experienced the sweet peace of night time for the first time since their abuse, and they report finally being able to sleep well. At last, they say, they are no longer troubled by fears at night, or insomnia, or bad dreams. Some had turned to drugs or alcohol to escape the night time fears and loneliness. Some had gotten used to playing the radio all night, or keeping on a bright light. Some had so feared being alone that they would call people late at night just to hear another person’s voice and some even drifted in and out of affairs so they would not have to face nights alone. Then again, some of the women who were married found nights difficult because it meant intimacy with their husbands and these women, because of their pasts of sexual abuse, or perhaps abandonment, struggled with that. Night had become a time of stress and fear—until they discovered how to be at peace.

Philippians 4:7 says that the peace of God keeps, or actually guards and garrisons, our minds. That implies that there will be attacks against our minds from which we need to be protected. The Holy Spirit is our full-time guard, and keeps the peace. But Colossians 3:15 says we have to *let* the peace of God rule in our hearts. When Jesus was baptized, the Holy Spirit descended on Him in the form of a peaceful dove. As we choose to follow God, the Holy Spirit rules in our heart and minds, and peace descends on us as well. The soothing oil is poured over us. But Jesus had to submit and allow another to baptize Him, and the kings and priests who were anointed with oil as they took their positions had to stand still and let someone pour the oil over them. “The peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus” (Phil 4:7) Jesus is the One Who anoints, Who dispatches the Peace-keeper.

If you were abused—whether it took place at night or not—the fears from the experience tend to surface at night, like cockroaches or mice stealing boldly into the kitchen once the house is quiet and dark. It’s clear a major work of exterminating is needed, and that’s quite a process... it usually calls for outside help to do a thorough job of it.

When you’re alone at night and you need something quick and available, notice how they scatter when you just turn on the light. When you’re filled with anxiety and hopelessness, those thoughts will scatter as you let your mind dwell on the light of God’s Word which is a lamp and light to us (Psalm 119:105). Notice how they scatter as you pray, turning to Jesus Who overcame the darkness. “His life is the light that shines through the darkness—and the darkness can never extinguish it” (John 1:5). What treasures we possess in those promises of God, found in His Word. When pesty, fearful thoughts creep back, we can turn on the nightlight, and leave it on all night as we ask Him to guard our minds with His peace (Philippians 4:7). As Jesus fills our hearts’ “lamps” with the oil of His
Spirit, it need never grow dark inside us. Maybe you’ve been trying too hard to light your own lamp. You can’t, you know. The Source of the light is the Oil. But you can continually come to Jesus so that, as Ephesians 5:18 says (in its original Greek), you can “ever be being filled with the Spirit.”

3. Are you finding night time difficult?
   What difficulties are you bothered by?

4. Below, check which things you will do to begin seeing your lamp fill with the Oil, and to see the soothing Oil poured on your heart:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take time before bed each evening to read some of God’s Word and pray.</td>
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<tr>
<td>Read Psalm 91 about God’s care at night.</td>
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</tr>
<tr>
<td>Memorize Psalm 4:8, “I will both lay me down in peace, and sleep: for thou Lord, only maketh me dwell in safety.” Post by your bed.</td>
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</tr>
<tr>
<td>Write about some of your fears and struggles in your journal. (Wound-Binder Notebook) See pg 33.</td>
<td></td>
</tr>
<tr>
<td>As you lay down to sleep, ask God to guard your thoughts through the night.</td>
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<tr>
<td>Work on memorizing a new Oil or Wine verse as you lay in bed, and rehearse ones you’ve learned previously as you relax before sleeping. (See Oil and Wine cards.)</td>
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</tr>
<tr>
<td>Listen to a mellow Christian music tape at bedtime.</td>
<td></td>
</tr>
<tr>
<td>Prop up and read a Christian book in bed.</td>
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</tr>
<tr>
<td>Talk to a Christian friend about your night time difficulties, and ask them to pray with you to overcome them. Be sure to update them about any progress, and thank God together as you see answers.</td>
<td></td>
</tr>
<tr>
<td>Picture Jesus smiling down at you, standing at the foot of your bed.</td>
<td></td>
</tr>
<tr>
<td>Picture “God’s night-watchmen,” the unseen angelic beings He has sent to guard you, surrounding your room. (“Thou shalt not be afraid for the terror by night... for He shall give His angels charge over thee.” Psalm 91:5a &amp; 6a.)</td>
<td></td>
</tr>
<tr>
<td>When a “bed bug” bites—one of those worries that creep into broken hearts when it’s dark and quiet—turn on the Nightlight that scatters them by turning your hurt to prayer. Cast your cares on the Lord, specifically naming them and handing them over. (I Peter 5:7)</td>
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</tbody>
</table>
Paula Michelson is an author of a book called *Surviving a Crisis*. It tells about things she learned when faced with terminal cancer. She describes in her book how people who are hurting inside from anxiety need to give themselves quiet time and a private space for thought and prayer – which is what we learned earlier in Step Two. Paula found for herself that the wee hours after midnight, on nights when she couldn’t sleep, were the hours she most often retreated to one of her “gardens,” her living room. She found solace in the quiet of that deserted room, sinking into a favorite chair and snuggling in a soft blanket while she poured her heart out to God. Paula writes:

“Too often during my crisis, I tried to avoid being left alone. I thought if I stayed busy enough, kept my mind preoccupied, I’d have a better chance of stifling the inner agony of my soul. Ironically, it was only in those early morning hours when I had to stop running away from reality, when I sat in an armchair alone, that I learned to face my worst fears. . . . I found my Gethsemane, and once again I found my Father.”

Many people find their sleep patterns change in a period of crisis. Some need more sleep to make up for perpetual weariness. And some hide out or escape through excessive sleep. But many find difficulty getting to sleep or staying asleep. Fear sets off the body’s defense system to assume a ready-alert status for fight or flight. And the resulting extra flow of adrenaline causes the heart to pound and the eyes to stay wide open. This is in contrast to the mini-hibernation known as sleep, where our temperature drops and metabolic activity, blood pressure, heart rate and breathing all slow way down. Anxiety revs us up! When the adrenaline is flowing, it can be frustrating trying to fall asleep. So bedtime is a great time to escape to a “garden” where you can cast your cares upon the Lord, relax, wind down, and realize the peace of God’s presence.

Should you awaken distressed in the night, then that, too, is a good time to seek the Lord in your “garden.” During the day, brain chemicals surge in response to the day’s stress or danger. But they begin to decline as we doze off, so that if we awaken from sleep, we are usually slightly disoriented and not thinking our clearest or most rational thoughts. We are most often the most physically and mentally vulnerable around 3 – 4 a.m. and feel instinctively uneasy and less competent because, quite literally, (for most of our body clocks) we are! An article called, “The Darkest Hour” suggests:

“When we awaken enmeshed in dire thoughts, it’s only natural to burrow deeper under the covers and shut our eyes. This ostrich-like ploy is the worst response. . . . because frightening scenarios then have the stage entirely to themselves. Instead, turn on a light, even if it means going into another room – the familiar old couch or family mutt will provide reassurance that all is well. Other effective options: eating (especially carbohydrates like an English muffin or toast), reading a boring book, watching re-runs on TV, or knitting.” (42)

Also while you’re up, use your sleepless hours to pray and read God’s word, for as your spirit is comforted, so will your body be. God’s peace can help us sleep through a storm. Jesus did! The disciples and Jesus were in a ship at sea (Matthew 8:23-27), when a bad storm came up. The ship was being covered with waves, the Bible says, but Jesus was
asleep. His disciples woke Him, exclaiming that they were going to perish at sea, and imploring Him to save them. No doubt they couldn’t see how He could sleep through it all! In the account in the Gospel of Mark, they ask, “Master, carest not that we perish?” (Mark 4:38). They accused Jesus of not caring about them. But we know Jesus DID CARE, for He then told the storm to stop, and it did! Then He asked them why they were so fearful. After all, if Jesus is in your boat, you should know it’s not going to sink! Instead of fretting, it might have been a better idea for His friends to have just laid down by Jesus and dozed off until the storm was over or until He thought it was time to quiet it. What a better way to ride out a storm... resting by Jesus.

So, when you’re feeling overwhelmed, and it’s bedtime or way past, find God’s peace for your troubled heart. And if you can’t seem to just sleep through the storm, then do what Jesus did when anguish hit Him... go meet with God in your garden and tell Him all about it. Turn your hurt to prayer, and see if you don’t sense some angelic strengthening.

**TURN MY HURT TO PRAYER**

A broken heart can be so lonesome... 
There are nights I just can’t make it through. 
When I give the pain to You, 
I’m not alone—You feel it, too. 
It’s what You do 
When You turn my hurt to prayer.

In my heart, I know You care, 
'Cause You promised that You would be there. 
So trusting that, giving all to You, 
Father, turn my hurt to prayer.

Turn my broken heart into an altar 
Where I offer the sacrifice of praise. 
As I trust You in the pain, 
I find I'm not the same... 
Healing starts 
When You turn my hurt to prayer.

**NIGHT WATCHMEN**

Unseen watchmen of the night 
Keep a watch, never shut their eyes— 
Standing guard, equipped to fight 
Are the watchmen of the night.

36
So I can lay my head down—
Angles keep me safe.
God's nightwatchmen will surround
My resting place.

by Jan Willson and Eric DiBerardo,
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Suggested songs to listen to: “Night Watchmen” and “Turn My Hurt to Prayer”, both on Evening Psalms cassette.

5. Someone has said that you may not be able to keep birds from landing on your head, but you don’t have to let them make a nest in your hair! When ugly or fearful thoughts come, what are at least four things you can do to shoo them away and maintain a peaceful mind? (Read Philippians 4:6-9)

Let’s talk some more about the work of healing that oil brings to wounds.

6. Titus 3:3-6 talks about the ways the Holy Spirit renews. It starts off by talking about the lifestyle that damages and wounds, and shows why any renewing is needed. After you read those verses, write down what things in verse 3 describe your past homelife that may have wounded you.

7. Why would God want to heal and renew you? (v. 4&5)

8. What part of you especially needs renewing, due to your past hurts? (Romans 12:2, Ephesians 4:20-24)
9. The Greek word which is translated “renew” in the scriptures from Titus, Romans, and Ephesians (mentioned in the last two questions) is actually “to renovate.” Renovating is restoring something to its earlier condition, or making it new. For example, an old house can be renovated by repairing damage or wear and tear. In renovating, the original architecture is usually preserved and strengthened. Does someone “renovate” with a sledge hammer and a bull-dozer, or is time and care usually taken?

I Peter 5:7 says “God careth for you.” The Greek word translated “careth” actually means He “cares about you watchfully and affectionately.”

Describe the time and care you see God taking now to “renovate” you. What things in your life are starting, ever so slowly, to change and be rebuilt?

Be encouraged—the greatest heart in the universe cares about and loves you tenderly!

10. Oil, representing God’s Spirit, was poured or anointed over people throughout the Bible to signify their specialness in being set apart for the Lord. Read I Samuel 16:6-13, where the prophet Samuel is told by the Lord who to anoint as Israel’s new king. Who did God want anointed, and why did He choose him?

11. Why do you think God often chooses to anoint those who are not strong in the world’s eyes? (II Corinthians 12:9&10)
12. Who, living in the world today, does the Bible say have been anointed by God’s Spirit and have had the “oil” poured over their lives? (II Cor. 1:21&22)

13. Now read the Oil Cards and let the soothing scriptures renew your feeling of specialness as your worth begins to be rebuilt. Pour on some oil!

    What are your two favorite Oil Card scriptures?

4. POST HIS PRESCRIPTIONS

14. Cut apart the pages of memory verse cards you’ve been given. The “Oil” cards are verses where The Spirit says, “You’re special.” The “Wine” cards are verses where The Father says, “I promise you.” Tuck some cards in your purse, and put some cards up on your dresser, mirror, refrigerator, car dash board, desk, etc. To promote healing of heart wounds, apply the oil and wine regularly. Memorize the Word—let the oil and wine soak in. . . ” so shall they be life unto thy soul” (Proverbs 3:22).

C. TREAT THE WOUND DAILY

1. APPLY FRESH OIL AND WINE

In the treatment of physical wounds, there is usually a daily routine of changing the bandages. This involves applying an antiseptic solution to again cleanse the wound and an ointment to promote healing of the damaged tissue. Those who don’t want to bother with that routine, and wait until the bandages are filthy or falling off before they care for the wounds any further, often find that infection has set in. Then they end up being worse off than they were before.

Ever wonder why someone who is being given medical assistance for physical wounds is called a “patient?” Recovery is often a long process, and calls for patience, and often, hard work in therapy. Wounds of the heart and mind usually require a similar process.

Beware of therapy with counselors or groups who “know not the thoughts of the Lord, neither understand they His counsel” (Micah 4:12). There are Godly programs, however, and some find help in going regularly to counseling sessions or support group meetings. But from now on, you can go to both of those, daily, right in your own room. Form an Abuse Survivor’s Support Group of two — you and Jesus! Jesus is the Ultimate Survivor . . . He survived death. He also understands all your hurts, for He was touched with the feeling of our infirmities in all points (Hebrews 4:15). And He just happens to be the world’s most Wonderful Counselor (Isaiah 9:6).
Let's talk about the need to apply *fresh wine*. Remember, wine is a picture of Jesus' blood that cleanses, and that seals God's promises to us. Wine, in the culture of Jesus' day, was like water is to our culture... it was a necessary survival substance. And wine was consumed daily, in moderation.

1. According to I Corinthians 11:25, do you think that Jesus intended his disciples to remember Him often, in the picture of the wine?

2. When a bandage of a wound is removed, the first thing that is done is to look at the wound, to examine it. It is examined to see how it is healing up, or if infection is setting in. Similarly, our hearts, especially hearts-in-healing, need to be regularly examined. When, did the Apostle Paul suggest, would be a good time to examine ourselves, according to I Corinthians 11:28?

3. We don't have to wait until our church shares the Lord's Supper to apply that wine. If we find that "infection" is setting in, due to bitterness, wrong choices we make, or our neglectfulness of keeping up regular "treatments", what can we do? (I John 1:9)

4. It would be silly to try to change a bandage and examine the wound in the dark. A doctor usually uses very bright lights when examining and treating a wound. Who, and what, are seen as our light, according to John 12:46 and Psalm 119:105?

5. Often we need the eyes of another to see how healing progress is being made, or to spot problem areas. There is great value in regularly enlisting the aid of other believers in the recovery process of examining the wound and applying fresh wine. The Apostle Paul encouraged the church to "tarry one for another" when they came together, to share in the Lord's Supper (I Corinthians 11:33)... and as we are willing to shine the Light, examining ourselves and pouring the Wine, what are two benefits listed in I John 1:7?
So much exposure of our wounds needs to be done in the security of a private time alone with Jesus, or with Him and a few of His friends who are also willing to become vulnerable. Support groups like this are hard to beat, by any therapy the world would offer!

Let's look at one more simple example of the need for regular cleansing.

6. Have you ever had your ears pierced? Drawing on your own experience, or that of someone else, what has to be applied to newly-pierced ears once or twice a day for about six weeks, and why?

(Note: remember that wine was used in Bible times as an antiseptic, in the same way that rubbing alcohol is used today.)

7. Who does the Bible say was “pierced”, physically and emotionally (Psalm 22:16, John 19:34, & John 20:25&27)

8. Will His abusers ever realize the horror of what they did? When? (Revelations 1:7, Zechariah 12:10)

9. Who, in Jesus’ life, was one who shared in the emotional pain of the “piercing?” (Luke 2:34&35)

Are there any in your life that feel the pain with you?

10. What is one way that people can pierce your heart? (Proverbs 12:18)

Have other’s words ever pierced your heart?
11. Is it possible to pierce your own heart? What is one way? (I Timothy 6:10)

Have you ever made foolish choices that opened your heart up to sorrow?

As we have seen, our hearts are all full of holes! Some are pierced through deeply with the pain others have inflicted, and many times we pierce ourselves. Whatever the cause of our hurt, we are in need of the regular treatments of God’s Oil and Wine. Let’s look now at the need to regularly pour on the soothing Oil.

12. David, in the Psalms, said “I shall be anointed with fresh oil” (Ps. 92:10). We recently read about the time David was anointed by Samuel as the new king of Israel, and the Bible records that the Spirit of the Lord came upon him then. But David knew his need for fresh oil, and continually took his heart needs to God, holding up his wounds and asking for a fresh outpouring of the Spirit. According to Psalm 55:16-18, how often did David pray, and how did God respond?

13. Many of David’s prayers are recorded in the Psalms, and they are quite often prayers of a desperate man. Read Psalm 56:1,2,5,&6. . . how often did David feel oppressed by his enemies?

That explains why he went daily, or actually many times a day, before the Lord. What reassurance was he given in verses 3&4, and 9-11?

14. What did Paul say is renewed in Christians, day by day? (II Cor. 4:16)
2. DRESS THE WOUND

Now put on a fresh bandage—bind the wound. When you take time to cover a wound with a protecting cloth, it allows you greater freedom to go about your everyday routines without as much risk to the sore spot. Some wounds of the heart and mind leave people feeling incapacitated, unable to carry on in life. Binding of the wound can help. This can be done in your daily meetings with Jesus, for “he healeth the broken in heart and bindeth up their wounds” (Psalm 147:3). The Spirit of God is upon Him expressly “to bind up the brokenhearted” (Isaiah 61:1). . . Jesus told us that Himself (Luke 4:18).

1. Most psychologists agree that keeping a journal is good therapy. But did you know that God keeps a journal . . . about you?! Read Psalm 56:8 and Malachi 3:16. . . what is this journal called, and what does it include?

2. Since God is already journaling your experiences, why don’t you join Him? When you and Jesus meet for your support group each day, record some of the things you talk about, like a prayer diary. But call the notebook your “Wound Binder.” Take a few Oil and Wine verses each week to memorize and record your thoughts about them in the notebook. Also add to the list when you read another helpful verse, as you read the Bible on your own. See how many Oil and Wine verses you can come up with, to add to the ones on the cards.

3. List 3 goals you would like to work towards in the next 6 weeks, which the “bandages” will make possible. (Bandages allow regained mobility, so that, though you are weak, you can carefully move ahead as opposed to lying there bleeding.) The goals don’t need to be very difficult. . . in fact, they should be simple enough that you can realistically reach them. That way, your confidence will grow. Remember, “Where the Spirit of the Lord is, there is liberty” (II Corinthians 3:17). And “the joy of the Lord is my strength” (Nehemiah 8:10). . . joy comes from putting Jesus first, Others second, and You last (the first letters spell JOY).

Example:

1. Take a walk around the block some nice evening—just me and Jesus.
2. Plan a special surprise for someone who needs a lift
3. Work on the quilt I’ve started sewing.

Now, write yours at the top of the next page.
MY GOALS:

1) 

2) 

3) 

EVENING WALK

When my heart is breaking
With the burdens of the day—
When my body's aching
From the strain of hurried pace,
I can't wait to walk a while
Like Adam used to do
In the evening, Lord,
In the cool of day with You.
I don't need a garden,
Although Eden had it's charms—
But You refresh my heart
When the walk is in Your arms!
Evening walks always
Make our love grow... 
When You knock tonight,
Lord, I'll be ready to go.

by Jan Willson, © 1993 Jan Willson

Agnes Sanford wrote in her book *The Healing Gifts of the Spirit*, in a chapter to those suffering depression, two suggestions, life preservers actually, that help God hold onto a person and keep them afloat until He can send other help and healing. Her two suggestions, which might help you when you lack the energy to give out any more, or even to read the Bible or pray:

Spend a half-hour at least each day putting yourself in the path of God by:

1. Enjoying the creation (being outdoors, taking walks, gardening, sitting in a park, etc.)
2. Enjoying a creative activity (something fun-creative, something that you like to do or used to enjoy when you had the time or energy to pursue it).

Time spent daily in one or both of these can help “light the pilot light” again, to think and feel. She says it won’t cook your dinner but from a renewed flicker, the other burners can be lit and one can eventually get cooking again!
I DRAW MY STRENGTH FROM YOU

You are the wind my heart sets sail upon—
I draw my strength from You.
When I am weary, feel I can’t go on,
I draw my strength from You.
So long in the harbor, I stayed,
Watching others sail away...
Afraid to try the sea
Until I found You’d carry me!
You’re who I was made for;
There is nothing I can do
’Till I draw my strength from You.

You are the wind my heart sets sail upon—
I draw my strength from You.
No chance of drifting,
When the breeze is so strong...
I draw my strength from You.
You’re my lighthouse when no hope’s in sight,
Shining brightly through the night.
You’re the shore I’m sailing towards,
The treasure I was searching for.
You’re who I was made for;
There is nothing You can’t do
So I’ll draw my strength from You.
What joy You bring as You whistle by...
No more rowing...now my sails go high!
Heading home, You and I...
You are the wind my heart sets sail upon—
I draw my strength from You.
When I am weary, feel I can’t go on,
I draw my strength from You.

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Suggested song to listen to: “I Draw My Strength From You”, on It Shouldn’t Hurt To Be A Child cassette.

3. BE CLOTHED AGAIN

“We groan, earnestly desiring to be clothed... that being clothed we shall not be found naked” (II Corinthians 5:2&3).

The wounded man in Luke 10 needed clothes. The thieves “stripped him of his raiment” v.30). When the Samaritan came and “took care of him”(v.34), that no doubt involved clothing him. New clean clothes provided him protection from the elements and restored
his dignity. Once clothed, he was no longer viewed as a vulnerable victim... his wounds could heal in privacy.

1. The clothes Jesus gives when He saves and restores are very special. What does the Bible say about how He “clothes” you? (Isaiah 61:3,10)

The garment of praise which clothes your spirit of heaviness could mean two things: a.) your praise to God, and b.) His praise of you. Praising Him reminds you of your Hope, by getting your eyes off your hurt and onto your Healer. His praising you rebuilds your torn-down self-esteem, by replacing what the child in you may have missed growing up.

Every good parent praises their children daily... “Good job!”... “I like that about you!”... etc. Psalm 72 is a song King David wrote for his son, Solomon, and in verse 15 David wrote “Prayer shall be made for him continually; and daily shall he be praised.”

2. Daily record in your Wound Binder: a.) something you praise God for, and b.) something He whispers to your spirit in praise of how He made you... for the Creator looked at all He had made and said it was “very good” (Gen. 1:31). What 2 things will you record today?

3. What will those who “overcome” on earth be given to wear in heaven, according to Revelation 3:4&5?

Who are the overcomers? (I John 5:4)

4. Let’s look at some times Jesus appeared in His glory as an overcomer. Read Mark 9:2&3... what did Jesus’ clothes look like?
5. How can your life be changed to show forth that same glory? (II Cor. 3:18)

Alan Redpath, an English pastor and author, has said, “You do the beholding, He does the transforming . . . there is no shortcut.”

6. What will be the result of being with Jesus, the greatest Overcomer, every day? Will your life start to take on the appearance of an overcomer, too?

7. Who doesn’t like it when you look to Jesus? (II Corinthians 4:4)

Who overcame the god of this world for you? (John 12:31&32, Revelation 1:18)

8. Inside, you may always feel small and helpless. That’s okay. When you have God’s power and glory inside, what will your life look like, according to II Corinthians 4:6-9?

9. How can you make your affliction work for, not against, you? (II Corinthians 4:17&18)

Start wearing the white robes of an overcomer . . . today! You might feel like you’re in a patient gown, but it will look to others like a bridal gown. “For Christ also loved the church, and gave Himself for it; that He might sanctify and cleanse it with the washing of water by the Word, that He might present it to Himself a glorious church, not having spot, or wrinkle, or any such thing.” (Ephesians 5:25-27)
10. Did you ever hear the story of “The Prince and the Pauper”, where a poor boy and a prince exchanged places? The prince traded his clothes with the poor boy. . . the prince wore the boy’s rags, and the pauper got to dress in the royal robes of the young prince, acquiring as well all the privileges that went with them. Read Philippians 2:5-8 . . . what other prince took off His royal robes and put on the disguise of a servant, so that we might inherit the blessing of His throne?

Was the pauper forced to trade clothes?

Why, then, do you think he gave up his rags. . . all that he had?

If the following poems express your heart, make them your prayer now.

**CLOTHE ME**

Clothe me in Your righteousness, oh God. . .
Adorn me with a meek and quiet spirit.
Give to me always the garment of praise,
And at hand, the apron of humility.

What a lovely wardrobe You have given. . .
I can be my best on every occasion.
And if people say, “Are your garments tailor-made?”
I will spread Your name throughout the kingdom.

by Jan Willson, © 1991 Obedient Productions

**ALL I AM**

All I am, all I have,
All I hope to ever be, I give
For all You are, all You can
Accomplish, Lord, through me.

There is nothing I can be
Apart from who You are in me,
And though I’m trading all I’ve got
I am gaining all I want.


Suggested songs to listen to: “Clothe Me,” and “All I Am,” on It Shouldn’t Hurt to Be a Child cassette.
### OIL CARDS

#### THE SPIRIT SAYS, “YOU’RE SPECIAL BECAUSE:”

<table>
<thead>
<tr>
<th>YOU HAVE GOD’S STRENGTH</th>
<th>YOUR FUTURE LOOKS BRIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>“He giveth power to the faint; and to them that have no might He increaseth strength.” —Is. 40:29</td>
<td>“The redeemed of the Lord... shall obtain gladness and joy; and sorrow and mourning shall flee away.” —Is. 51:11b</td>
</tr>
<tr>
<td>“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.” —Is. 40:31</td>
<td>“For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.” —Rom. 8:18</td>
</tr>
<tr>
<td>“The Lord is their strength, and He is the saving strength of His anointed.” —Ps. 28:8</td>
<td>“...Your sorrow shall be turned into joy.” —John 16:20</td>
</tr>
<tr>
<td>“God is our refuge and strength, a very present help in trouble. Therefore will we not fear.” —Ps. 46:1,2</td>
<td>“And we know that all things work together for good to them that love God, to them who are the called according to His purpose.” —Rom. 8:28</td>
</tr>
<tr>
<td>“Be of good courage, and he shall strengthen your heart, all ye that hope in the Lord.” —Ps. 31:24</td>
<td>“When He giveth quietness, who then can make trouble?” —Job 34:29</td>
</tr>
<tr>
<td>“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?” —Ps. 27:1</td>
<td>“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.” —Is. 25:3</td>
</tr>
<tr>
<td>“Why art thou cast down, O my soul? And why art thou disquieted within me? Hope thou in God.” —Ps. 42:11</td>
<td>“The Lord is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise Him.” —Ps. 28:7</td>
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<tr>
<td>YOU'RE LOVED</td>
<td>YOU BELONG TO GOD</td>
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<td>----------------------------------------------------------------------------</td>
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<tr>
<td>“In all these things we are more than conquerors through him that loved us.” —Rom. 8:37</td>
<td>“Thou hast covered (woven) me in my mother's womb. I will praise thee for I am fearfully and wonderfully made.” —Ps. 139:13b,14a</td>
</tr>
<tr>
<td>“God, who is rich in mercy, for His great love where with He loved us... hath raised us up.”—Eph. 2:4,6a</td>
<td>“For we are His workmanship, created in Christ Jesus unto good works.” —Eph. 2:10</td>
</tr>
<tr>
<td>“Thou understandest my thought afar off. Thou compassest my path and my lying down, and art acquainted with all my ways. . Thou hast beset me behind and before and laid thine hand upon me. Such knowledge is too wonderful for me.”—Ps. 139:2b,3,5,6</td>
<td>“We are the children of God: and if children, then heirs; heirs of God, and joint heirs with Christ.” —Rom. 8:16b,17a</td>
</tr>
<tr>
<td>“Thy comforts delight my soul.” —Ps. 94:19</td>
<td>“Yea, I sware unto thee and entered into a covenant with thee, saith the Lord God, and thou becamest mine. Then washed I thee with water; yea, I thoroughly washed away thy blood from thee, and I anointed thee with oil.” —Ezek. 16:8b,9</td>
</tr>
<tr>
<td>“The Lord hath been mindful of us.” —Ps. 115:12</td>
<td>“And ye shall be my people, and I will be your God.” —Jer. 30:22</td>
</tr>
<tr>
<td>“How precious also are thy thoughts unto me, O God! How great is the sum of them! If I should count them, they are more in number than the sand.” —Ps. 139:17,18a</td>
<td>“I have found (David) insert own name my servant; with my holy oil have I anointed him (or her). . mine arm also shall strengthen him (or her).” —Ps. 89:20,21b</td>
</tr>
<tr>
<td>“I am not alone, because the Father is with me.” —Jn. 16:32</td>
<td>“Who hath saved us, and called us with an holy calling, not according to our works, but according to His own purpose and grace, which was given us in Christ Jesus before the world began.” —II Tim. 1:9</td>
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<tr>
<td><strong>THE SPIRIT SAYS</strong></td>
<td><strong>OIL CARDS</strong></td>
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<tr>
<td><strong>&quot;YOU'RE SPECIAL BECAUSE:&quot;</strong></td>
<td><strong>&quot;YOU'RE CARED FOR&quot;</strong></td>
</tr>
<tr>
<td>—II Cor. 4:8,9</td>
<td>—Prov. 18:10</td>
</tr>
<tr>
<td>“We are troubled on every side, yet not distressed: we are perplexed, but not in despair; persecuted, but not forsaken; cast down, but not destroyed.”</td>
<td>“The name of the Lord is a strong tower: the righteous runneth into it, and is safe.”</td>
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<tr>
<td>—Ps. 20:6</td>
<td>—Ps. 5:11a</td>
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<tr>
<td>“Now know I that the Lord saveth His anointed.”</td>
<td>“Let all those that put their trust in thee rejoice: let them ever shout for joy, because thou defendest them.”</td>
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<tr>
<td>—Ps. 94:16,22</td>
<td>—Ps. 34:18</td>
</tr>
<tr>
<td>“Who will rise up for me against the evildoers? Or who will stand up for me against the workers of iniquity?... The Lord is my defence, and my God is the rock of my refuge.”</td>
<td>“Thou art my hiding place and my shield: I hope in thy word.”</td>
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<td>—Ps. 138:7a</td>
<td>—Ps. 119:114</td>
</tr>
<tr>
<td>“Though I walk in the midst of trouble, thou wilt revive me.”</td>
<td>“Thou, O Lord, art a shield for me; my glory, and the lifter up of my head.”</td>
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<tr>
<td>—Ps. 61:2,3</td>
<td>—Ps. 3:3</td>
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<tr>
<td>“When my heart is overwhelmed, lead me to the rock that is higher than I. For thou hast been a shelter for me.”</td>
<td>“When my spirit was overwhelmed within me, then thou knewest my path.”</td>
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<tr>
<td>—Ps. 142:3</td>
<td>—Ps. 142:3</td>
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<tr>
<td>“I the Lord have called thee in righteousness, and will hold thine hand, and will keep thee.”</td>
<td>“He delivered me from my strong enemy, and from them that hated me: for they were too strong for me. They prevented me in the day of my calamity: but the Lord was my stay.”</td>
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<tr>
<td>—Is. 42:6a</td>
<td>—II Sam. 22:18,19</td>
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<tr>
<td>“I know that the Lord will maintain the cause of the afflicted.”</td>
<td>“He healeth the broken in heart, and bindeth up their wounds.”</td>
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<tr>
<td>—Ps. 140:12</td>
<td>—Ps. 147:3</td>
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<tr>
<td>I’LL BE YOUR FATHER</td>
<td>I’LL LOVE YOU</td>
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<tr>
<td>&quot;I will receive you and will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty.&quot; —II Cor. 6:17,18</td>
<td>“The Lord hath appeared of old unto me, saying Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee.” —Jer. 31:3</td>
</tr>
<tr>
<td>&quot;In thee the fatherless findeth mercy.” —Hosea 14:3</td>
<td>“For the Father himself loveth you.” —Jn. 16:27</td>
</tr>
<tr>
<td>“When my father and my mother forsake me, then the Lord will take me up.”—Ps. 27:10</td>
<td>“The Lord thy God turned the curse into a blessing unto thee because the Lord thy God loved thee.”—Deut. 23:5b</td>
</tr>
<tr>
<td>“A father of the fatherless... is God.”—Ps. 68:5</td>
<td>“For I am persuaded that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.”—Rom. 8:38,39</td>
</tr>
<tr>
<td>“God sent forth His Son... that we might receive the adoption of sons (daughters). And because ye are sons (daughters), God hath sent forth the Spirit of His Son into your hearts, crying ‘Abba, Father’ ” (“Abba” is Aramaic for “Father”). —Gal. 4:4b,5b,6</td>
<td>“As the bridegroom rejoiceth over the bride, so shall thy God rejoice over thee.” —Is. 62:5</td>
</tr>
<tr>
<td>“I, even I, am He that comforteth you.” —Is. 51:12</td>
<td>“The Lord thy God in the midst of thee is mighty. He will save, He will rejoice over thee with joy; He will rest in His love, He will joy over thee with singing.” —Zeph. 3:17</td>
</tr>
<tr>
<td>“They shall come with weeping, and with supplications (favours) will I lead them: I will cause them to walk by the rivers of waters in a straight way, wherein they shall not stumble: for I am a Father to (Israel) insert own name...”—Jer. 31:9</td>
<td>“And we have known and believed the love thy God hath to us.”—I Jn. 4:16</td>
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</tbody>
</table>
### WINE CARDS

**THE FATHER SAYS, “I PROMISE YOU:”**

<table>
<thead>
<tr>
<th>I’LL NEVER FORSAKE YOU</th>
<th>I HAVE GOOD THINGS PLANNED FOR YOU</th>
</tr>
</thead>
<tbody>
<tr>
<td>“I will never leave thee, nor forsake thee.”—Heb. 13:5</td>
<td>“Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.”—I Cor. 2:9</td>
</tr>
<tr>
<td>“Lo, I am with you always, even unto the end of the world.”—Matt. 28:20</td>
<td>“I will turn their morning into joy, and will comfort them, and make them rejoice from their sorrow.”—Jer. 31:13</td>
</tr>
<tr>
<td>“For the Lord will not cast off His people.”—Ps. 94:14</td>
<td>“Thou shalt no more be termed ‘Forsaken’... for the Lord delighteth in thee.”—Is. 62:4</td>
</tr>
<tr>
<td>“Thou, Lord, hast not forsaken them that seek thee.”—Ps. 9:10b</td>
<td>“I will seek that which was lost, and bring again that which was driven away, and will bind up that which was broken, and will strengthen that which was sick.”—Ez. 34:16</td>
</tr>
<tr>
<td>“My kindness shall not depart from thee, neither shall the covenant of my peace be removed, saith the Lord that hath mercy on thee.”—Is. 54:10</td>
<td>“Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.”—Is. 41:10</td>
</tr>
<tr>
<td>“I have not seen the righteous forsaken, nor his seed begging bread.”—Ps. 37:25b</td>
<td>“The Lord will perfect that which concerneth me.”—Ps. 138:8a</td>
</tr>
<tr>
<td>“The Father... shall give you another comforter, that he may abide with you forever; even the Spirit of truth...he dwelleth with you, and shall be in you.”—Jn. 14:16,17</td>
<td>“Come unto me, all ye that labour and are heavy laden, and I will give you rest.”—Matt. 11:28</td>
</tr>
</tbody>
</table>
D. RECOGNIZE YOUR SAMARITANS

God promises to always find you, to always send a Samaritan. He says (Ezek. 34:16) “I will seek that which was lost, and bring again that which was driven away and will bind up that which was broken, and will strengthen that which was sick.” Jesus held up the Samaritan, in His story in Luke 10, as the one whose example He wanted others to follow. Jesus was not impressed with the credentials or training of the priest and Levite who passed by the wounded man (no doubt a fellow-Jew). Jesus was impressed with a heart that expressed compassion.

The one who turned out to be the “hero” of the story no doubt surprised Jesus’ listeners that day. Most Jews disliked Samaritans. They were of mixed Israelite and Gentile blood, and did things differently. They regarded themselves as the only true Jews... they refused to worship at the temple in Jerusalem, claiming that their temple on Mount Gerizim was the only authentic place of worship. They rejected the writings of the prophets, and had their own version of the Torah, which actually differed insignificantly from that of Jesus’ people.

Jesus did not seem to have shared his countrymen’s bitterness toward the Samaritans. While most Jews would travel out of their way when journeying from Galilee to Judaea, so as not to pass through Samaria, Jesus did not. Rather than avoiding Samaria, He traveled through it, made friends, and was invited to stay, which He did for a few days (John 4:4-42).

The point is that help is sometimes disguised and goes unrecognized. Because of not expecting it to come in the way it came, you might not have cooperated with God in allowing whoever He sent to help you. So that you don’t “miss it” again, or so that you begin to see how God was reaching out to you when you’d assumed He didn’t care, try to recall any past “Samaritans” in your life.

1. List people throughout your life who God may have led you to help you. Especially think of any who might have been there to help you survive the abuse. You may find that looking back to the “Life-So-Far Road Map” in Lesson One will help jog your memory.

2. Did any of your “Samaritans” share “oil and wine” with you...did any share Jesus? If so, did you “hold still” for the first aid to be applied?

3. Did any of your Samaritans commit themselves to help you throughout your recovery process, like the one in the Bible story did by giving his time and resources for the wounded man?
4. Did they show compassion?

5. Did your disappointment from “Levites and priests” who passed by make it hard for you to trust the “Samaritans”?

Did you finally trust them to help you?

6. Have you “called out” to any Samaritans lately, from the roadside?

Have you let them see your wounds? Are you following their first aid suggestions?

The following chart may help you to recognize Samaritans, for they are always “safe” people.

<table>
<thead>
<tr>
<th>What do UNSAFE people look like?</th>
<th>What do SAFE people look like?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WEAR-YOU-DOWNERS</strong></td>
<td><strong>ENCOURAGERS</strong></td>
</tr>
<tr>
<td>-Don’t help you reach your full potential</td>
<td>-Encourage your dreams &amp; believe in you</td>
</tr>
<tr>
<td>-Are critical and unforgiving</td>
<td>-Are gracious and forgiving</td>
</tr>
<tr>
<td>-Are defensive, hide their flaws</td>
<td>-Are humble and honest</td>
</tr>
<tr>
<td>-Don’t apologize too often</td>
<td>-Apologize &amp; try to change</td>
</tr>
<tr>
<td>-Expect a certain performance-level from you</td>
<td>-Accept you unconditionally</td>
</tr>
<tr>
<td>-Blame others for their problems</td>
<td>-Take responsibility for their part in problems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>EXPLOITERS</strong></th>
<th><strong>GIVERS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>-Manipulate for personal advantage</td>
<td>-Seek to serve YOUR needs</td>
</tr>
<tr>
<td>-Give only enough to get what they want</td>
<td>-Respect you &amp; your values</td>
</tr>
<tr>
<td>-Are like grown-up children</td>
<td>-Don’t expect you to “parent” them</td>
</tr>
<tr>
<td>-Are frequently thoughtless of others</td>
<td>-Are thoughtful of others</td>
</tr>
<tr>
<td>-Are me-centered, irresponsible</td>
<td>-Are responsible &amp; concerned for others</td>
</tr>
<tr>
<td>-Flatter</td>
<td>-Confront in love</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ABANDONERS</strong></th>
<th><strong>COMMITTERS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>-Are unstable over time</td>
<td>-Are consistent over time</td>
</tr>
<tr>
<td>-Avoid closeness</td>
<td>-Desire intimate emotional connection</td>
</tr>
<tr>
<td>-Lie and deceive</td>
<td>-Are truthful</td>
</tr>
<tr>
<td>-Seek shallow relationships to avoid dealing with past hurts</td>
<td>-Desire to grow &amp; mature enough to risk dealing with pain</td>
</tr>
<tr>
<td>-Have a track record of people they’ve hurt, left, or used</td>
<td>-Have a track record of people they’ve been responsible to</td>
</tr>
</tbody>
</table>
STEP THREE: SPEND TIME AT THE INN

(Read Luke 10:34 & 35)

“Oh that I had in the wilderness a lodging place of wayfaring men...” (Jeremiah 9:2) “For to him that is joined to all the living there is hope.” (Ecclesiastes 9:4)

A. WHY GO TO AN INN?

The road from Jerusalem, 2,600 ft. above sea level, which went down to Jericho, nearly 700 feet below sea level, passed through desolate and desert country.

1. Does desolate and deserted describe at all the place you’ve felt stuck in?

Desolate and deserted is a pretty familiar terrain for people who have been abused. The Bible tells of a girl who was an incest victim, raped by her brother, and says she “remained desolate” (II Samuel 13:20). Let’s look at why. Tamar was a princess, a daughter of Israel’s King David. She had been given beautiful multi-colored robes to wear to show her royal position and virginity. Then came a cruel unexpected attack from someone she never thought to fear.

2. Was Tamar overpowered by her abuser? (II Samuel 13:14)

No one consents to being raped, and any child who consents to sexual activity by an older person is being overpowered, if not physically, then emotionally. No one asks to be abused. Children and youth are easy targets for sexual abuse, especially by family members or close friends because of the trust they have in them.

3. Did Tamar realize the danger of the situation beforehand, or did she seem to innocently trust her brother Amnon? (II Samuel 13:7-11)

In Tamar’s case, when her brother started to actually make sexual advances to her, she finally realized something was wrong and protested (II Samuel 13:12 & 13). But whether or
not young victims protest, they are still being overpowered emotionally. They often will go along with the sexual activity because what they fear more is losing the relationship they feel they need with the relative or friend. Yet their attempts often backfire.

4. How did Tamar’s brother Amnon feel about her after he raped her? (II Samuel 13:15)

5. Did Tamar say that the rejection and betrayal of her brother Amnon hurt her more or less than the actual rape? (II Samuel 13:16)

6. What did Tamar’s brother Amnon do to further illustrate his despise of Tamar, whose presence would always remind him of his sin? (II Samuel 13:17)

7. How did the rejection — the “bolting of the door” — coupled with the shame associated with being used sexually, affect Tamar? How did she show her sadness at having lost her virginity and her feeling of specialness for whom she was? (II Samuel 13:18&19)

8. Do you think she felt robbed? What might have been some of Tamar’s “lost raiments”?

9. When another brother guessed what had happened and urged Tamar to keep quiet about the crime, how did that make Tamar feel? (II Samuel 13:20)
The events leading up to your own "desolate and deserted" feelings may be different from Tamar’s, but are no doubt the result of robbery and rejection about which you probably kept quiet. People like Tamar’s brother Absalom who guessed the tragedy but urged her "hold thy peace" and "regard not this thing" (II Samuel 13:20) have betrayed you as much as the abuser did.

As long as you continue to keep quiet about it and try not to think about it, the more desolate and deserted you feel. . . sort of like staying in a wilderness place. That was where the wounded man in Luke 10 was. He had left the somewhat greener land around Jerusalem, and had never made it to the olive grove oasis of Jericho. He had gotten “stuck” in a dry, forsaken land.

10. Read Isaiah 35, all 10 verses. Why do you not need to fear if you feel stuck in a wilderness and solitary place?

Isaiah 35 says that when God’s people are stuck in a wilderness, God will rescue, heal, bring streams in the desert, and make the wilderness surprisingly blossom into a place of beauty. And He will make a safe pathway out of it so that His people can return home in joy rather than sorrow. There is a wonderful example of the way God rescues those stuck in a barren place. It is the story of the "lost roses". . . roses amazingly found alive amidst rubble.

Recently, an interesting find has been turning up in the most abandoned, out-of-the-way places of the world. . . from European palace ruins to overgrown cottage gardens. . . from old monasteries to ghost towns in California’s mining country. . . from a mother’s grave in backwoods Texas to an overgrown cellar hole in upstate New York. . . from New Zealand’s abandoned missions to roadsides in its early colonist settlements.

Since word has spread, enthusiasm has built. Search parties now regularly gather hundreds strong to hunt among the brush and rubble of places where the treasure has been sighted. Some passionate seekers have devoted their personal lifestyles to travelling near and far, to hidden corners of the world’s ruins, in hopes of a find.

What is this much-sought-after treasure? Roses! Not just any kind of rose, but specifically, varieties called “old roses”, also termed “lost roses.” These centuries-old roses, described in aged books as having been popular for their hardiness, beauty and strong fragrance, had all but vanished. But they are reappearing, out-shining the tea roses now widely grown. Like valuable heirlooms, these lovely old roses are stronger, more stunning in beauty, and richer in history than other varieties. They are the same roses once planted by queens in exotic royal gardens, traded for with gold by perfume-makers, flaunted by wealthy Romans who used to shower their guests in rose petals, grown by monks for their
healing properties, and carried across America’s prairies by pioneer women as reminders of homelands left behind.

The amazing thing is that, unlike a gem or a famous painting, these treasures are alive, their shrubs having persisted on for more than a century. Though once-cherished, they were then left to fend for themselves... abandoned, untended, neglected and unnoticed in forsaken settings. For, as Thomas Christopher, the author of “In Search of Lost Roses” writes, “That’s where I find these gems, a hunt that keeps me continually on the move”... the fire of his passion having been ignited and fanned to the degree that the lost roses became his life.

But when found, most of these lost roses are in much need of careful transplanting and pruning; yet some wear an armour of thorns which is somewhat intimidating to all but the most determined rescuers. It has been noticed that roses found growing in more arid climates, as well as those found much-overgrown by other plants, tend to have more thorns. Some think that the thorns may help stems hold in water, and that, similar to cactus, parched roses whose watering has long been neglected might grow thorns in self-defense. Thorns also seem to assist rose vines that have to push their way up toward the sun from beneath overgrowth, climbing over other brush and brambles to get their share of light. Though understandable, the thorniness of the lost roses perhaps has contributed to their being left alone even if spotted, the thorns making transplanting rather a challenge unless someone comes prepared and motivated.

Many people are like lost roses. They have had to grow up in a neglected garden, deserted due to divorce, illegitimacy or careers... overgrown by family alcoholism or drug abuse... trampled upon by violence or sexual abuse. Their value and beauty has gone untended, unnurtured. Because of the love and care they have missed, some of these roses have developed unendearing thorns of mistrust, rebellion and fear – quite understandably. But sometimes those defensive thorns tend to keep away those who would otherwise draw near. Sometimes, it takes someone who has a passion for lost roses to brave their thorns.

Maybe this is starting to touch on your own story... did you grow up as a lost rose? Take heart; there is a Gardener Who has been seeking you out, for He comes to seek and to save that which was lost. The lost roses are His passion. Let Him find you and carry you home to His garden. Maybe you’ve already been turning towards Him, but feel ready to give up from the strain of trying to pull yourself above the overgrowth that’s buried you... perhaps pricking others in your fierce struggle. Here’s good news:

“For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong in the behalf of them whose heart is perfect toward Him.” II Chronicles 16:9

It’s okay to receive support, and though it’s a little scary to get transplanted and let your vines be trained, nothing in the world feels better than The Gardener’s
support and care! Only He can make up for the years, and only through His care can you become all you were meant to be.

“For the Lord shall comfort Zion; He will comfort all her waste places; and He will make her wilderness like Eden, and her desert like the gardens of the Lord.” Isaiah 51:3

LOST ROSES

Are you one of the lost roses?
Seems so long ago, it was
They tended you with care... Then suddenly, love just wasn’t there.

Are you one of the lost roses?
Left alone, it grows up
Trampled underfoot... So much beauty overlooked.

And yet, you survived,
You’re a stronger kind... A prize-winning rose
Underneath a wild vine.

To your surprise,
Your petals are touched;
Just didn’t know
One could love you so much.

Are you one of the lost roses?
There is One who knows it,
Knows your heart of hurt... He wants to be your Gardener.

He’s seeking you out
To make you His own rose.
It’s time to be found,
Untangle from old woes... No more one of those lost roses.

Are you one of the lost roses
That He holds in His hand?

By Jan Willson, © 1993 Jan Willson
THE GARDENER

You’re the Gardener. . .
How patiently You care for me;
You knew what I could grow to be
Before You transplanted me.

You’re the Gardener. . .
When You prune me, I don’t see to what end,
But I’m learning that I grow again,
More fruitful without old stems –
Stronger than I had been,
You bring the best out when
You’re the Gardener.

You see all I can be
And though others might give up on me,
You’ll always do what I need. . .
You’re my Gardener.

Keep training my growth
On Your stakes of wood.
Though some freedom’s lost,
Your support is good;
I’d be a wild plant, unprotected,
Choked and overlooked.

Without the Gardener. . .
You’re so gentle when I’m bruised or weak.
You cultivate so carefully.
Don’t let me get tangled in weeds
Or bear You no flowers, just leaves,
For I am here to please the Gardener.

By Jan Willson, ©1993 Jan Willson

BE MY GARDENER

You’re the Gardener. . .
Here’s my heart, Lord.
Come and start Your
Work in me; Father
Be my Gardener.

By Jan Willson, ©1993 Jan Willson


While God is in the process of rescuing you and helping you grow strong, what can you be doing? Let’s go back to the story in Luke 10 to find out:
Quite likely, there weren't many, if any, homes or towns along that deserted road that led from Jerusalem to Jericho. The only chance that the wounded man would have to be cared for until he was well enough to travel on was at an inn. So that's where the Samaritan brought him. An inn in Bible times was a protective shelter, often strongly fortified, where travellers could lodge. There they could be safe from wild animals, and from the elements like the harsh desert sun and windy sand storms. And because there were usually other travellers and sometimes an innkeeper there, they were much safer from bandits.

B. LOCATE THE INNS

The Bible says that God sends angels to watch out for all those who will someday be "heirs of salvation" (Heb. 1:14). Before we ever turned to God, He was looking out for us. We'll be surprised when we learn in heaven of all the things we were protected from, and all the dangers we were brought through. But some of God's care is obvious even now, if we think back.

Think back through the fog of past hurts to see if there weren't some places of protection or "inns" God made sure were there for you, so that you survived. The fog of bad memories may make them hard to see or recall. But it's important that you try, because there are always a few there, even in a desolate and deserted land. And seeing them will encourage you, as you see you were really not deserted by everyone.

1. Chart the "inns," those "safe places" you have found along your life road: example:

   (note: stars are explained under C, later on)

Now chart your own map, similar to the example just shown, of the "inns" or safe places you found throughout your life. Glancing back to your "Life-So-Far Road Map" in the first section might jog your memory. And you may find that you remember more and more of them throughout the next few weeks. You can continue to write them down. Be mindful that the inns may be places you visited, not necessarily stayed, or they may not have been places at all, but support systems of relationships.

The Inns In My Life
The inns are places of recovery, and places of protection from further harm. They allow rebuilding to take place. And when God rebuilds a life, He creates a treasure—even out of the hurt. Isaiah 54:11 gives a picture or this. “O my afflicted people, tempest-tossed and troubled, I will rebuild you on a foundation of sapphires” (Living Bible). Sapphires would be just ordinary bits of stone, except that they have been through an extraordinary experience over a period of time... lots of heat, and intense pressure. The mineral that sapphires come from, called corundum, is so hard that its most common use is sandpaper. The heat and pressure of painful experiences can affect people in a similar way, and make their personalities rough and abrasive, wearing others down just to be around them.

We may not have a choice about some of the heat and pressure we experience in life, but we do have a choice about what it will make of us. We can become bitter, or better. And God never wastes anything... He doesn't just get us through hard times. He can actually use those times to create beauty in us, for Romans 8:28 is true: “And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.”

Every once in a while, some bit of corundum mineral from deep in the earth begins to push up out of the darkness towards the light, and as it rises, it cools and forms sapphire crystals. Sapphires are considered a rare treasure in the world. Their beautiful royal blue color comes from weaknesses in the corundum mineral! People who others love to be around are usually people who have been through very painful things, and because of that, have a deep sensitivity to others! They are transparent people, allowing God to shine through their weak and vulnerable times.

**SORROWS TO SAPPHIRES**

*From sorrows to sapphires...*
*On these, rebuild my life.*
*For years, so much fire...*
*Now Lord, make stones that shine!*
*Do whatever is required*
*For You to turn those times*
*From sorrows to sapphires,*
*Your foundation for my life.*

*Sapphires hold secrets*
*In their royal blue;*
*Beauty from weakness...*
*Their flaws give the hue.*
*Some sapphires I can't see yet,*
*Through the pressure and the heat.*
*They're still forming to Your glory...*
*Lord, complete Your work in me.*

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Suggested song to listen to: “Sorrows to Sapphires” on *It Shouldn't Hurt To Be A Child* cassette.

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2. Read Jeremiah 9:2. Why did Jeremiah long for the protection of an inn?

When “your people” have become dangerous or untrustworthy to be around, like Jeremiah’s were, you, too, need an “inn” . . . a place to lodge safely, both emotionally and sometimes physically.

Looking back at the story of Tamar, we see that her “inn” was her brother Absalom’s house, where apparently she went to live after the attack by her brother Amnon (II Sam. 13:20). And there she no doubt received protection from further abuse by Amnon, for the Bible says that Absalom hated Amnon for what he had done to Tamar (II Samuel 13:22). In a later part, we will see how that hatred exploded into further tragedy one day. But at the time, apparently Absalom, and even Tamar’s father David, refused to confront Tamar’s attacker, or comfort Tamar. Perhaps family pride kept the secret hidden among them, for the Bible records that Absalom told Tamar to keep quiet about it because “he is thy brother” (II Sam. 13:20&21). And “Absalom spoke unto his brother neither good nor bad” (II Sam. 13:22). It seems that even those in the family who knew about the rape just acted like nothing had happened. Tamar needed a much better “inn” than that.

Maybe you can relate with Tamar. . . have your “inns” come up lacking too? Let’s find out how to tell a “good inn” from a not-so-good one.

C. WHICH INNS HAVE THE STRONG GATE?

The best inns in Bible times had a strong gateway through which admission was gained. The more elaborate inns had gateways almost as strong as a fortress.

1. Who did David say was his fortress? (Psalm 18:2)

2. Who is likened as “the door” of a sheepfold in John 10:7-9? (note: a sheepfold is an inn, so-to-speak, for sheep!)

3. What does Jesus, the Strong Gate, protect those inside the shelter from? (John 10:10)
The best inns in Bible times also had a well in their center courtyards, to provide the thirsty travellers and their animals with water.

4. Read what Jesus said in a conversation with a woman at a well, recorded in John 4:13-14. Then read similar things He said to others in John 6:35 and John 7:37&38. What does Jesus liken Himself as in those verses?

5. Now look back at your chart of inns... star the inns which offered the added protection of the Strong Gate of Jesus, and His living water in a center courtyard well. If you didn't feel adequately protected or refreshed at some of your inns, chances are they didn't offer you Jesus.

The inns in Bible times which were substantial enough to have a strong gateway also usually had in their center courtyard a large raised platform, used for sleeping upon at night, and for the prayer-time devotions of travelers during the day. All the rooms were arranged around this center court.

6. Why is prayer with others important? (James 5:16, Hebrews 10:24&25, Matthew 18:18-20)

7. Did any of your past inns offer you a chance to pray with others?

8. Do you know of an inn near you presently which has the Strong Gate, the well, and the prayer place?... somewhere like a church or Christian home where others with a common faith in Jesus gather to read His Word and pray?

If you don't, maybe you could pinpoint a Samaritan who could show you where to find such an “inn,” or maybe go with you to one.
The innkeeper the Bible mentions in Luke 10 was no doubt a compassionate person, for he allowed the wounded man to remain until he was recovered, and seemingly agreed to watch out for him. But the innkeepers in ancient times generally had a very bad reputation. That may have been one reason why the Jews recommended to travelers that they stay in private homes. It is likely that the Samaritan knew the innkeeper of the inn where he brought the wounded man. Maybe the Samaritan had traveled by there frequently, and had become assured that he was a good man through his own acquaintance with him. Or perhaps the reason that the Samaritan stayed the night in the inn with the wounded man was so that he could make sure the inn was safe and the innkeeper would care well for him, before he left the man there. Sadly, there is a similar need today, to make sure that the “inns” are safe, and the “innkeepers” are trustworthy. Some of the inns, even some that have the Strong Gate of Jesus, are looked after by irresponsible or uncaring “keepers.”

9. What did God have to say about those kinds of people, in likening them to shepherds who did not care for God’s flocks? (Jeremiah 23:1&2, Ezekiel 34:1-10, esp. v.4)

10. What does God promise to his people, “His flock,” who have been mistreated or uncared-for by those God put in the place of care over them? (Jeremiah 23:3-4, Ezekiel 34:11-16, Jeremiah 3:15)

11. Have you ever been disappointed by “innkeepers” in your past, who have not “bound up that which was broken” (Ezekial 34:4) among those for whom God wanted them to care?

12. What did the Apostle Paul see himself and the other church leaders as? (I Thessalonians 2:11)

13. Did you know any innkeepers like that? If so, name them. How about now... do you know some compassionate innkeepers nearby?
14. Do you think it was hard for the wounded man in Luke 10 to be depending on an innkeeper for his care... especially since innkeepers in those days were not known for their trustworthiness?

15. Being part of a caring group of Christians and being led by a good pastor is a vital part of your healing. Since that kind of “inn” and “innkeeper” are important to your recovery, do you think that God will help you find a good “inn” and a faithful “innkeeper”? Should you keep looking?

D. CHECK IN AND STAY A WHILE

1. To the wounded man in Luke 10, the inn was not a luxury, but his survival. If he had resisted going there, or had left before his wounds had recovered, how might he have ended up?

2. Have you located a good “inn,” (or perhaps several safe places... i.e. a good church, a helpful women’s prayer group, a weekly homegroup of believers who gather locally, etc.). Have you “checked in” for the duration of your recovery?

Sometimes you may “check in” to an “inn”, and then find it’s really not a good one afterall. Recall that the main criteria is: does it have the Strong Gate of Jesus through which all that enter pass... in other words, do those there share a common faith in Jesus? Do they thirst for His living water — His Word and the life of His Spirit — and provide that well to all who would come to drink? Do they have that platform of prayer and rest right next to the well, at the center of their group — not a literal platform, but a chance to pray together regularly? The love and unity found in those kinds of inns will feel good, like pouring soothing oil on you!

3. What did David say that brothers in the faith, dwelling together in unity, were like? (Psalm 133:1&2) How is that unity achieved... the unity is of Whom? (Ephesians 4:1-6)
Finding a church or other Christian group which is sensitive to your wounds as an abuse survivor, as well as being a strong Bible-teaching fellowship, is not the only struggle. Perhaps even more difficult than finding a good inn is for you to stay there. Because of your past rejections and betrayals, you will be tempted to read “We don’t really care about you” into every little disappointment you encounter with the innkeepers. And Satan, who would hate to see you finally get healed, will be only too happy to feed fears and excuses for leaving them into your mind.

5. Take a look at the following chart and see if some of these thoughts look familiar to you:

<table>
<thead>
<tr>
<th></th>
<th>HERE ARE SOME REASONS WHY THE WOUNDED OFTEN “CHECK OUT OF THE INN” PREMATURELY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Check which ones you relate with beside the number:</td>
</tr>
<tr>
<td>1</td>
<td>“I’m not used to staying put for so long.”</td>
</tr>
<tr>
<td>2</td>
<td>“It’s embarrassing to expose my wounds.”</td>
</tr>
<tr>
<td>3</td>
<td>“I’m afraid to trust the others - they might disappoint me.”</td>
</tr>
<tr>
<td>4</td>
<td>“I feel like leaving them before they leave me... I’m sure they will.”</td>
</tr>
<tr>
<td>5</td>
<td>“Even though it’s better here, it’s too unfamiliar... the road was dangerous, but more familiar.”</td>
</tr>
<tr>
<td>6</td>
<td>“I want to prove I don’t need anybody.”</td>
</tr>
<tr>
<td>7</td>
<td>“The people here are not people I would ordinarily mingle with.”</td>
</tr>
<tr>
<td>8</td>
<td>“It’s uncomfortable to let myself be helped by others.”</td>
</tr>
<tr>
<td>9</td>
<td>“If I stay long enough for them to really get to know me, they’ll decide they don’t like me.”</td>
</tr>
<tr>
<td>10</td>
<td>“I’m tired of the work involved in the ‘regular treatments’ of recovering. Sometimes I just don’t care if I get better, and they remind me I should keep at it... I don’t always like to hear that.”</td>
</tr>
<tr>
<td>11</td>
<td>“An inn I was at before didn’t help me... in fact, my wounds seemed worse after being there.”</td>
</tr>
<tr>
<td>12</td>
<td>“The inn has become a place of debates, envyings, wraths, strifes, backbitings, whisperings, swellings, and tumults.”(like II Cor.12:20)</td>
</tr>
<tr>
<td>13</td>
<td>“The inn doesn’t have the Strong Gate, the well, or the prayer place it should.”</td>
</tr>
<tr>
<td>14</td>
<td>“The innkeeper is uncaring.”</td>
</tr>
</tbody>
</table>
6. What 3 reasons for “checking out prematurely” are really the only valid ones on the chart?

7. If you decide you must leave an “inn,” should you try to find another one? (Hebrews 10:24&25)

An “inn” usually offers a variety of opportunities to encourage healing. It is vital to realize that an “inn,” in the sense we are speaking, is not a building or a place, but is really a support system of relationships, like a healthy family.

The inn that the Samaritan took the wounded man to in Luke 10 offered him care through: the Samaritan who stayed the night, and said he would check back later. . . the innkeeper, who would look out for him daily. . . and perhaps fellow-travelers who would befriend him. Quite probably the innkeeper or a fellow-traveler assisted the wounded man with daily treatments of oil and wine, and bandage-changes.

Ask an “innkeeper” (a Christian leader) or a “fellow-traveler” (any caring Christian) to help you be accountable for your daily application of oil and wine in your support group with Jesus. They may not be able to meet with you every day, but meet as often as possible, and let them oversee your progress. It’s important to start trusting someone to get close to you, other than your “Samaritan” (the person who initially helped you). You may have to meet some “Levites” or “priests” who pass on by, before you find another support person, but keep looking. And continue meeting with your Samaritan whenever they can meet with you, not only because you will benefit from their continuing concern, but because it will be exciting for them to see your progress towards recovery and know they invested in it.

8. Why did Jesus say to meet with one or two other believers for prayer? (Matthew 18:19&20)
9. According to Acts 3:19, when is your life “converted” or changed, and when does the shame of sin get blotted out?

10. Where do the “times of refreshing” come from?

The presence of the Lord is *always* with you, if you have asked for His Spirit to live inside you. But taking time out daily or several times a day to realize and fully enjoy His presence is life and healing to you. And frequently sharing those times with others is vital.

11. Did the early believers think that being together in the presence of the Lord daily was important? (Acts 2:41-47, esp. v.46)

The Greek word translated “times” in Acts 3:19’s “times of refreshing” means “time after time.” It signified a repetition, rather than a one time thing. The good changes God brings in your life are a continuous process, and so is the “blotting out” of sin’s marks on your life.

The word “refreshing” was a medical term in the Greek that meant “to expose a wound to the air to allow healing to come.” The “air” it referred to was not a mighty wind, but rather a gentle breath or breeze that brought relief from heat and revived, so that recovery would result.

Anyone who has ever had an extensive physical wound covered over by a bandage for any length of time, knows that the daily changing of the bandage is often a “time of refreshing.” Binding the wound is necessary for protection, especially during activity. But regular opportunities to cease from activity and allow the wound to be uncovered are just as important to recovery. The wound, freed from restrictive bandages, can then breathe, so-to-speak, as the air gets to it.

Changing the bandage is done in privacy. It is not a long procedure, but the short time the wound is exposed is good for it. Recovering from emotional wounds presents a similar need for “times of refreshing” . . . daily exposing your wounds to the gentle breath of God . . . allowing yourself to be totally real and vulnerable . . . no guard up . . . just relaxing and letting your hair down . . . knowing God knows you totally, and still accepts you. And it’s precious when His love comes to you through another person you can feel safe to expose your wounds to, and kick back with. So don’t be shy . . . let that “innkeeper” or “fellow-traveler” get to know you. It’s worth the risk.
12. A support group, often led by an “innkeeper,” but made up of several other abuse survivors, is an excellent thing to join at this point, if you haven’t already. It will be extra-helpful if Jesus is its Gate through which all members have passed. Do you know such a group?

13. What are some benefits of a support group? (II Corinthians 1:3&4,8,11a, I Thessalonians 5:11, I Thessalonians 2:7&8)

How is comfort “multiplied” within those groups (based on the above verses)?

14. Calling around to some of the churches in your area may help you locate an abuse survivors support group if you are not presently in one. . . they are cropping up all over. The “small group” home meetings many churches have organized during mid-week would be helpful in a similar way, too. Or maybe you know some other abuse survivors who would like to meet regularly. You can contact an “innkeeper” (a mature Christian) to help you form a support group.

Connie came from a home broken by her parents’ divorce early in her childhood. After readjusting to a new home with her father, she was taken far away to another new home by her mother. Unhappy, Connie eventually ran away, dropping out of high school just before graduation. In attempts to find another place to call home, Connie lived with abusive relatives, and then with three different abusive boyfriends. Discovering herself pregnant, Connie sought the help of an “inn,” a Christian maternity home.

After moving in, Connie basked in their care, seeming to warm up to their friendliness. Still, she did not reveal much of her past, and even told them on occasion “you really don’t know me at all.” Finally, during a long talk with the housemom, Connie dared to expose her heart’s wounds as well as hurt she had caused others out of her own pain. She let her housemother pray with her to begin the healing. And she asked if she could meet with her daily to read the Bible and pray.
But the very next day, Connie’s attitude changed dramatically. First, she blew up over a small thing — what was on the menu for dinner — and continued to find numerous reasons to scream at the houseparents, spewing forth hateful language and slamming doors. Calling them rude names and raising her hand to strike at the housemother to whom she had so opened up just the day before, she accused them of never having really cared for her. She moved out the next day, refusing their help.

Connie’s actions seem illogical, until you recall how a hurt animal often reacts to those who would try to help it. Often, it snaps and snarls defensively. It fears others finding out how wounded and vulnerable it is. Sometimes when a person risks exposing a wound of the heart, they suddenly feel very uncomfortable. They have just “let on” that they are hurting, and that vulnerable feeling is scary. They wonder, “What if those who now know end up being untrustworthy too, and cause further hurt?” Panic hits, and the wounded one snarls to scare away the intruder, or they scramble to hide themselves once again. . . all the while convincing themselves that help was not really being offered.

Being aware ahead of time of the natural inclinations that the wounded struggle with (and that Satan no doubt encourages) after the hurt is exposed, might help you to “hang in there” during that humbling and vulnerable time, and not push away or flee from the very ones God’s touch will come through.

The wounded also feel a great desire, sometimes, to be in control of situations especially when they are insecure or feel uneasy. This is understandable, because their hurt took place in situations where others took control over them. So yielding any control to others, even when for their healing, may be uncomfortable and threatening. Manipulation often becomes a well-learned art of those once victimized.

When seeking out help, be aware that you may be pushing people away because of insisting on your terms of help. . . (i.e. only agreeing to meet according to your schedule and your chosen location, not respecting the boundaries they lay out concerning their availability to you, working only on what feels most comfortable to you rather than on what they see you most need, etc.).

WALLS

No need to build a wall each time I’m hurt again,
Or fear I can’t depend even on a friend,
But still I shut them out – think I can do without them –
And each time I hide, I go numb inside.

Lord, I want those walls to fall down, and love to flow. . .
How quietly You surround my Jericho.
Now blow Your trumpets. . . tumble over all those walls I’ve laid.
So many pathways of forgiveness to be made.
Now walls fall down each time I turn around,
And when I feel some pain, I just thank You again
That even when I fall or disappoint them all,
Well, You don’t build a wall. How could I make one so tall?

No need to build a wall each time I’m hurt again
Because I have a Friend who will always defend;
And now I’m not afraid to be open and free –
He will work for good any harm to me.
No need to build a wall.

by Jan Willson, © 1982 EDB Audio and Video Recording

Suggested song to listen to: “Walls,” on the Coming of Age cassette.

After reading the following description of the diversity of God’s family at the “inn”, sketch a patchwork quilt on the next page, showing what kind of patch you are. Explain the designs and colors of the piece of quilt that is you.

PATCHWORK

Sittin’ at my sewing maching,
Sewin’ up a colorful patchwork quilt
From rags that I happen to choose;
I’m quittin’ them together into something I can use.

And every little patch is unique,
Whether its colors are bold or weak;
Each piece is important to me
To finish the design that I see.

And all of the colors look best
When they’re mixed in with all the rest.
The pieces can’t choose where they’re placed
Or decide they don’t like the square in the very next space.

They have to submit to my mind
As I cut them to fit my design.
A needle is what makes them stay,
And then their wrinkles I iron away.

Well, it’s easier to stay in the trash
Or up on some shelf hidden away
Than to do what God pleases, be a remnant for Jesus
And conform to His will and His way.

First He washes us all clean
So we can be a part of His patchwork scene
We’re just rags that He happened to choose
But He’s quilting us together into something He can use.
And oh, when His quilt is all done
And appliqued right in the center, the Son
He'll take every shivering soul He longs for
And I'll be one reason that they'll be warmed evermore...  
Oh, will you be one reason that they'll be warmed evermore?

by Jan Willson,  
© 1982 EDB Audio and Video Recording

Suggested song to listen to: “Patchwork,” on the Coming of Age cassette.
“The Spirit of the Lord God . . . hath sent me to bind up the brokenhearted, to proclaim liberty to the captives . . .” (Isaiah 61:1)

“Liberty to the captives . . . .” Are you starting to sense some of that liberty? The recovery process is a bittersweet thing. You’ve known the bitter part, only too well perhaps, as you have relived the pain of what broke your heart, in recounting it. But there is a sweet part. It is the preciousness of sensing God’s touch in healing, and the joyful realization that you DO matter, afterall! Shame has brought you down. But the true humility that comes from knowing that the Creator of the world cares so for YOU . . . well, that lifts you high! It’s a high like springtime brings, after one has endured a long, cold winter.

Spring is a sure thing. It comes every year. It reminds the world to hope. It is God’s way . . . beauty from barrenness. Yet March finds lots of disbelievers moping about the cold, as if the thaw will never come. Once you give your hurt to God, your healing is just as sure as spring. As you read the following words about spring, ask God to show you the signs of impending spring in your life. If you will look closely, you will see your life is full of His fingerprints . . . full of buds just about ready to open.

**SPRING – ALWAYS A SURPRISE**

Spring – always a surprise.
Seems I just don’t see it coming.
Then, right before my eyes,
Beauty seems to spring from nothing!

Life is reborn –
Blossoms are waking.
Earth is adorned –
Winter’s spell is breaking.

Lord, You’re always a surprise.
Sometimes I just don’t see You working.
Then, right before my eyes.
Everything around me’s turning.

My heart is reborn –
Joy is awakened.
Hope’s sweet reward
Sadness is shaken.
Spring – always a surprise.
Wonder simply overtakes me.
Though I knew it would arrive,
Lord, You often take Your time.
Spring is always a surprise!

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Suggested song to listen to: “Spring – Always a Surprise,” on Lost Roses cassette.

A. PACK UP OIL AND WINE (FOR THEIR MANY USES)

Many people initially come to God to find healing for wounds. But then they discover that His oil and wine—the presence of His Spirit in their lives and His promise of relationship with them through Jesus—are something they can experience daily in ways other than for healing. Jesus becomes a part of every area of their lives, just as oil and wine in Bible times were considered basic and necessary for everyday life.

People “fall” in love in much the same way... however, “grow” in love would be a more accurate description of the process of becoming a close, committed couple. At first, a person may see a few qualities they admire in another, and find that some needs are being met by being around them. A strong first attraction is usually how the person looks to them.

But older couples who have been married for years often don’t know quite where the one begins and the other leaves off, for they have truly become one. Not only have they grown much more dependent on their mate, but their love and respect has greatly deepened as they have more fully come to know and be known.

Getting to know God, and realizing how deeply He loves us, is a fantastic discovery process akin to falling, or rather growing, in love. No wonder He gradually consumes our lives, for there is no end to the discovery of Him.

Donna went away to college certain that she would be lonely. It was her first prolonged stay away from home. Her first frequent letters hinted of homesickness. Then came a letter filled with lists of events and activities in which she was participating... participating, along with a certain “just a friend” by the name of Kyle. It appeared that Kyle had given her new reason to live! His name was linked to every bit of news and throughout each sentence.

When people first find Jesus, and especially the better they get to know Him, they can’t help but walk, talk, and breathe Jesus. He gives them new reason to live. He is life.

1. Discover for yourself the other pictures oil and wine represent, as you complete the chart on the following pages. Down the middle column, write in the word or words that name how oil or wine was used in each numbered example... you will notice that the things you list also describe how God can relate to your life.
### USES OF OIL

<table>
<thead>
<tr>
<th><strong>Common Bible-Time Uses for Oil</strong></th>
<th><strong>SCRIPTURAL PICTURES OF GOD</strong></th>
</tr>
</thead>
</table>
| 1) “And she said, As the Lord thy God liveth, I have not a cake, but a handful of meal in a barrel, and a little oil in a cruse: and, behold, I am gathering two sticks, that I may go in and dress it for me and my son, that we may eat it, and die. And Elijah said unto her, Fear not; go and do as thou hast said: but make me thereof a little cake first...” (I Kings 17:12,13a.) | Example: food  
I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world. As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me.” (John 6:51,57)  
“My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever.” (Ps. 73:26) |
| 2) “Wash thyself therefore, and anoint thee, and put thy raiment upon thee.” (Ruth 3:3a)  
“Thou westest to the king with ointment, and didst increase thy perfumes.” (Is. 57:9a)  
“Now when every maid’s turn was come to go in to king Ahasuerus, after that she had been twelve months, according to the manner of the women, (for so were the days of their purifications accomplished, to wit, six months with oil of myrrh, and six months with sweet odours, and with other things for the purifying of the woman.” (Es. 2:12)  
“Let thy garments be always white; and let thy head lack no ointment.” (Ecc. 9:83.) | “Thou lovest righteousness, and hatest wickedness: therefore God, thy God, hath anointed thee with the oil of gladness above thy fellows. All thy garments smell of myrrh, and aloes, and cassia, out of the ivory palaces whereby they have made thee glad.” (Ps. 45:7,8)  
“Why art thou cast down, O my soul? and why art thou disquieted within me? Hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.” (Ps. 42:11) |
| 3) “They that were foolish took their lamps, and took no oil with them: But the wise took oil in their vessels with their lamps.” Matt.25:3,4)  
“Command the children of Israel, that they bring unto thee pure olive oil beaten for the light, to cause the lamps to burn continually.” (Lev. 24:2) | “Then spake Jesus again unto them, saying, I am the light of the world he that followeth me shall not walk in darkness, but shall have the light of life.” (John 8:12)  
In him was life; and the life was the light of men. That was the true Light which lighteth every man that cometh into the world.” (John 1:4,9)  
“The sun shall be no more thy light by day; neither for brightness shall the moon give light unto thee; but the Lord shall be unto thee an everlasting light, and thy God thy glory.” (Is. 60:19) |
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<tr>
<td><strong>Common Bible-Time Uses for Oil</strong></td>
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<tr>
<td>4) “All the best of the oil, and all the best of the wine, and of the wheat, the first fruits of them which they shall offer unto the Lord, them have I given thee.” (Num. 18:12.)</td>
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<td>5) “Prepare the table, watch in the watch-tower, eat, drink: arise, ye princes, and anoint the shield.” (Isa. 21:5)</td>
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<tr>
<td>“Ye mountains of Gilboa, let there be no dew, neither let there be rain, upon you, nor fields of offerings: for there the shield of the mighty is vilely cast away, the shield of Saul, as though he had not been anointed with oil. How are the mighty fallen, and the weapons of war perished!” (II Sam. 1:21,27)</td>
</tr>
<tr>
<td>6) “And thou shalt make it an oil of holy ointment, an ointment compound after the art of the apothecary: it shall be an holy anointing oil. And thou shalt anoint the tabernacle of the congregation therewith, and... anoint Aaron and his sons, and consecrate them, that they may minister unto me in the priest's office. And thou shalt speak unto the children of Israel, saying, This shall be an holy anointing oil unto me throughout your generations.” (Ex. 30:25-31)</td>
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<td>“And the Lord said unto Samuel, How long wilt thou mourn for Saul, seeing I have rejected him from reigning over Israel? fill thine horn with oil for I have provided me a king... Then Samuel took the horn of oil, and anointed him in the midst of his brethren: and the Spirit of the Lord came upon David from that day forward.” (I Sam. 16:1,13)</td>
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# USES OF OIL

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| **7) “From the sole of the foot even unto the head there is no soundness in it; but wounds, and bruises, and putrifying sores: they have not been closed, neither bound up, neither mollified with ointment.”**  
(Is. 1:6) | “And they cast out many devils, and anointed with oil many that were sick and healed them.  
(Mark 6:13) |
| **8) “This man went unto Pilate, and begged the body of Jesus. And he took it down, and wrapped it in linen, and laid it in a sepulchre that was hewn in stone, where in never man before was laid. And they returned, and prepared spices and ointments; and rested the sabbath day according to the commandment.”**  
(Lk. 23:52,53,56.) | “And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. Faithful is he that calleth you, who also will do it.”  
(I Thes. 5:23,24) |
| **9) “Though thou wash thee with nitre, and take thee much soap, yet thine iniquity is marked before Me, saith the Lord God.”**  
(Jer. 2:22) | “And the Lord shall deliver me from every evil work, and will preserve me unto his heavenly kingdom: to whom be glory for ever and ever. Amen.”  
(II Tim. 4:18) |
| **10.) “Ointment and perfume rejoice the heart.”**  
(Prov. 27:9a) | “And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.”  
(I Cor. 6:11) |
| *“That chant to the sound of the viol... that drink wine in bowls, and anoint themselves with the chief ointments...”*  
(Amos 6:5&6) | “The Spirit of the Lord God... give unto them beauty for ashes, the oil of joy.”  
(Is.61:1a&3a) |
## USES OF WINE

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<thead>
<tr>
<th>Common Bible-Time Uses for Wine</th>
<th>SCRIPTURAL PICTURES OF GOD</th>
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<tbody>
<tr>
<td>1) “And I will bring again the captivity of my people of Israel, and they shall build the waste cities, and inhabit them; and they shall plant vineyards, and drink the wine thereof; they shall also make gardens. And eat the fruit of them.” (Amos 9:14)</td>
<td>“For by one spirit are we all baptized into one body, whether we be Jews or Gentiles, whether we be bond or free and have been all made to drink into one Spirit.” (I Cor. 12:13)</td>
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<tr>
<td>“And the wine, that such as be faint in the wilderness may drink.” (II Sam. 16:2b)</td>
<td>“He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him. As the living Father hath sent me I live by the Father: so he that eateth me, even he shall live by me.” (John 6:56,57)</td>
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<td>2) “Drink no longer water, but use a little wine for thy stomach’s sake and thine often infirmities.” (I Tim. 5:23)</td>
<td>“I am the Lord that healeth thee.” (Ex. 15:26b)</td>
</tr>
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<td>“And they gave him to drink wine mingled with myrrh: but be received it not... and they crucified Him.” (Mark 15:23&amp;25b)</td>
<td>“For I will restore health unto thee and I will heal thee of thy wounds saith the Lord; because they called thee an Outcast, saying, This is Zion, whom no man seeketh after.” (Jer. 30:17)</td>
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<tr>
<td>3) “Give strong drink unto him that is ready to perish, and wine unto those that be of heavy hearts.” (Prov. 31:6)</td>
<td>“Thou hast put gladness in my heart more than in the time that their corn and their wine increased.” (Ps. 4: )</td>
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<td>“He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth; And wine that maketh glad the heart of man, and oil to make his face to shine, and bread which strengtheneth man’s heart.” (Ps.104:14,15)</td>
<td>“And they shall not sorrow any more at all... for I will turn their mourning into joy, and will comfort them, and make them rejoice from their sorrow.” (Jer. 31: 12,13)</td>
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<tr>
<td>“Go thy way, eat thy bread with joy, and drink thy wine with a merry heart for God now accepteth thy works.” (Eccl.9:7.)</td>
<td>“And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain, for the former things are passed away.” (Rev. 21:4)</td>
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<tr>
<td>4) “For the children of Israel and the children of Levi shall bring the offering of the corn, of the new wine, and the oil, unto the chambers where are the vessels of the sanctuary.” (Neh. 10:39a)</td>
<td>“And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweet smelling savour.” (Eph. 5:2)</td>
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## Uses of Wine

<table>
<thead>
<tr>
<th>Common Bible-Time Uses for Wine</th>
<th>Scriptural Pictures of God</th>
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<tbody>
<tr>
<td>“And the third day there was a marriage in Cana of Galilee; and the mother of Jesus was there: And when they wanted wine, the mother of Jesus saith unto him, They have no wine.” (John 2:1,3)</td>
<td>“I will greatly rejoice in the Lord, my soul shall be joyful in my God; for he hath clothed me with the garments of salvation, he hath covered me with the robe of righteousness, as a bridegroom decketh himself with ornaments, and as a bride adorneth herself with jewels.” (Rev.61:10)</td>
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<td>“A feast is made for laughter, and wine maketh merry.” (Eccl. 10:19)</td>
<td>“Let us be glad and rejoice, and give honour to him: for the marriage of the Lamb is come, and his wife hath made herself ready.” (Rev. 19:7)</td>
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<tr>
<td>“And (he) went to him, and bound up his wounds, pouring in oil and wine…” (Luke 10:34a)</td>
<td>“The blood of Jesus Christ His Son cleanseth us from all sin.” (1 Jn.1:7b)</td>
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<td>“And from Jesus Christ, who is the faithful witness, and the first begotten of the dead, and the prince of the kings of the earth. Unto him that loved us, and washed us from our sins in his own blood.” (Rev. 1:5)</td>
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Let's take a look now at each of these object lessons a little more fully.

2. As oil and wine were essential foods in Bible times, so God is your Source of strength. When you feel drained or discouraged, "seek the Lord, and His strength" (Psalm 105:4), and "esteem the words of His mouth more than (your) necessary food" (Job 23:12). In the chart below, list some ways people in the Bible came close to God, and discovered, as David said, "It is good for me to draw near to God" (Psalm 73:28).

**THEY DREW NEAR TO GOD BY:**

<table>
<thead>
<tr>
<th>David:</th>
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<tbody>
<tr>
<td>Psalm 55:17&amp;18 (KJV)</td>
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<tr>
<td>Psalm 63:5-8</td>
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<td>Psalm 59:16&amp;17</td>
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<td>Psalm 119:97</td>
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<td>Psalm 71:8,15,&amp;24</td>
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<td>Psalm 138:3</td>
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<td>Psalm 35:18, 34:3</td>
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<td>Psalm 73:23-26,28</td>
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<table>
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<tr>
<th>Jesus:</th>
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<tbody>
<tr>
<td>Matthew 14:23</td>
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<tr>
<td>Mark 1:35</td>
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<tr>
<td>John 14:31</td>
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<tr>
<td>Luke 22:44</td>
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<tr>
<th>Paul:</th>
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<tr>
<td>Philippians 4:6-9</td>
</tr>
<tr>
<td>11 Corinthians 12:8-10</td>
</tr>
<tr>
<td>Hebrews 10:19-25</td>
</tr>
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</table>

Of these ways in which David, Jesus, and Paul drew near to God, which ones have you already done?

Which ones will you start this week?
Remember that Jesus said, “I am the way, the truth, and the life: no man cometh unto the Father, but by Me” (John 14:6). Your relationship with the Heavenly Father is based on your acceptance of His Son’s sacrifice for you. “But as many as received Him (Jesus), to them gave He power (the right) to become the sons of God, even to them that believe on His name” (John 1:12).

If you have received Jesus into your life and asked Him to live inside you through His Holy Spirit, you can “come boldly unto the throne of grace, that (you) may obtain mercy, and find grace to help in time of need” (Hebrews 4:16). It’s like this. . . Jesus brought you home with Him and said, “Dad, let’s adopt this one”, which they did if you agreed to it. So now the King is your Dad, and you can run into the throne room and climb up onto His lap whenever you like. “Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus. . . let us draw near” (Hebrews 10:19&22).

3. As oil was essential in Bible times for lamps to be lit, so God is the Source of your functioning as you were made to. When you feel “in the dark” about a situation, what can you do? (Psalm 119:104,105,133, Proverbs 2: 6,3: 5&6, and James 1: 5)

When you sense the darkness of evil around you, and begin to fear, what should you remember? (Psalm 27:1, Proverbs 3:19-26, Colossians 1:12&13, I John4:4)

4. As oil was used in Bible times to care for and beautify the body, so God is your Source of care and beauty. How can God make you beautiful? (I Peter 3:2-4, 5:7)

5. For Bible time celebrations, wine was the common drink, and oil mixed with spices was worn as perfume. God wants to be a part of your celebrations. For He is your oil and wine. According to Isaiah 62:5 and Zephaniah 3:17, how happy does God get over you?
In Bible times, during the years of the kings (like David and Solomon), the Israelites gathered regularly to celebrate God's goodness. One of these festivals, called the grape harvest, was celebrated with special joy. Farmers and their families would gather for singing, dancing, and communal labor as they cut the grapes, made wine, and enjoyed tasting their harvest.

What a good picture that is of the gatherings of Jesus' believers all through the history of the church, and especially in the early church. The early Christians made celebration and sharing the Lord's Supper of bread and wine a highlight of their times together.

Why is it important to celebrate the Lord with other believers? (Acts 2:46-47)

6. As oil was used in Bible times to signify that someone or something was *set apart for special service* to God, so God sets you apart as special. What makes you special? (Psalm 4:3, Deuteronomy 7:6-9)

What is your special calling? (I Peter 2:9, Titus 2: 13&14, Jn. 15:16, Mt. 5:16).

7. Oil and wine were both used in Bible times *to cleanse*—oil was a main ingredient in soap, as well as being used alone to rub dirt off, and wine was used as an antiseptic. God is your Source of cleansing for your spirit. When you feel dirtied with shame—other people’s sin against you can make you feel that way too—or when you are weighted down with your own sinful choices or attitudes, what can you do? (I John 1:7-9, Psalm 32:3-5)

8. Wine was often used in Bible times, as it is used today, *to comfort* and lighten a heavy heart. But God can do that for you. How will He comfort you? (Jn. 14:1,16-18,26&27)
How tender is His comfort? (Isaiah 66:13)

9. As oil mixed with spices was used in Bible time to enbalm and preserve the body from decay, so God will preserve you from the evil around you. What exactly will God preserve? (I Thessalonians 5:23&24)

How can you cooperate with Him as He works to preserve you blameless? (I Thessalonians 5:14-22)

10. Oil and wine were used as offerings unto the Lord in Bible times. God offered Himself, through Jesus, as the ultimate offering for sin. But God still gives of Himself to us. How does He offer Himself to you each day? (Lamentations 3:21-23, Psalm 68:19)

**DECIDE WHICH DIRECTION — JERUSALEM, JERICHO, SAMARIA?**

We are not told where the abuse survivor in Luke 10 went after he recovered at the inn. At the beginning of the story, he was traveling from Jerusalem to Jericho. For purposes of drawing an analogy, we will assume that Jerusalem was his home, or at least the place he started from. Jericho was the place he was headed, perhaps to settle there, or merely for a visit or business trip. It was the place he was moving toward. Samaria was a place he was used to avoiding, as most devout Jews from Jerusalem did then, out of prejudice and dislike for people who were different. But since it had been a Samaritan who had helped him, perhaps his way of seeing Samaria had changed, and he may even have thought about going there now.

**B. THREE REASONS TO GO BACK . . . TO “JERUSALEM”**

Lucy was a teenage runaway who ended up pregnant, and in a Christian foster home in a different state. While there, Lucy began to make good choices out of love for her baby. She was able to stop partying and stop doing drugs and alcohol. But her strained relationship with her mom and stepfather, and past rape assault which happened to her near her home during one of her runaway episodes, haunted her memory of “home”.

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God began to heal Lucy’s relationship with her mother and stepfather, and they came to visit her at the foster home quite often. Especially at the birth of the baby, Lucy’s relationship with them grew closer. The foster mom invited Lucy’s mom to come stay for several days. Lucy’s mom, who had initially pushed Lucy towards abortion and who had said Lucy could never come home with a baby, now began to soften. A few months after the baby’s birth, Lucy and her child wanted to go home...and Lucy’s mom wanted them there. Though the place held many bad memories, they wanted to try to make new better ones. It seemed the baby signified a fresh start for all their lives.

About a year later, Lucy married, and a year or so after that, had another child. She and her husband still live close to her mother’s home. Lucy faced the fears and sadness of “home”, and with God’s help, the care of her foster family, and her renewed relationship with her parents, she was able to put the memories of turbulent years and a tragic rape behind her.

It might have seemed illogical to the man in Luke 10 to go back to Jerusalem, passing by the scene of his attack and reliving painful memories. His plans all lay in things up ahead, toward Jericho. Similarly, it might seem illogical for you to go back, to face painful memories and hurtful people in your past. Your memories of home sweet home, at least the memories that stand out the most, might not be so sweet. Perhaps you are homesick, but for a home you never had...or sick from the home you did have. And now that you’re getting well, you certainly don’t need that home...or do you?? Can you ever really go on, without first going back? As you will see, it is important to go back before going on...for your good, their’s, and the good of those to come. For that is what Jesus said.

In Matthew 18, Jesus told how much the Heavenly Father values children, and how strongly He feels against any who would hurt them. But Jesus acknowledges that, even though angels are looking out for them (v.10), children will be hurt in this world (v.7). There are those who will abuse them. Jesus then went on to talk about the need for confrontation with a fellow-Christian who wrongs us, the power we have to affect whether spiritual powers are bound or loosed, and the need to forgive. Matthew 18, although one whole conversation, is rarely presented “all together”, as if Jesus was connecting a problem with the solutions. But doesn't it make sense to connect them? Let’s look at it, all connected.

1. GO BACK, FOR YOU

“It is not the will of your Father in heaven, that one of these little ones perish” (v.14). The very next thing Jesus is recorded as saying is, “Moreover if thy brother shall trespass against thee, go and tell him...”(v.15). Sadly, child abuse survivors fill our churches. Their abusers sometimes share their pews...friends of their family, or even more commonly, members of it. Recall from the statistics we looked at in Step One that one out of four of us have been molested as children, and that 75% of the time, the parents were the abusers. Jesus knew what a problem this would be, especially to people in our time. Perhaps that is why, in Matt. 18, He spoke of ways the grown victims could deal with it.
1. In Matthew 18:15-17, how does Jesus say to confront the one who has wronged you?

2. Why do you think Jesus went into what you’re to do if the wrongdoer turns a deaf ear to your confrontation?

3. Is their negative response your responsibility, or are you to obey Jesus in confronting them, and then leave their response to Him?

Since the time of Adam and Eve – (Adam said Eve made him sin and Eve blamed the serpent) – human nature has transferred blame for sin. Child abusers, especially, often refuse any responsibility for the abuse. Perhaps that is why Jesus said that confronting them was necessary.

4. In the past, were you made to feel that the abuse was your fault?

5. Who do you think might be a good person to take with you when you confront your abuser?

It is common for abusers to be unaware of or even deny the harm they have caused. Your support person, or someone else who understands your pain, might be good to have along.

6. Why do you think it would be beneficial for you to have some in your church who know about the abuse?
7. Who does Jesus make responsible, in Matthew 18:15-17, for telling some other believers about the wrong done, so they can assist the victim?

NOTE: Please don’t confront the abuser until after you have done questions 16-20 coming up soon. They deal with your attitude, which is so important when you confront. An attitude of forgiveness, which Jesus can give you no matter how impossible that sounds, may help the abuser respond more positively when confronted.

But let’s continue to see why going back is good for you. The next thing Jesus brings up in the passage in Matthew 18 is the great effect we on earth can have towards either spiritual bondage or liberty, and the spiritual authority that merely two or three believers have as they gather in Jesus’ name to pray (Matthew 18:18-20). Why would Jesus bring this up at this point? Perhaps He was addressing the spiritual bondage in a family where wrongs have been done against the children, and He was describing the way to free them.

8. Can you be affected by the sin, or the faithfulness, of your ancestors? (Exodus 34:5-7, 20:5&6)

9. In Luke 4, Jesus declares that He is the fulfillment of Isaiah’s prophecy (in Isaiah 61), about One who had been anointed by God’s Spirit to bring liberty to captives and to bind up the brokenhearted. As you let Jesus do that in you, Isaiah says you become a “tree (actually oak tree) of righteousness, the planting of the Lord, that He might be glorified” . . . so don’t get discouraged with slow growth, since a tree takes a while to grow. But as you grow, what does Isaiah say you can go on to do? (Isaiah 61:1-4)

10. From what you know about your family’s history, would you say that repair is needed for the “desolations of many generations”? (Isaiah 61:4)
11. What have the sins of the past made you vulnerable to? Has Satan been given an advantage over you in the areas of drug or alcohol abuse, divorce, sexual sins, violence, or abortion? Look at the following list of possible negative generational influences and put a check by the ones that you suspect are a vulnerability of your family tree, maybe from way back.

POSSIBLE NEGATIVE GENERATIONAL INFLUENCES

**Spiritual Bondage**
- atheism
- cults
- occult practices
- witchcraft

**Mental Bondage**
- depression
- greed
- legalism
- mental disorders
- pride

**Emotional Instability**
- fears and phobias
- self-hatred
- self-pity

**Compulsiveness**
- abandonment
- deceitfulness
- divorce
- thievery
- financial irresponsibility
- eating disorders

**Abusiveness/Violence**
- self-destructiveness
- substance abuse
- abortion
- temper
- suicide
- battering
- sexual abuse
- verbal abuse

**Immorality**
- adultery
- fornication
- homosexuality
- lesbianism
- incest
- pornography
- promiscuity
- prostitution

Psychologists today acknowledge the peculiar phenomenon of the same destructive cycles occurring for generations in most families. They call this the WAR cycle—the World of Abnormal Rearing. The world has no answer really for how to break the cycles... but Jesus does!

A young single mom, who was a survivor of home violence, shared how a Christian support group helped her to break the cycle of abuse, and have patience with her son:
“They talked to us about disciplining our children the correct way. When I was raised, we had strong discipline, real heavy discipline. I can remember from the support group this little cardboard thing called ‘the emotional tank’. They gave us examples of when your child’s tank was full or empty by the way your child was behaving. Now, when my son is
acting up, the first thing I think of is that emotional tank chart. It just helps to think, ‘Maybe I should take some time here to fill his tank’, and that helps a lot, because before I didn’t know how. I knew some things from my parents, and since then I’ve learned the opposite of what they taught. This is kind of sad, but if I hadn’t been in contact with the right support, I wouldn’t have done that. I would have just assumed that what they, my parents, were doing was right.”

12. Jesus is the key to freedom from sin and its repercussions. Who does He say He will meet with, in Matthew 18:20?

13. Whose request does Jesus say the Father will grant, in Matthew 18:19?

14. We know from many other scriptures that Jesus meets us even if we come to him alone, and that the Father answers prayers of individuals praying alone. Why do you think Jesus puts importance on your getting together with one or two other believers in this instance?

As you pray, asking Jesus to free you from cycles of destructive tendencies which may have been passed down to you, the one behind the scenes who has revelled in this hold over you will not be happy. He may fight back, even though he knows Jesus has already won the victory over him. It would be foolish to head off into spiritual battle alone... particularly if other fellow-warriors are nearby, and particularly if you are recovering from a wound. The bondage Jesus speaks of loosing in Matthew 18:18-20 is bondage from the powers of darkness that have wreaked havoc in families’ lives. But as you pray together with your support person (maybe your Samaritan or innkeeper) or a few other believers, that hold can be broken.

15. Who is the one that destroys the works of Satan and has full authority over him? (I John 3:8, Matthew 28:18)

You don’t have to be a victim anymore. From now on, you can be a victor, through Jesus!

The things Jesus has talked about so far in Matthew 18... your value as a child, the need to confront those who harmfully trampled it down, and the need to know who your real enemy is and ask Jesus to break you out of his camp... those are all difficult tasks, and to accomplish them, Jesus makes it clear that you need His help and that of His followers. That is why we have left dealing with these issues until your recovery is hopefully well on its way, and you are connected to other believers somehow. Don’t go “home to Jerusalem” until you are strong enough.
Perhaps the most difficult task of all is the one Jesus now mentions in Matthew 18:21-35. He talks a lot about forgiveness. And He shocks His disciples by telling them that they need to forgive, not just 7 times as Peter suggests, but 70 times 7, or in other words as much as is needed. Perhaps your abuse only occurred once, or perhaps you were abused often. But the mind, once triggered, has an amazing ability to replay scenes, and one scene might be played back in your mind 490 times or more. Jesus wants you to forgive as often as you were hurt, and also as often as the memories of the offenses resurface. And that goes for everyone who hurt you or who did nothing to help. For an abuse survivor, that usually means an awful lot of forgiving. Sound impossible? Jesus then tells a story which gives us a handle on how to forgive.

First though, why should you want to forgive?? Let’s discover why forgiveness is good for you. As you head out on “the road”, you need to take a smooth path that your recently-recovering state can handle. Hebrews 12:13 says to “make straight paths for your feet, lest that which is lame be turned out of the way (or put out of joint); but rather let it be healed.”

16. How does the Apostle Paul say in Hebrews 12: 13-15 to make smooth paths for your feet. . . paths that won’t trip you up, causing you to stumble and further injure a weak limb you’re trying to heal?

17. How might a root of bitterness poking up in your path trouble you?

18. Read the story Jesus told in Mt. 18:23-35. What does Jesus say the king said to the servant who wouldn’t release a fellow servant from a debt? (Mt. 18:32&33)

19. Abusers were often themselves abused, statistics say. You might not know very much about the one or ones who hurt you, or what their background was like. But perhaps if you try, you might recall hearing about some losses that they experienced. Just as you recalled your “robbery” in the first section, try to recall what robberies might be on their “life-road charts.”

You don’t need to draw a map, but just list some of their losses on the next page. It will help you to allow the seed of compassion to take root and replace the bitterness you’re rooting up. We’ll list a few possible losses to get you started:
PAST LOSSES THOSE WHO HURT ME MAY HAVE EXPERIENCED:

- not having two parents around when growing up
- not being nurtured or not having affection expressed much
- growing up feeling helpless in the face of hardships
- was taught religion, more than relationship with a loving God
- was abused
- witnessed home violence
- parents’ marriage was unhappy
- was put down a lot verbally

IF WE KNEW THEIR STORY

We don’t know their story,
We can’t see their pain... 
It doesn’t excuse them
For the way they behaved,

But if we could see them
In the same Light He does,
We’d know there are reasons... 
We’d know they need Love.

Now we see through glass darkly, 
So our view’s incomplete.
We judge people harshly –
More Light’s what we need.

We don’t know their story
We can’t see their pain.
No doubt, long before their deed,
They suffered secret shame.

But we’ll see His image
That they were made from,
As we shine forgiveness
On whatever they have done.
If we could just see them
In the same Light He does,
We'd know there are reasons...
We'd know they need Love —
If we knew their story.
by Jan Willson, © 1993 Jan Willson

Suggested song to listen to: “If We Knew Their Story” on the Lost Roses cassette.

20. Even trying to understand what damaged your abusers will not generate enough love to humanly forgive the years of pain their abuse caused you. But don't give up hope. Who will pour love into your heart - love that can forgive? (Romans 5:5)

Ask Him to do that now. Picture yourself overlooking an ocean, with a sack of heavy rocks over your shoulder. In Micah 7:19, God says He casts our sins into the depths of the sea. So why should you hold on to the sins of others, when your own sins have been cast into the depths of the sea?? God asked that question of Corrie Ten Boom, a holocaust survivor, as she struggled to forgive her Nazi persecutors. Corrie was able to throw her sack into the sea. Isn't it time to be free of your load?

Forgiving is not the same as trusting. Jesus commands you to love and forgive—to, by an act of your will, choose to act with kindness and mercy despite what you may feel. But Jesus does not command you to trust. Indeed, it would be unwise to blindly trust... trust must be earned.

It may be that trust will never again be a part of your relationship with whomever hurt you. Statistically, abusers go on to abuse others again and again. In some cases, their hearts—unhealed from past hurts of their own—may not be able or willing to ever love you back. They may never be the parent or sibling or friend you needed them to be... or perhaps they may. God certainly wants to restore them, if they'll let Him. But their response is not your responsibility... only your response is. As you respond better, not bitter, you will be blessed. And seeing your life healed may just prompt them to seek healing for their damaged hearts as well.
OCEAN OF YOUR LOVE

Can anyone forgive and then forget?
Lord, You're the only one who I've met yet. 
When stones hit us, how shallow our forgiveness...
Offences lay unburied; hurt is what we live with.

My heart is a tide pool by the sea,
Too dried up to sink the hurt in me.
Lord, Your heart is as vast as an ocean...
Endless love, forever it flows on...
Flow on me.

I feel the ocean of Your love, and start to cry...
It never will run dry... there's an endless supply!
Into the ocean so deep it has no floor
Sinks forevermore the shame You've washed o'er.
Your waves carry out the hurtful memories.
The past is buried as I yield it to Your sea.

by Jan Willson, ©1991 Obedient Productions

Suggested song to listen to: “Ocean of Your Love” on It Shouldn't Hurt to be a Child cassette.

2. GO BACK, FOR THEM

The early church was not immune to problems such as incest among its members. The Apostle Paul heard about it and was very concerned at how the church in Corinth was responding, or rather, not responding, to the situation in their fellowship.

1. Read I Corinthians 5:1&2. Why was Paul concerned?

2. After Paul wrote to the Corinthian believers, apparently they realized their responsibility to be grieved and to express disapproval concerning the incest going on in one of their families' homes. What did their right response accomplish in the life of the wrongdoer? (II Corinthians 2:4, 6-8,11)
Apparently, the man repented, and so Paul encouraged the believers to forgive him and to confirm to the man that they still loved him. Ignoring the sin had been wrong. But now, if they neglected to love and forgive, Paul warned them that Satan would win a victory over them all.

3. Paul wrote to the Galatian church, telling them not to ignore, but restore those caught in a web of sin. The Greek expression translated “restore” is actually “mend the nets”, or return to usefulness. That takes time, care, and patience. Maybe your whole family was “caught in sin”, as a fly gets caught in a spider’s web through no choice of his own. . . but he’s still caught. Read Galatians 6:1&2. . . in what attitude does Paul say to confront a weaker brother or sister?

4. The Bible records that King David’s family experienced the pain of incest. Recall in section 3, how we looked at the story of Tamar from II Sam. 13. David’s son, Amnon, raped his sister Tamar – another son, Absalom, found out and told Tamar to keep quiet about it, while all the while Absalom was building up intense hatred for Amnon over it. David, their father, found out about the rape and was very upset too, but apparently did as Tamar and Absalom, and didn’t confront Amnon or tell anyone else. No one wanted shame to be brought to the royal family, and so they all kept up appearances of normalcy. But shame had already come, and pretending it hadn’t only continued the cycle of destruction. Like a powder keg waiting to explode, the secret hid for two years. . . until Absalom’s anger lit the fuse. What happened? (II Samuel 13:28&29)

5. Confrontation, especially within a family, is threatening. But what is a greater risk than bringing abuse into the light?

6. Doesn’t your family, or whoever the “thieves” are, stand a better chance of restoration if a loving confrontation is made, forgiveness is given, and help is offered?
3. GO BACK, FOR THOSE TO COME

Remember that the road from Jerusalem to Jericho was downhill. To go back to Jerusalem would have been a steep hike through harsh desert. After climbing awhile, it might have seemed a mistake to the traveler to have chosen that direction.

Sometimes abuse survivors are willing to work through recovery to a point. Then, when faced with confronting, doing spiritual battle, and struggling to forgive, they reason, “Why rock the boat? Why cause upheaval now, when the abuse occurred long ago?” Other well-meaning friends or family members may discourage them from talking about it, saying, “Isn’t it a little late to be bringing all of this up?”

Know that it’s better late than never, if only to halt the destructive cycle. If you don’t break the bondage over you and your family, future generations will still be reaping it. On the other hand, you can be the one to pass on an invaluable legacy of love for life and its Creator.

1. How will the future generations come to hope in God, and not turn forgetful of His works, or rebellious? (Psalm 78:5-8)

Perhaps you or your siblings already have children. If your abuser was someone in your family, find out if the children have been abused. Sadly, it happens quite frequently. Unless an abuser is confronted and his wrong exposed he usually continues to abuse. So until you know that he has received help and has been renewed by the Lord through a restoration process in which he makes himself accountable to others, it is wise to keep careful watch over the children in your family and take precautions to guard them.

2. What does the Bible say you must do for your children? (I Timothy 5:8)

Leaving children vulnerable to being hurt the way you were would not be providing for them. What better way of providing for your children, and their children to come, than to break the hurtful cycles that would ensnare them, and to pass on a heritage of health and wholeness! “And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in” (Isaiah 58:12).

C. TIME TO MOVE ON... TO JERICHO

Jericho was where the wounded man in Luke 10 was heading on his journey, before he got attacked by thieves. You were born with certain gifts and characteristics that started you heading in a certain direction. Then there was an attack, and all your dreams were stolen...
or maybe a more subtle abuse began to slowly chip away at them, until one day you found that the dreams had dissolved. You were left with ugly memories that stained the good, making all your past seem full of losses.

Going “back to Jerusalem” is necessary, but probably not too encouraging. The good seeds you plant there may take a while to grow. Now it’s time to get back on track with who you were meant to be.

1. RECOVER YOUR DREAM

A young woman, Brenda, was a gifted artist. But ever since a tragedy in her teens, she had not taken out her drawing pad. Coping with her loss sapped all her energy, so that none was left for creative pursuits.

A Christian family took Brenda in, and almost instantly she blossomed. Hour by hour she sat at her drawing pad, rediscovering color and beauty and letting that expression heal her heart. Proudly, she shared her drawings at church as a part of the children’s ministry.

You have a past, before the losses... there were some gifts put in you then, gifts that are still in you. And there was a dream God put in your heart that gave you a sense of purpose and value. Let’s find it again.

1. Why do you think a dream or vision is important in life? (Proverbs 29:18)

2. What does Ephesians 1:4, 2:10, and II Timothy 1:9 say about God’s dream for you, even before He created you?

3. What did Paul urge Timothy to remember? (II Timothy 1:5)

4. Answer the following Dream-Finder Questions:
   What are some things I like to do?

   What am I good at?
What would I like to be better at?

What was my favorite school subject?

When I was a child, what did I want to be when I grew up?

If I could contribute anything to the world, what would it be?

**YOU WERE DESTINED**

Before you were born, you were destined
To expand your Heavenly Father’s realm
So when those who war against Him
Shake your plans, hold your stand!
Don’t be overwhelmed. . .

Always remember whose little child you are!
You can do all things, take His Kingdom far!
You’re an heir of the King of Kings –
As He leads, keep following.

Yet, some will say, “Live only for today.”
Look out, or they’ll be stealing your specialness away.
There’s so much at stake! A dying world awaits
The hope and healing His rule through you will make.

You were destined, not because of what you’ve done.
For love, the King adopted you –
The price was the life of His Son,
The King’s own Son.

So remember whose little child you are!
You can do all things, take His kingdom far!
You’re an heir of the King of Kings –
Don’t underestimate the victories He’ll bring
Through a child of the King.
Before you were born, you were destined!

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Suggested song to listen to: “You Were Destined,” on It Shouldn’t Hurt to Be a Child cassette.
5. Read about Joseph’s dreams in Genesis 37:2, 5-11,18-20. How old was Joseph when he dreamed he would be a ruler? (v.2)

What did his brothers plan to do to him, and why? (v.18-20)

Did they succeed in killing him or his dreams? (Genesis 41:38-40)

Joseph, an abuse survivor whose story is in Genesis 37-50, suffered violence and rejection from his brothers. He then became separated from them when they sold him into slavery. It was not possible for him to “go home”. Sometimes the steps of confrontation are not possible, but God can still move you on to “Jericho”, to the new life he has planned for you. God raised up Joseph, from slave to ruler, and used him to save nations.

Joseph was already well established “in Jericho”, (actually Egypt), when God miraculously reunited him with his family. Joseph was able to express forgiveness to his brothers, and happily, they showed true remorse.

6. What was Joseph’s attitude toward his brothers who had harmed him? (Genesis 45:4-8, 15)

7. What can you as a Christian know, even though bad things have happened to you? (Romans 8:28)
8. Though Joseph had clearly expressed forgiveness and gone on to a fruitful life, did his brothers have a problem with going on and forgetting the past? (Genesis 50:14-18)

9. What was Joseph’s response? (Genesis 50:19-21)

We can afford to be patient with those in our past, because “our God turned the curse into a blessing” for us (Nehemiah 13:2). But, whether they choose to move on or not, we must move ahead.

2. PRESS TOWARD THE MARK

In Paul’s letter to the church at Philippi, he recounted to them his past. At the time he wrote the letter of Philippians, Paul was in prison for sharing his faith in Jesus (Philippians 1:13). He had a lot of time to think back over his life. He wrote, recalling his strict training in Hebrew law, and again admitted having persecuted the church (the followers of Jesus) because of it (Philippians 3:5-6). But as he contemplated the shame of his past and the losses of his present, he wrote, “I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things... that I may know Him” (Philippians 3:8&10). Paul never said not to recount your life. In fact, he shared that, in recounting his, he could see more clearly what was really the most important thing. What stood out to Paul were not the bad memories of shame or suffering, but rather that he had gotten to know Jesus.

Having seen the most important thing in life... getting to know Jesus and living for Him... Paul then focused all his energy toward that. “This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.” Paul was so sure that he was on target with what life was to be all about, that he went on after saying that (in Phil.3:13,14&16) to encourage “let us walk by the same rule, let us mind the same thing”.

1. What does the Bible say about your past, in II Corinthians 5:17 and Philippians 3:13?
2. The human mind records events and often plays them back without our permission. What do you think the Bible means by “forgetting” your past?

Now that you are “in Christ”, what “old things” have “passed away”? After you have been obedient to confront, free up, and forgive those “at home”—regardless of their response—you can be at peace to go on and finish your journey.

You need never again be a victim, but you should never forget that you are an abuse survivor. That knowledge will be a source of strength to you, and to others. It is part of your identity. It motivates you to press toward the mark. And it makes you sensitive to other’s hurts.

That brings us to an important Bible story which illustrates God’s desire that you go on to assist other wounded people toward their own fresh start... toward their “Jericho.”

3. BE READY WITH THE OIL AND WINE

When one of the tribes of Israel lost a battle because of not walking in obedience to the Lord who was their source of victory, God did not want the other tribes to gloat over their brothers’ defeat. God was especially displeased when 200,000 women and children of Judah were taken captive by Israel, and He spoke through a prophet, “now hear me therefore, and deliver the captives again, which ye have taken captive of your brethren; for the fierce wrath of the Lord is upon you” (II Chronicles 28:10b&11).

So here’s what they did... they “took the captives and with the spoil clothed all that were naked among them, and arrayed them, and shod them, and gave them to eat and drink, and anointed them, and carried the feeble of them upon asses, and brought them to Jericho, the city of palm trees, to their brethren”—(II Chronicles 2:15).

1. Why was God so upset with Israel’s actions against their brothers of Judah? (II Chronicles 28:9&10 esp. v.10b)

2. What did Israel then do for the survivors of the battle, that was similar to what Jesus praised in the actions of the Samaritan in Luke 10? (II Chronicles 28:15)
3. An interesting side note is that they brought the captives to Jericho. How is Jericho described in II Chronicles 28:15?

Jericho symbolizes a place of new beginnings. It was an ancient caravan city located in a lush palm tree oasis... a welcome site amidst monotonous brown landscape. Even in Jesus’ day, its palm groves still made it a beautiful place – King Herod’s chosen site for his summer palace, and the much-sought-after suburb of Jerusalem’s wealthy citizens.

Jericho was not always a place where God’s people could live. Once, enemies of God’s people lived there. The Children of Israel were led by God to besiege it and reclaim it as theirs... but they didn’t have to fight for it.

4. What was the unique way in which God gave Jericho to His people? (Joshua 6:2,3,16,20)

As you head off toward Jericho and press toward the mark, with a heart full of renewed dreams, God will go before you to prepare the way.

5. What does God promise to do in Exodus 23:20?

If God fights for you, what is your part? (Exodus 23:22)
Will you be able to “inherit the land” quickly, or little by little? (Ex.23:29&30)

6. How will you react to any wounded you encounter, as you continue your journey towards Jericho?

Jesus had scars from the abuse he had suffered. Did He hide them? (Luke 24:38-40, John 20:20, 25-28)

According to the above verses, why did Jesus show His scars?
Jesus’ scars were tied in with His identity. . . they proved Who He was. And they are a reminder. . . He says in Isaiah 49:15&16, “Yet will I not forget thee. Behold, I have graven thee upon the palms of My hands”.

What might some of your “scars” be that you will show, as proof that you know something about how to get healed?

According to II Corinthians 1:4, why were you healed and comforted?

You were not comforted by God so that you could simply be comfortable. He wants to make you a comforter in the world, through His Holy Spirit within you. How else are people, who are hurting like you were, going to know that Jesus can heal their wounds? Don’t be afraid to show your “scar” as proof of His healing in your life. And always be ready to share the Oil and Wine with others along your road to Jericho.

D. THEN GO ON. . . TO SAMARIA

1. Jesus gave His disciples instructions, just before He went back to heaven, about how they were to be witnesses for Him in the world. Where, and in what order, were they to go? (Acts 1:8) (note: Jericho was in Judaea)

2. In whose power were they to go? (Acts 1:8)

As we discussed in Step Two, Samaria was not a popular place among the Jews. It represented foreign practices and people they didn’t like. . . it made them uncomfortable. Jews would travel well out of their way, so as not to have to travel through Samaria.

But Jesus doesn’t mind helping you stretch your “comfort zone”. In fact He led His followers right into that place they had previously avoided like the plague. . . Samaria. Why? He had work to do there.

3. Why do you think Jesus had to go through Samaria? (John 4:4)
4. Jesus sat down at the well, and along came a Samaritan woman. Who started the conversation? (John 4:7)

5. Why did Jesus’ talking to the woman surprise her? (John 4:9)

6. What good news did Jesus bring her? (John 4:13&14)

Jesus also confronted her with her past (John 4:16-18). She then steered the conversation towards doctrinal differences between Jews and Samaritans, (John 4:19-24), but Jesus pointed out that God is not concerned with outward religious forms, like where she went to worship Him. He desires worship from the heart. Jesus then revealed Himself to her as the Messiah she was waiting for. (John 4:19-26).

7. What was the result of Jesus’ stop in Samaria? (John 4:39-41)

8. After Jesus went back to Heaven, many of His believers from Jerusalem ended up going to Samaria. What was the result of their going there? (Acts 8:1,4-8)

9. Jesus had a mission on earth. He was sent by His Father as His ambassador . . . “I must work the works of Him that sent Me” (John 9:4), Jesus said. What is your mission? (John 20:21, Matthew 28:18-20)

10. In groups of how many did Jesus send His followers out, on missions for Him?
    Mark 6:7—
    Mark 11:1—
    Mark 14:13 –
    Luke 10:1—
11. When Jesus sends you out on a mission for Him, He may connect you with another believer. What might be some of the benefits of having a Christian friend with you? (Ecclesiastes 4:9&10)

12. As you contemplate what direction your life will take, how should you decide where to go? (Proverbs 3:6)

What mistake should you avoid? (Jeremiah 10:23)

As you “go out” from the incubation of the inn... whether you go back home just emotionally or very literally, whether you head out with anticipation to start to build a new life in Jericho, or whether you feel God has been preparing you for another specific mission in Samaria... know that no doubt you will be called on by God to share His love in each of those places of your life from time to time. Hopefully, your stay at the inn has developed in you a new habit of seeking out the support of fellow-Christians. In fact, you don’t really ever leave the “inn”. God supplies places of fellowship all around the world as an important means of caring for you.

You’ll need to keep those ties at the inn for another reason, too... for the wounded you’ll be finding alongside your road. Share your Oil and Wine, but also bring them to an inn. God says, “Mine house shall be called an house of prayer for ALL people. The Lord God which gathereth the outcasts of Israel saith, Yet will I gather others...” (Isaiah 56:7&8)

**DON’T PASS BY**

_I hear the cries of wounded victims,_
_Stripped and robbed, feeling all alone,_
_But I see the Father standing with them._
_He calls to me, “Let’s take them home.” He says,_

_{“Don’t pass by on the other side...}_
_Come to the wounded with oil and wine._
_Come with compassion, arms open wide,_
_Whatever you do, don’t pass them by.”_

_I often pass on the other side..._
_Their pain overwhelms me; feel unqualified._
_I don’t need delays... then Jesus reminds,_
_{“But that’s why I gave you the oil and wine.” He says,}
"Don't pass by on the other side... 
Come to the wounded with oil and wine.
Come with compassion, arms open wide,
Whatever you do, don't pass them by."
by Jan Willson, © 1993 Jan Willson

Suggested song to listen to: "Don't Pass By" on *Lost Roses* cassette.

We'd love to hear from you! How are you doing? 
Was the workbook or course helpful? 
Are there concerns we can pray with you about?

Write or call us at:

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FOOTNOTES

(1) One in four females, one in seven males in the U.S. were molested as a child. *Ladies Home Journal*, Nov. 1984, “Child Molesting.”
(5) Ibid. 3.
(7) Ibid. 3 and 11.
(8) Ibid. 4 and 3
(10) CBS School Break Special, March 5, 1991, “But He Loves Me.”
(11) National Coalition Against Domestic Violence.
(12) Ibid. 6.
(13) Ibid. 4.
(15) Ibid. 14.
(17) 1995 Gallup Poll.
(22) Ibid. 18.
(25) Ibid. 18.
(28) Ibid. 27.
(29) Ibid. 27.
(32) Ibid. 30.
(33) Ibid. 27.
(34) Ibid. 30.
(37) Ibid. 36.
(39) Ibid. 26.
(40) Ibid. 36.
(42) *Redbook* magazine, Feb. 1994, “The Darkest Hour”
EPILOGUE

Reading the map is not the same as making the journey. Our roadmap for recovery, which you have just finished studying, described things which God has no doubt begun to work in you; but it also mentioned some things yet to come. And it may take a lifetime for you to glimpse ALL the good God has in mind to bring from your sorrow.

Remember the picture of the foundation God was rebuilding in you – the foundation made of sorrows-turned-sapphires (Isaiah 54:11, described in Chapter 3?) Rebuilding your foundation has been the focus of this course. But God has such bigger plans for you, way beyond that! The foundation is just the start.

Isaiah 54:11-14 describes so much more that God will do, once a good foundation is re-laid. He will build quite an estate on your grounds. It will have “windows of agates,” the agates being a type of quartz made transparent by fire. Windows have to do with the clearer vision and insight you will gain because of fiery trials you have faced. Don’t you already discern more clearly when others are hurting?

The “gates of carbuncles” are gates of pearls. . . pearls formed from irritation in your life, as the oyster creates a pearl from an irritating grain of sand. The “borders of pleasant stones” are all jewels. And jewels are made from elements changed over time, like a diamond is formed from a piece of coal. A border is an obvious part of the estate. And it signifies boundaries and protection.

As you yield more and more to God’s work in your life, His amazing craftsmanship will be obvious to all who approach you. You may just be too close to all the construction, to see it taking place. So let us remind you . . .

MANSION ON YOUR LAWN

The rubble of construction hides a choice work –
The plans resemble mansions up above.  
His tools, like rocks and fire, sand and oysters,
Form precious stones He’s building your life of.

God’s taken oh so long to lay foundations
As He turns your sorrows into sapphires blue.
But now it’s taking shape, I see formations
Of the fine estate God’s raising out of you.

He displays rare stones all along your borders,
And just coming near you, all can see His work.
Jewels like your children, He will sand the corners,
Peace will be the mortar holding them secure.
Then coming to your gates, I see them glistening
Of pearls formed from irritations past.
The friction you endured has smoothed and polished you,
And given you rare beauty that will last.

It seems to me your windows now are cleaner –
Your vision’s crystal clear from many sides.
The agates He has used were made transparent;
The fiery trials opened up your eyes.

Oh, I know most days, you only see the rubbish
Left behind from all the building going on.
Let me just remind you, I see God’s love is
Erecting quite a mansion on your lawn.

Oh, yes, I see it...
And day by day, I see the Master Craftsman
Building on.

by Jan Willson, © 1995 Jan Willson

Suggested song to listen to: “Mansion on Your Lawn” on Lost Roses cassette.