

My Help, My Healing

July 21, 2024



Class Mantra

There is nothing too hard for GOD.
I am a daughter of the King.
GOD sees me!
HE has great plans for me!
I will strive to live as a Christian should.
I will inspire and encourage my sisters to
do the same.

Sexual Violence in the US - Statistics

- ▶ One in five women have experienced completed or attempted sexual assault in their lifetime.
- ▶ One in five women are sexually assaulted while in college.
- ▶ One in three victims experienced the assault between the ages of 11 and 17.
- ▶ In eight out of 10 cases, the victim knew the person who sexually assaulted them.

From the Word of God...

Dinah's Story

▶ Genesis 34:1-7

Tamar's Story

▶ 2 Samuel 13:1-15

Common Reactions to Sexual Assault

- ▶ I'm dirty, I'm trashed, I'm devalued, I'm less
- ▶ Guilt. What happened was my fault
- ▶ Flashbacks
- ▶ Isolation



I'm Dirty, I'm Devalued

- ▶ Psalm 139:14 - I praise you because I am **fearfully and wonderfully made**; your works are wonderful, I know that full well.
- ▶ Matthew 10:29-31 - **Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are numbered. So don't be afraid. You are worth more than many sparrows.**

Guilt. The sexual assault was my fault.

- ▶ I was in the wrong part of town.
- ▶ I dressed in a sexually enticing way.
- ▶ I was too friendly.
- ▶ I was out too late.

Dealing with Flashbacks

- ▶ Follow-up with edifying scriptures, music, self talk.
- ▶ Isaiah 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

Isolation

- ▶ Seek wise counsel.
- ▶ Be a good sister. Be a good listener. Be patient.



After Sexual Trauma

- ▶ There is **HELP**
- ▶ There is **HEALING**
- ▶ There is still **ABUNDANT LIFE**





**'For I know the plans I have
for you, plans to prosper
you and not to harm you,
plans to give you hope and a
future'**

Jeremiah 29:11