

THE NORTHLAND SISTERHOOD PRESENTS



Heartache to Healing

God's Surprising Path to Redeeming
Pain, Betrayal, and Disappointment.

MEETING TIMES

7 PM | 10.28, 11.4, 11.11, 11.18

PRESENTED BY

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THE GOD WHO RESCUES

Our God has the wisdom and power to free us from any restraint or any force that is overwhelming us. He can deliver us from any betrayal, any abuse, any danger, any evil; He is the ONLY one who can lead us into the freedom we long for. But if we want to be rescued, we have to be willing to do 3 things:

FACE REALITY

Name the dysfunction the abuse, the addiction, the pain.

WHY DO WE RESIST REALITY?

- Pain
- Shame
- Blame
- Control
- Victim mentality
- Hopelessness
- Fear

We also must be willing to name the role we play in the cycle. Name our patterns of bondage.

God will often allow the wake-up call of a crisis to get our attention.

CRY OUT TO GOD FOR HELP

Who do you call FIRST when you need help?

EXODUS 2:23-25 During those many days, the king of Egypt died, and the people of Israel groaned because of their slavery and cried out for help. Their cry for rescue from slavery came up to God. And God remembered His covenant with Abraham, with Isaac, and with Jacob. God saw the people of Israel — and God knew.

God had a plan...

EXODUS 3:7-8 I have indeed seen the misery of my people in Egypt and have heard them crying out because of their slave drivers. I know their sufferings, so I have come down to rescue them...

PSALM 22:24 (TPT) He has not despised my cries of deep despair. He's my First Responder to my sufferings and He didn't look the other way when I was in pain. He was there all the time, listening to the song of the afflicted.

EXODUS 3:9-10 to Moses, God said, "The cry of the Israelites has reached Me, and I have seen the way the Egyptians are oppressing them. Now go. I am sending you to Pharaoh to bring My people out of Egypt"...

EXODUS 3:16-17 Go and gather the elders of Israel and say to them, 'The LORD, the God of your fathers...appeared to me, saying, "I have watched over you and have seen what has been done to you...and I promise that I will bring you up out of the affliction of Egypt..."'

God had a plan...yet it took months...and their suffering not only continued but grew worse.

CREATE A SUPPORT SYSTEM

When you are willing to face reality and cry out to God, following Him as He leads you out of your painful place, it WILL be painful. It WILL be difficult. It WILL increase your suffering, for a season. Therefore, you will need a strong support system.

Encouraging friends

A good therapist

A support group

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WEEK ONE | HOMEWORK

1. Name your reality. Name the dysfunction, the addiction, the abuse, the pain, the patterns of bondage in your life.
2. If you have a tendency to ignore your reality, can you describe why? Here are a few common reasons:
 - It's painful, and we think we'll come apart at the seams if we let all the pain surface.
 - We feel a profound sense of shame for what happened or what is happening.
 - We blame ourselves for what happened or what is happening.
 - We feel a need to be in control, and if we open that "can of worms", all hell can break loose and we won't be able to control the outcome.
 - We have a strong sense of identity in being "the victim."
 - We have given up any hope of resolution, and so we resign ourselves to "the way it is" (Acceptance vs. Resignation).

*A thousand fears: we are afraid of being alone, of losing our identity, of losing our purpose, losing our comfort (it's all I've ever known), concern over finances, distorted religious beliefs... and so many more.
3. Name your role in the cycle. What are your own patterns of bondage? How do you contribute to the problem? This is NOT about shame and blame. It about a willingness to own our power to create change in our own lives and quite possibly in the lives of others.

Here are a few to consider:

Keeping secrets, tolerating abuse, closing your eyes to irresponsible behavior, making excuses or justifying destructive behavior, caving in to an angry person's demands, sacrificing to cover up someone else's mistakes, accepting blame for something you never did, enabling addiction, lying to others, lying to yourself.

4. What change would you like to see in your situation? What change would you like to see in yourself?
5. What wake-up calls has God given you? How have you responded?
6. Who are "your people"? Prayerfully consider who your support team will be for this journey and begin reaching out to them. Begin the process of research if necessary, to find a therapist or support group or other resources to help educate, equip, and encourage you for the journey.
7. Read and meditate on Isaiah 43:1-4a:

But now, this is what the LORD says—He who created you, He who formed you:
"Fear not, for I have redeemed you; I have summoned you by name; you are Mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the LORD, your God, the Holy One of Israel, your Savior... Since you are precious and honored in My sight, and because I love you..."

Isaiah 41:10-14

2 Samuel 22:17-20

Psalms 18:16-19

Psalms 32:7

Psalms 72:12-14

Psalms 91:14-15

additional scriptures

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ADDITIONAL RESOURCES

THERAPISTS

Amanda Hindson
404-642-7771

Ken Howard
816-918-1303

PODCAST

<https://adamyoungcounseling.com/podcast/>

SEXUAL ADDICTION

BOOKS

Intimate Deception ~ Healing The Wounds of Sexual Betrayal
Dr. Sheri Keffer

Moving Beyond Betrayal ~ The 5-Step Boundary Solution for Partners of Sex Addicts
Vicki Tidwell Palmer

Your Sexually Addicted Spouse ~ How Partners Can Cope and Heal
Barbara Steffens and Marsha Means

Journey to Healing & Joy ~ A Workbook for Partners of Sexual Addicts
Marsha Means

Mending a Shattered Heart ~ A Guide for Partners of Sex Addicts
Stefanie Carnes

Treating Trauma from Sexual Betrayal ~ The Essential Tools for Healing
Dr. Kevin Skinner

POLYGRAPHS

Ron Davis - Emporia, KS
620-344-3169

Robert Stover - Gladstone, MO
816-550-1291

HEART TO HEART COUNSELING CENTER

Dr. Doug Weiss
729-248-3708
<https://www.drdougweiss.com/>

CSAT THERAPIST

Cynthia Morse
816-898-8527

SUPPORT GROUPS

Freedom KC
<http://www.freedomkc.net/>

SPOUSAL SUPPORT GROUP LEADER:

Jackie
856-952-1936

PODCAST

<https://www.betrayedaddictedexpert.com/podcast>