

When fear of domestic
violence
stalks your life ...



bible society
of south africa

You are not alone!

Perhaps you are one of the many thousands of people in our country who are subjected to domestic violence. Like many of these victims, do you blame yourself for the abuse and feel you must have done something wrong to deserve such punishment?

The Bible does not justify abuse

Jesus came to the world to free people from slavery. He brings a new social order where every man, woman and child has the right to be treated justly and humanely.

The Son of Man did not come to be a slave master, but a slave who will give his life to rescue many people.

[Matthew 20:28](#)

God paid a great price for you. So don't become slaves of anyone else.

[1 Corinthians 7:23](#)

All of you know that you are God's temple and that his Spirit lives in you. Together you are God's holy temple, and God will destroy anyone who destroys his temple.

[1 Corinthians 3:16-17](#)

***Scripture verses taken from the Contemporary English Version.**

The shame of abuse

As an abused person, you may feel deep shame making you believe that you are not worthy of love. Yet the Bible assures you that you are made in the image of God.

So God created humans to be like himself; he made men and women.

[Genesis 1:27](#)

God took great care when he created you:

You are the one
who put me together
inside my mother's body,
and I praise you because of
the wonderful way
you created me.
Everything you do is marvellous!
Of this I have no doubt.

[Psalm 139:13-14](#)

Accept that God loves you

You are a beloved child of God who does not deserve to be abused:

God's Spirit doesn't make us slaves who are afraid of him. Instead, we become his children and call him our Father. God's Spirit makes us sure that we are his children. [Romans 8:15-16](#)

Nothing in all creation can separate us from God's love for us in Christ Jesus our Lord! [Romans 8:39b](#)

The Lord is your protector

Our LORD and our God,
you are my mighty rock,
my fortress, my protector.

You are the rock
where I am safe.

You are my shield,
my powerful weapon,
and my place of shelter.

You rescue me and keep me
from being hurt.

2 Samuel 22:2-3

Get help!

There are many organisations in South Africa dedicated to helping those in abusive relationships.

Call Life Line on **0800 150 150**.



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