

Former Abuse Victim Offers Healing Declaration to 'Break Shame Off of You'

"You will be a cycle breaker."

These words God spoke to author, pastor and life coach Kristal Klear help define her personal recovery as well as her ministry to others caught up in the cycle of abuse, she tells Dr. Steve Greene on a recent episode of the *Greenelines* podcast on the Charisma Podcast Network. And—especially for Domestic Violence Awareness Month—she has some specific words to break shame off of those currently trapped in an abusive relationship.

"It's not your fault," she says. "And don't worry about the finances. Don't stay in it because you don't know how you're going to make it. And yes, someone else will want you. That's a lie. And if it's only Jesus that wants you, His presence is enough. He's the ultimate healer. He's got you."

"Once you heal, you start hearing what's said about you, and from such a clear perspective, you'll have clarity," Klear adds. "The wounds that you're feeling now—they're temporary. I know it seems hard; it seems impossible."

"You're tired," she says. "I get it. I was tired. I know you're mentally exhausted, and you have to even probably pray for yourself, and you may not even have strength to do that. And sometimes you cry out on the floor and you think that you're useless because you believe what you're being told. But it's not true."

"And I can tell you that it's not true because I remember being 13 years old and beat ... and raped on a bathroom floor. I remember that. And I remember life feeling so hopeless that I

was suicidal. I remember that I did not want to even wake up the next day. But I did.

“There’s purpose in your pain,” Klear says. “I know you don’t understand right now. But do it for your daughter, your grandchildren. Do it for yourself. I know right now, you may not even think that you’re worth much. I know that people have walked out on you and that you people that you expected to be with you, they’re not with you. I get it; I understand that. I understand that you’ve been labeled. And people are confused because they don’t understand your pain. They don’t understand what you’ve been through. But what I’m telling you is that if you can just wake up every morning, put yourself in a position of worship and try to just not be religious, but come into relationship with God.

“There’s something about the way that He’ll wrap you; He’ll wrap His arms around you and give you so much peace,” Klear says, adding that, no matter if you’re a victim of abuse or have even been an abuser, it’s time to “break shame off of you.”

For much more from Kristal Klear on how God can bring healing from pain and trauma no matter what type of abuse you or someone you know may have suffered, listen to the entire episode of *Greenelines* at this link, and subscribe to *Greenelines* on your favorite podcast platform for more inspiring stories like this one. Be sure to check out the *Kristal Klear Podcast*, also on the Charisma Podcast Network, and find Klear’s book, *Shattered Glass*, wherever fine books are sold. {eoa}

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