

Your Next Step to Healing From Spiritual Abuse

One of the biggest issues that comes our way has to do with the subject of spiritual abuse. Masses of people are coming for help because of abuse they have experienced from someone in church or a ministry, be it a spiritual leader, pastor or someone of influence in their life. The repercussions are intense.

For years, many people have wandered with deep wounds they have received, not from someone outside the faith, but from within. Yet they have not been able to put a finger on why they are struggling in such intense ways. People can often carry deep lacerations and emotional wounds that infect them for life if not healed. It keeps them from a fruitful life. Spiritual abuse is often a part of the equation.

Worse yet, people who have been spiritually abused often carry that into the next fellowship they join. New layers of hurt build on old layers of hurt, until eventually people shut down and say "I can't take it anymore."

Everyone gets hurt inside and outside of the church, but spiritual abuse is a whole different kind of monster, especially because it is perpetual, insidious and often very hidden. People can become slowly worn down to the core and left with broken hearts if safety is not established.

We have too many who are leaving the church, who describe the circumstances around their departure, and spiritual abuse is the reason. Spiritual abuse can occur in any area of a ministry or church organization. It can be a really tricky issue to discern, and it often takes help to identify when this is taking place.

We want to address this subject head-on, share our own

experiences and provide some tools to walk into freedom. We pray our vulnerability will bless your life and help any who have been in spiritually abusive environments.

In this episode, we cover the following areas:

- What our experience has been with spiritual abuse
- Observing many patterns of spiritual abuse
- Why defining spiritual abuse can be complicated
- Why this subject is so important to address
- What are the challenges we face when addressing the subject of spiritual abuse?
- What spiritual abuse is and what it looks like
- Why followers can be just as abusive as leaders
- Why spiritual abuse can be so devastating to the health and wholeness of people

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Mark DeJesus has served as an experienced communicator since the 1990s. As a teacher, author, coach and radio host, Mark is deeply passionate about awakening hearts and equipping people towards transformational living. His message involves getting to the core hindrances that contribute to the breakdown of our relationships, our health and our day-to-day peace. He is well-versed on struggles that originate within our thoughts. Through his own personal transformation, Mark is experienced in helping people overcome and live fruitful lives. He is the author of five books and hundreds of teachings. He hosts a weekly radio podcast show called "Transformed You" and blogs at . His writings have been featured on sites like .

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