

Quick
SCRIPTURE
REFERENCE
for
Counseling
Women

UPDATED *and* REVISED

PATRICIA A. MILLER



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Heavenly Father,
This is for your honor
and glory.
May your Word
rescue and restore.

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With a Grateful Heart

When I began the first edition of this book, the sorting and writing was a solo project. When asked to do this revision, I wanted a “choir.” As a result, I asked other women to share their ideas and read over the topics. I am grateful for each of you.

I teach at Calvary Bible College and Theological Seminary. Thank you for cheering me on! I had some wonderful seminary women in my classes who helped brainstorm the practical steps.

My children and their spouses always make me feel like “of course you can do this.” I am grateful to you beyond words.

My husband and partner, Keith, has my greatest appreciation. The man worked tirelessly, keeping me afloat and pushing me forward—actually breaking it down to how many topics I should complete in a week. He helped with research; lived with writing, sorting, and file folders all over the table; and had long discussions with me about topics and their relationship to women. I am forever grateful to God for the blessed partnership we have.

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Introduction

Coming Home

The Bible is the grand story of God’s glory manifested in his rescue and restoration of his good but fallen and broken creation. This story is woven through every book in the Bible.

In *Quick Scripture Reference for Counseling Women*, each of the topics and verses is a window into the grand mansion that is the Bible. As marvelous as the view is through the windows, it is only when we step inside the grand house—rest in its rooms, explore its many passages and balconies, enjoy its beauty and light—that we will be truly transformed.

When we encounter this grand home’s Master and Maker—Jesus Christ, whose name is written on every wall and reflected on every surface—we will know at last that we are truly home.

The Bible is not just a reference; it is so much more. Please do not get bogged down in the topics or the references. Take time to read, study, memorize, and meditate on the precious Word of God. Let it saturate your life. Keep exploring this mansion for the rest of your life!

They [God’s Words] are not just idle words for you—they are your life.

Deuteronomy 32:47 NIV

The Purpose of This Book

Scripture knows no boundaries. It is beneficial for men, women, and children. However, each of these groups has special needs and concerns. As a result, counselors, friends, and those who guide women need to be prepared to use Scripture that can encourage and comfort women.

The purpose of this book is to present Scripture that will help women in the areas in which they struggle.

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.

2 Timothy 3:16–17 NIV

Though this book covers needs specific to women, it also covers many general areas. However, even in these general areas, verses were chosen to touch a woman's heart and are studied from a woman's point of view. The desire is that this book will be a tool and at least a beginning point for further study of Scripture. It also contains a pattern that can be used for studying many other topics.

Counseling is a work of the heart and mind. The biblical principles of God's Word affect both the counselor and the one counseled. God's Word is clear. How do people change? People change when their thinking is changed about a difficulty, sin issue, problem, etc.

Do not conform to the pattern of this world, but be transformed [changed] by the renewing of your mind.

Romans 12:2 NIV

God's Word is the tool, measuring stick, and standard to help us see where our thinking does not line up with God's thinking. When biblical thinking is put in place, biblical actions should follow. The goal is to guide troubled individuals, whatever their problem, into confidence in God and his Word. The true value and success of biblical counseling and discipleship rest in God's Word and the power of the Holy Spirit in a life.

The world system offers counterfeit theories, programs, steps, and temporary solutions to follow. But again, they belong to the world. They have no solid, God-honoring foundation. We cannot blindly put our confidence in these ideas. Everything we use in our lives and in working with others must line up with God's Word. There is so much confidence, excitement, and freedom when we use the Word. We do not have to wonder, *Will this work?* Scripture is always sufficient for any area of life (2 Pet. 1:3). Every problem, every need, every hurt, and

every desire can be met by Scripture. While Scripture may not specifically address a particular issue, scriptural principles are valid to help an individual in every situation.

Isaiah 61:1–3 summarizes the goal of counseling in a beautiful way. Although given to the prophet for Israel, the principle is relevant for us today.

The Spirit of the Sovereign LORD is on me,
 because the LORD has anointed me
 to proclaim good news to the poor.
 He has sent me to bind up the brokenhearted,
 to proclaim freedom for the captives
 and release from darkness for the prisoners,
 to proclaim the year of the LORD's favor
 and the day of vengeance of our God,
 to comfort all who mourn,
 and provide for those who grieve in Zion—
 to bestow on them a crown of beauty
 instead of ashes,
 the oil of joy
 instead of mourning,
 and a garment of praise
 instead of a spirit of despair.
 They will be called oaks of righteousness,
 a planting of the LORD
 for the display of his splendor. (NIV)

Suggestions for Using This Book

Topics in this book are listed in alphabetical order and are also cross-referenced. The first topic is how to share the gospel. It is necessary that we be prepared to lead individuals into a personal relationship with Jesus Christ as Savior and into a committed relationship with him as Lord of their lives. It is essential to evaluate this issue before any counseling problems are addressed. God's Word can be useful in anyone's life, but when believers use the Word, the Holy Spirit has power in their lives to help them truly understand Scripture and make the changes necessary. Therefore, the first topic, the gospel, is very significant.

The following suggestions will help you in using this book.

- Whenever possible, have the counselees read the Scripture passages for themselves from a Bible.
- The “see also” heading at the beginning of each topic points to other helpful topics in the book that may apply.
- The Bible is a grand “narrative” moving in one direction. The Old Testament points to the New Testament, and the New Testament points to the cross. The purpose of the Bible is to tell of Jesus’s coming and his provision of eternal life (John 20:31). Within this large story are many individual stories that illustrate God’s work in people’s lives. God created us to respond to narrative, and reading biblical narratives helps us to better understand God’s story in our own lives.
- The “practical steps” listed at the conclusion of each topic are homework ideas or growth steps that can be used by counselees. Counselees can also interact with Scripture passages from the topic list throughout the week. (What spoke to them? What applies? What do they want to ignore? What verses would they add? What did God say? What should they do?) These practical steps allow the counseling to move at a more rapid pace because counselees are working on the problem throughout the week and keeping God’s Word before them.
- The “resources” section at the end of each topic provides a list of booklets and books for additional study. Diligence was used in trying to list only resources that have a biblical perspective.

What an amazing God we serve, that he would invite us into his Word to know him. Every time we open the Bible, we are standing at the front door to the Mansion—all that is required is that we cross the threshold and enjoy its delights. My desire is that this book of Scripture, organized by topic, will influence both your life and mine, and that as God brings those in need into our lives, we will be better able to show them the Savior and strengthen their walk with their Lord. For when we open the pages of the Bible it is always . . . *Welcome Home!*

The Gospel

The gospel is the place where our relationship with God begins.

A counselor's first task is to determine if an individual has a personal relationship with Jesus Christ. If a counselee does not have such a relationship, you can still provide help for the problems and struggles that are faced, but it is only when the individual understands and applies the gospel personally that Scripture will make sense.

When a person has trusted Jesus Christ and him alone for salvation, Scripture, with the power of the Holy Spirit, will then be truly able to do its work.

Steps in guiding an individual to Christ (if possible, have counselees read the passages from a Bible).

1. Each person is separated from God because of sin and sinful behavior.

Romans 3:23 For all have sinned and fall short of the glory of God. (NKJV)

Isaiah 53:6 All we like sheep have gone astray; we have turned, every one, to his own way; and the LORD has laid on Him the iniquity of us all. (NKJV)

2. Sin must be punished by separation from God (hell).

Romans 6:23 For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. (NKJV)

3. There is nothing a person can do to gain status with God or to earn salvation. We cannot earn forgiveness.

Ephesians 2:8–9 For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.

Titus 3:5 He saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit.

Isaiah 64:6 We have all become like one who is unclean, and all our righteous deeds are like a polluted garment. We all fade like a leaf, and our iniquities, like the wind, take us away.

4. **God recognizes this dilemma. From creation, he put a plan into action to give individuals the opportunity to have a personal relationship with him. This plan was based on the death of his Son, Jesus Christ.**

Romans 5:8 But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. (NKJV)

John 3:16 For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. (NKJV)

Romans 10:9 Because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

5. **Each person must repent of their sin and personally believe (i.e., trust) in Jesus Christ as the only way to receive God's forgiveness and gain entrance into heaven.**

John 1:12 But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name. (NASB)

John 3:36 Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life, for God's wrath remains on them. (NIV)

Luke 15:7, 10 In the same way, there is more joy in heaven over one lost sinner who repents and returns to God than over ninety-nine others who are righteous and haven't strayed away! . . . In the same way, there is joy in the presence of God's angels when even one sinner repents. (NLT)

6. Salvation is then assured—not a “maybe” or a “hope so”; it is God’s gift.

1 **John 5:13** I write these things to you who believe in the name of the Son of God that you may know that you have eternal life.

John 5:24 Truly, truly, I say to you, whoever hears my word and believes him who sent me has eternal life. He does not come into judgment, but has passed from death to life.

Biblical Narratives

- Nicodemus, John 3
- Serpent in the wilderness, Numbers 21 with John 3:14
- Woman at the well, John 4:1–45
- Ethiopian, Acts 8:26–39
- Cornelius, Acts 10
- Philippian jailor, Acts 16:25–34

Practical Steps

- Write out your spiritual journey. Compare it to each area listed in this topic. Do you have an accurate picture according to Scripture?
- Study carefully the Gospel of John.
- Seek out another believer to mentor you in your spiritual growth.
- Write out the gospel in your own words.
- Question to ask: If you were to die soon, why would you expect God to allow you to join him in heaven?

Resources

- *Assurance* (booklet). Susan Heck. Focus.
- *Crazy Love: Overwhelmed by a Relentless God*. Francis Chan. David Cook.

THE GOSPEL

- *A Gospel Primer for Christians*. Milton Vincent. Focus.
- *The Jesus I Never Knew*. Philip Yancey. Zondervan.
- *The Reason for God*. Timothy Keller. Dutton.
- *What's So Amazing about Grace?* Philip Yancey. Zondervan.

Abortion

See also Decision Making/Will of God, Hope, Selfishness/Subjectivity

Choosing Life

1. God is actively and personally involved in the life of every unborn person, including plans for each day of his or her life.

Psalm 139:16 Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. (NIV)

Genesis 25:21–23

2. Birth is not the beginning of life; it is the arrival. The baby in the womb is a living human being from conception. Note the frequent use of personal pronouns in reference to an unborn baby.

Psalm 139:13–15 For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.

3. The prophets understood that God knew them as persons before they were born.

Jeremiah 1:5 I knew you before I formed you in your mother's womb. Before you were born I set you apart and appointed you as my prophet to the nations. (NLT)

Isaiah 49:1 Listen to me, you islands; hear this, you distant nations: Before I was born the LORD called me; from my mother's womb he has spoken my name. (NIV)

4. Elizabeth's unborn baby was aware of Jesus, Mary's unborn baby. Through a unique situation (the God-man in the womb), evidence is provided for personhood in the womb.

Luke 1:44 As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. (NIV)

5. Following what self desires, rather than God's plan, is sin and leads to heartache and problems.

Psalms 19:13 Keep your servant from deliberate sins! Don't let them control me. Then I will be free of guilt and innocent of great sin. (NLT)

Proverbs 14:12 There is a way that seems right to a man, but its end is the way to death.

Proverbs 16:2 People may be pure in their own eyes, but the LORD examines their motives. (NLT)

6. Our actions are not hidden from God.

Hebrews 4:13 Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account. (NIV)

7. Children are a gift from God, no matter the circumstances of their conception.

Psalms 127:3–4 Behold, children are a gift of the LORD, the fruit of the womb is a reward. Like arrows in the hand of a warrior, so are the children of one's youth. (NASB)

8. Our bodies are not ours—they belong to God

1 Corinthians 6:19–20 Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body. (NLT)

Romans 12:1–2; 2 Corinthians 6:16

9. **Choose life!** Self may desire to get out of a pregnancy and its consequences, but that is not what God desires. Choosing God's way, no matter how difficult, leads to life and peace.

Romans 8:5–6 Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. (NIV)

Philippians 1:9–10 And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ. (NIV)

Joshua 24:14–15 Now fear the LORD and serve him with all faithfulness. Throw away the gods your ancestors worshiped beyond the Euphrates River and in Egypt, and serve the LORD. But if serving the LORD seems undesirable to you, then choose for yourselves this day whom you will serve. . . . But as for me and my household, we will serve the LORD. (NIV)

10. **Think—present-day gods.**

Joshua 1:9

Biblical Narratives

- Mary and Elizabeth, Luke 1:26–45
- Job, how God's hands fashioned him, Job 10:8–12
- Proverbs 24:11–12 on the need to rescue from death
- Exodus 21:22–23 (NET Bible) where the death of a mother and baby are seen as of equal standing

Practical Steps

- A must—have an ultrasound. Study your baby's development.
- Consider adoption—visit a pregnancy center.

- Memorize Psalm 139:16; say it daily.
- Memorize Isaiah 43:1–2.

Resource

- *Pro-life Answers to Pro-choice Arguments*. Randy Alcorn. Multnomah.

After an Abortion

See also Confession/Repentance, Forgiveness from God, Grief, Past Memories

1. When forgiveness is requested, it is given freely.

Psalm 32:3–5 When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the LORD.” And you forgave me! All my guilt is gone. (NLT)

2. God can take a broken spirit and produce joy.

Psalm 51:12–17 Restore to me the joy of your salvation, and uphold me with a willing spirit. Then I will teach transgressors your ways, and sinners will return to you. Deliver me from blood-guiltiness, O God, O God of my salvation, and my tongue will sing aloud of your righteousness. O Lord, open my lips, and my mouth will declare your praise. For you will not delight in sacrifice, or I would give it; you will not be pleased with a burnt offering. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

3. God offers restoration and freedom.

Psalm 40:1–3 I waited patiently for the LORD; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the LORD and put their trust in him. (NIV)

John 8:32, 36 Then you will know the truth, and the truth will set you free. . . . So if the Son sets you free, you will be free indeed. (NIV)

4. God understands the women of Israel weeping for children they would never see again. He understands sorrow for the loss of children.

Jeremiah 31:15 Thus says the LORD: A voice was heard in Ramah, lamentation and bitter weeping, Rachel weeping for her children, refusing to be comforted for her children, because they are no more. (NKJV)

5. As the Israelites in captivity were not to dwell on past mistakes, we also should not dwell on the past once it is forgiven.

Isaiah 43:18–19 Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. (NIV)

6. God is the only one who can save us from our sorrow.

Psalm 18:1–6 I love you, LORD, my strength. The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold. I call to the LORD, who is worthy of praise, and I am saved from my enemies. The cords of death entangled me; the torrents of destruction overwhelmed me. The cords of the grave coiled around me; the snares of death confronted me. In my distress I called to the LORD; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears. (NIV)

Isaiah 25:8 He will swallow up death forever; and the Lord GOD will wipe away tears from all faces, and the reproach of his people he will take away from all the earth, for the LORD has spoken.

Practical Steps

- As a reminder of God’s forgiveness, purchase a special piece of jewelry (perhaps a birthstone) that can be worn in memory of the baby.
- Join a Bible study with other post-abortive women. Go beyond sharing experiences to how God meets you in your need and how he can use you now.
- Get involved with a crisis pregnancy center and/or the Pro-life Movement.
- Plant a memorial tree or conduct a memorial service.

Resources

- *Forgiven and Set Free: A Post-Abortion Bible Study for Women*. Linda Cochrane. Baker.
- *Healing After Abortion* (booklet). David Powlison. New Growth.
- “How Can I Get Rid of Guilt Over my Abortion?” in *Intimate Issues*. Linda Dillow. WaterBrook.
- *Living in His Forgiveness*. Sandy Day. Focus.
- *When the Pain Won’t Go Away: Dealing with the Effects of Abortion* (booklet). RBC Ministries.

Abuse

See also Fear, Past Memories, Purpose for Living, Rape, Suffering/Trials

Abuse does not define a person. Our identity is who we are in Christ.

Help for the Abused

1. The Lord Jesus himself experienced/suffered great abuse.

Isaiah 53:5–6 But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed. All we like sheep have gone astray; we have turned—every one—to his own way; and the LORD has laid on him the iniquity of us all.

Psalms 22:7–8 Everyone who sees me mocks me. They sneer and shake their heads, saying, “Is this the one who relies on the LORD? Then let the LORD save him!” (NLT)

Psalms 22:16 My enemies surround me like a pack of dogs; an evil gang closes in on me. They have pierced my hands and feet. (NLT) See **Luke 23:33–37**.

2. When we feel alone, God is there, and we can call on him.

Zephaniah 3:17 The LORD your God in your midst, The Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing. (NKJV)

Psalms 142:1–7 I cry out to the LORD; I plead for the LORD’s mercy. I pour out my complaints before him and tell him all my troubles. When I am overwhelmed, you alone know the way I should turn. Wherever I go, my enemies have set traps for me. I

look for someone to come and help me, but no one gives me a passing thought! No one will help me; no one cares a bit what happens to me. Then I pray to you, O LORD. I say, “You are my place of refuge. You are all I really want in life.” Hear my cry, for I am very low. Rescue me from my persecutors, for they are too strong for me. Bring me out of prison so I can thank you. The godly will crowd around me, for you are good to me. (NLT)

Psalm 59:1 Deliver me from my enemies, O my God; protect me from those who rise up against me.

3. Although we do not know when or how God will rescue us, we do know he will provide the strength we need.

Psalm 31:4 You will pull me out of the net which they have secretly laid for me, for You are my strength. (NASB)

Psalm 61:3 For You have been a refuge for me, a tower of strength against the enemy. (NASB)

Psalm 62:7 My victory and honor come from God alone. He is my refuge, a rock where no enemy can reach me. (NLT)

4. David prayed for safety from evil men; we can do the same.

Psalm 140:1–6 O LORD, rescue me from evil people. Protect me from those who are violent, those who plot evil in their hearts and stir up trouble all day long. Their tongues sting like a snake; the venom of a viper drips from their lips. O LORD, keep me out of the hands of the wicked. Protect me from those who are violent, for they are plotting against me. The proud have set a trap to catch me; they have stretched out a net; they have placed traps all along the way. I said to the LORD, “You are my God!” Listen, O LORD, to my cries for mercy! (NLT)

Psalm 61:1–4 O God, listen to my cry! Hear my prayer! From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety, for you are my safe refuge, a fortress where my enemies cannot reach me. Let me live forever in your sanctuary, safe beneath the shelter of your wings! (NLT)

5. **Do not allow past fears to control the present. When there is nothing we can do to correct the past, we must trust it to God's care.**

Isaiah 43:18–19 Do not cling to events of the past or dwell on what happened long ago. Watch for the new thing I am going to do. It is happening already—you can see it now! I will make a road through the wilderness and give you streams of water there. (GNT)

Philippians 3:13 Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead. (NASB)

Matthew 10:26 But don't be afraid of those who threaten you. For the time is coming when everything that is covered will be revealed, and all that is secret will be made known to all. (NLT)

Psalms 27:1; 118:6

Comfort for the Abused

1. **Our God, who is sovereign over our past, can help us today.**

Psalm 103:3–11 He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things. My youth is renewed like the eagle's! The LORD gives righteousness and justice to all who are treated unfairly. He revealed his character to Moses and his deeds to the people of Israel. The LORD is compassionate and merciful, slow to get angry and filled with unfailing love. He will not constantly accuse us, nor remain angry forever. He does not punish us for all our sins; he does not deal harshly with us, as we deserve. For his unfailing love toward those who fear him is as great as the height of the heavens above the earth. (NLT)

2. **Although the Thessalonian Christians were suffering, they had joy and set an example for other believers.**

1 Thessalonians 1:6–7 You became imitators of us and of the Lord, for you welcomed the message in the midst of severe

suffering with the joy given by the Holy Spirit. And so you became a model to all the believers in Macedonia and Achaia. (NIV)

3. We can always talk to God about the problem.

Hebrews 4:16 Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Philippians 4:6–7 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. (NLT)

4. God is sufficient to give us strength in our trials.

2 Corinthians 12:9–10 But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. (NIV)

5. God is our refuge, our strong protector.

Psalms 17:8–9 Guard me as you would guard your own eyes. Hide me in the shadow of your wings. Protect me from wicked people who attack me, from murderous enemies who surround me. (NLT)

Isaiah 25:4 But you are a tower of refuge to the poor, O LORD, a tower of refuge to the needy in distress. You are a refuge from the storm and a shelter from the heat. For the oppressive acts of ruthless people are like a storm beating against a wall. (NLT)

Psalm 46

6. We can hope in a future day when God will redeem all things and there will be no more pain.

Revelation 21:1–4 Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, new Jerusalem, coming

down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, “Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”

Biblical Narratives

- Joseph, Genesis 37:12–36
- Hagar, Genesis 16

Practical Steps

- Create a safety plan with a trusted individual (emergency phone numbers, safe house, money, etc.).
- Keep a record of events and what was said and done.
- Separate yourself from the situation. Seek out a shelter or a friend’s home; get a restraining order.
- Start a healing journal of prayers, Scripture, and forgiveness.
- It would be beneficial to have the counselee see a physician.

Resources

- *Abused*. Richard and Lois Klempel. Fairway.
- *Dorie: The Girl Nobody Loved*. Dorie Van Stone. Moody.
- *Emotionally Destructive Relationships*. Leslie Vernick. Harvest House.
- *Rid of My Disgrace*. Justin and Lindsey Holcomb. Crossway.
- *They Meant It for Evil*. Lucinda Pennington. Tate Publishing.