

WOMAN IN THE MIRROR

At Word Alive Ministries - Newsletter

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Guard your heart

We are called to love others as we love ourselves. However, often when we do this, others will see this as an opportunity to take advantage of us. The Bible tells us that that we are to guard our hearts, for out of it flows the issues of life. We also are told that the heart is deceitful above all else. So how do we guard our hearts, while being loving the way Jesus has called us to be? Check out the post on our website blog <u>Guard Your Heart</u>

Q&A

Do you know the Truth About DV?

Q: My friends tell me my boyfriend is controlling me. How do I know if it's abuse and not just because he cares?

A: Domestic Violence almost always includes and starts by one partner controlling the other. The controlling behavior can cause you to feel fear, a loss of a sense of self, identity, and worth. You may feel like you can't do the things you once did, hang out with the people that you used to hang out with, or go the places you once did. You may also feel like you have to give an account of how you spend your money and/or time to your partner. The controlling partner will often make you feel guilty about doing the things you used to, under the guise of love and wanting "what's best for you." " A new heart also will I give you, and a new spirit will I put within you; and I will take away the stony heart out of your flesh, and will give you an heart of flesh."

When we have been wounded, many times we put up a wall around our hearts. We harden our hearts in an effort to protect ourselves from further hurt and pain. The problem is, when we put up a wall to people, we also put up a wall around our hearts towards God. He wants to heal your heart. He wants to bind up your wounds. Soften your heart for the Father to work in you. Let Him heal you, so you can be open to love again.

Get Help for you or someone you love

If you or someone you know is being abused there is help. The National Domestic Violence Hotline is available 24/7 – 365 1-800-799-7233 \ 1-800-787-3224 (TTY) \ Español

Great Resources and Articles can be found at: https://www.domesticshelters.org



Testimonies gone Bad

Survivor Stories — Anonymous Author

I had a friend that I loved dearly. Thought we could tell each other anything. Soul-sisters. Until one day recently I needed her as a friend. Bad day. I just needed someone to talk to and listen and she's a sister of faith... I can trust her... John 15:13 "Greater love has no one than this, that he lay down his life for his friends".

I was really frustrated one evening and went for a walk. My husband kept poking and poking at me and I needed alone time. I called her upset... she met up with me and we started We sat in her car and talked for about an hour. As I talking. was upset with my husband, she started telling me about her testimony from her ex-husband. How she was raped, beaten, cheated on, drugs etc. As she was telling her testimony I started to feel that much closer to her. I started to tell her about mine and (my husband's) testimony. Where we've been and where we are. How dark and cold it once was and now he just "pisses me off now". We started comparing our lives and I told her secrets that was from years ago. (He) and I have been together for 17 years. Our marriage was falling apart fast about 6 years ago. There was no hope at all. I met a pastor that held my hand and walked with me, and us, through marriage counseling and Biblically what the bible says about marriage. I finally declared Jesus Christ as my Lord and was baptized (in) 2014. (My husband) went through more counseling and got baptized (in) 2016. That sister of faith started reliving her past while saying that my husband can't change, people like that don't change. told her they can, and they do with Jesus Christ. People change their lives all the time from worse things like rapist, cheater and all walks all the time. She started saying she can't stand to look at my husband now... How she could never look at him the same. How he reminds her of her exhusband now. A testimony from years ago.

I saw my marriage slipping back in Sept (2018) and reached out for help and received it. We promised to return if we need them again and we have been blessed, except his irritating things that bugs me. We did exactly what we were supposed to do... Except one day I felt lonely and was reaching out for someone to talk to and it turned into a bonding moment, so I thought. Now she proudly tells my testimony as if it is hers without sharing it was who we were before we declared Jesus Christ as our Lord and savior. Romans 6:4 we have been buried with Him through baptism into death. We're now dead to the power of sin. Being raised up out of the water expresses our new life in Christ and our union with Him.

I was always told that our testimony would one day make a positive difference for someone. **I was never warned to watch who I shared it with.** Now those who hear her words without hear both sides are participating in the gossip. Mark 5:19 Jesus said, "go home to your family, and tell them everything the Lord has done for you and how merciful he has been".

Proverbs 11:13 "People who tell secrets about others cannot be trusted. Those who can be trusted keep quiet." Its not a season, its an attack ... or a season of attacks... Father God will protect me. Deuteronomy 31:6 "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord you God goes with you; he will never leave you nor forsake you".

The above story was shared with Woman in the Mirror several months ago, and is shared with permission of the Anonymous Author. Names and dates have been changed/removed for privacy protection. No other Editing took place

Editor's Commentary: By Christina M Cordova

I too have learned the hard way (even recently) the devastation of Gossip. I am still dealing with the consequences of words spoken in what I thought was confidence, seeking Godly wisdom and advice, as we are instructed to do, but was spread in gossip, and wounded others.

It hurts how much the enemy infiltrates the Body of Christ. He uses Christians to work against and destroy other Christians, while he sits back and laughs. He plants words, hurts, and imaginary scenarios in Christians' minds then watches them destroy each other. If he can pit us against each other with just a thought, a suggestion in our mind, or as this sister did, with unforgiveness from our past, he will just sit back and watch and he doesn't have to do much.

We all go through things in life, trials and traumas. As people, it is hard to forgive, because we want justification for the hurts done against us. We want the perpetrator to hurt like we do. And when we can't hurt them, we turn that on others or ourselves. But as Christians we HAVE to forgive no matter how hard it is. Jesus said if we don't forgive others, the Father won't forgive us. That is why the Bible says we are not supposed to let the sun go down on our anger, lest a root of bitterness takes hold, and therefore unforgiveness makes a stronghold in our hearts.

This "Friend" in the story, had unforgiveness that had been deep rooted, from trauma and pain from her past. She needed DELIVERANCE to be able to let it go. Unforgiveness poisons every aspect of our lives. It's like a true story I read about a Munchausen Syndrome by Proxy case.. the mother would give her daughter a capful of antifreeze everyday in her breakfast. The little girl ingested it, unaware that she was being poisoned. It happened slowly, she didn't notice at first, she just felt tired. She stopped playing and running, then she developed a slight cough. Everyday she got sicker and sicker. Her organs started shutting down, and ultimately she died. That is how unforgiveness works. By not dealing with the pain from her past, this sister had allowed the unfor-giveness to poison every aspect of her. She projected and displaced anger and hurt from past wounds and traumas on people who did not hurt her (the author's husband), and refused to see the good in people, or even to believe that Jesus' Grace and Mercy truly can and does transform lives. Even time changes people. I am not who I was 10, 5, or even 1 year ago. But the transforming power of Christ is ultimate. He who begun a good work in me, in you, in others will not stop until it's accomplished. Some people will accept God as a Savior to keep them from going to hell in the end, but have not allowed Him to transform them from the inside out.

To the Anonymous Author, who was brave enough to share her story:

God will see you through. He will continue to strengthen your marriage. Iron sharpens Iron, and God's Word spoken over you and to you will come to pass. This too will be part of your testimony of Grace and Forgiveness and Marriage Victory, and it will be used in a powerful way to help other marriages that are struggling, and for people who need help believing that people can change.

Jesus said, "Behold, I make all things new." Revelation 21:5

"If any man is in Christ, he is a new creation..." 2 Corinthians 5:17

IT'S ABUSE

by: Valinda Sawyer Powers*

"A Poem I Wrote A While Back about Abuse! Just wanted to Share it to Maybe Help Someone who is questioning Their Sanity and wondering if They are in abuse or Not! The First Step To Getting Help is Realizing it's Abuse! No One Deserves To Be Abused! No One! If You're In Abuse, I Pray You Find You're Way Out In Jesus Name! Amen!"

"It's Abuse!"

When The Same Person You Love The Most, Is Also The One You Fear The Most, It's Not Love, It's Abuse!

If Everything You do, depends on if he's in a good mood, It is mental abuse.

If you have to leave your home for fear, looking for Peace, It is abuse.

When You have to flee your safe Haven to be safe, it's abuse.

If the very one who you trust to Protect You, You have to be Protected from, It's abuse!

If One Minute, You can have Prince Charming, and the next, He is a Monster, It's abuse!

If Your knight in Shining Armor has become someone You flee from, it's abuse.

If the man you call Your Best friend, turns into a maniac Stranger, it's abuse.

If One minute, He seems to give You the world, but the next minute, tears it apart, it's abuse.

If He convinces You, He's the Only One You can count on, only to be the One that attacks You, it's abuse.

If He Promises to Protect You, yet attacks You, it's abuse.

If He seemed to be the Most understanding, now, Judges Your every move, It's abuse.

If He claims You deserve Freedom, yet gives you less and less choices, it's abuse.

If The Kind Care Giver who nursed you when you're sick, could care less, when he's mad, it's abuse!

Abuse is not Love! Love Is Not Abuse!

No One Deserves to Live in fear! No One Deserves to Live on Pins and Needles.

If You do, it's not Love, It's Abuse!



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Valinda is a survivor of abuse from an early age of 11, when she started dating an older boy (16). For 6 years she endured DV, at the hands of her boyfriend, which included, emotional, physical, Mental and Sexual Abuse. Because of the abuse, she became Suicidal. At the age of 18, She was able to break free from her abuser, only to find herself in one abusive relationship after another. Today she is spreading the word about Domestic Violence so that others will not fall victim. *shared with permission by author* **Ministry Information**



Word Alive Ministries is a Full Gospel, Spirit-Filled, Non-Denominational fellowship of people seeking hard after JESUS! We are excited about what God is doing in revival type services where the power of God is touching, ministering and healing people.

We are passionate about God and people.



Be Healed Ministries is an inner healing and deliverance ministry. Our personal freedom sessions are Holy Spirit lead and bible based. Jesus paid the ultimate price for your freedom. He wants you saved, healed and delivered! You can contact this ministry through their Website: <u>behealedministries.org</u> Or find us on <u>Facebook</u> and at Word Alive Ministries Thornton

We are called to be the Hands and Feet of Jesus - (Romans 10:15)



Fellowship with us! Woman in the Mirror meets:

The 4th Saturday of every Month

August 24, 2019 9:30am—11:30am September 28, 2019 9:30am—11:30am AT: Word Alive Ministries 761 E 88th Ave, Thornton, CO 80209 East side of the Building, In the Youth Room

To Contact us, get prayer, or for information: Email us at WomanInTheMirrorAtWAM@gmail.com or **text to 720-275-5636** Find our new Facebook page at **Woman In The Mirror at WAM** or on Instagram. **Website:** <u>www.Woman-in-the-Mirror.com</u>

If you have ever been wounded by someone you thought you could trust, it can be such a painful experience that you may start to harden your heart and try to keep others out. You may not know who you can trust, so you just put up walls and keep everyone away. Pain and fear often make you feel isolated, and can bring accusations against those who have not wounded you, because you are not sure who you can trust. You push away those who were once close to you, because of the wounds of another. Did you know that Jesus was betrayed by one of His closest friends? He was betrayed to the point of death by Judas Iscariot, for 30 pieces of silver. One of his closest friends betrayed Him with a kiss, to those who would torture, beat and eventually kill Jesus. But instead of pulling up walls between Himself and those whom had hurt and betrayed Him, Jesus endured the Cross. He forgave them, and asked Father God to Forgive the, "Forgive them Father, for they know not what they do."

He took on our sin and shame. He came to "bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound." (Isaiah 61:1)

Jesus died to save you and to heal your heart. You can be free from sin, shame and bondage from past wounds. If you have never asked Jesus to come into your heart and life, He is waiting for you to reach out. Call upon His name, and you will be saved. - God Bless

