

How do I help someone who is abused

- Pray for them. Ask the Lord for wisdom and guidance. Ask for protection over them.
- Be there when they are ready to talk. Approach them when it is safe to talk. Let them know you care about their safety.
- Listen, don't judge. Show compassion and don't blame, judge, or criticize. Take time to learn about domestic violence, the different types of abuse, and the signs to look for.
- Only offer advice when asked. Often the person needs someone to listen without offering a commentary or trying to direct them on what they should do. Living in such a state is very stressful as it is.
- Offer empathy and support. Be willing to build them up and tell them how smart and strong they are.
- Respect their choices and be patient. Deciding to leave a relationship is difficult, even when the relationship is not healthy.
- Continue to pray

Steps if being abused:

- Pray
 - Ask for wisdom and guidance
 - Ask for safety
- 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
 - Take pictures of physical abuse
 - Keep any medical, financial, legal, etc. records that will be helpful
 - Keep with a trusted friend, safety deposit box, etc. off site
- See a counselor and physician
- Start a healing journal of prayers, Scripture, and forgiveness
- Make a safe exit strategy and get away
 - The National Domestic Violence Hotline
 - Exiting the relationship is the most unsafe time for a victim
 - It takes a victim seven times to leave before staying away for good
 - As the abuser senses that they're losing power, they will often act in dangerous ways to regain control over their victim
 - Women who return to their abusers have significantly higher levels of danger compared to those who do not return
- Attend counseling sessions and support groups
- Continue to pray

Resources

The National Domestic Violence Hotline

- 1-800-799-7233
- Thehotline.org
- Text BEGIN to 88788

Center for Prevention of Abuse

- 1-800-599-SAFE (7233)
- Centerforpreventionofabuse.org
- Themendproject.com