

Healing After Abuse?

WORDS TO REPEAT WHEN YOUR PAST ABUSE STILL HAUNTS YOU

“I can be changed by what happens to me, but I refuse to be reduced by it.” —*Maya Angelou*

“Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.” —*Deuteronomy 31:6*

“Today, I’ve found a new refuge—resting at the top of a hill, overlooking a city, crowned by a cross. And when I am faced with the ugliness of this world or the sin in my life, I can look up and be certain that from now to eternity, I am safely resting in the arms of my Father. Fear no longer controls me. I am free.” —*A. McCormick*

“Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.” —*Colossians 3:12-13*

“We all have a story. The difference is: Do you use the story to empower yourself? Or do you use your story to keep yourself a victim? The question itself empowers you to change your life.” —*Sunny Dawn Johnson*

“God rewrote the text of my life when I opened the book of my heart to his eyes.” —*Psalms 18:24*

