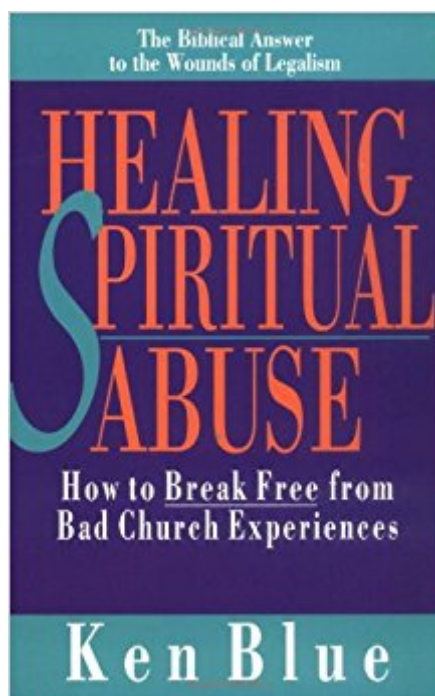




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# Healing Spiritual Abuse: How To Break Free From Bad Church Experience



## Synopsis

Are you a victim of Spiritual Abuse? Are you discouraged from questioning the decisions or teachings church leaders make? If you do little or no volunteer work for the church, do you feel like a second-class Christian? Does your pastor insist on being addressed by a title such as "Dr." or "Pastor"? Do you hear many broad, vague appeals to "surrender fully," "yield completely" or "lay it all on the altar"? Are public reports about various ministry activities sometimes exaggerated? Do church members feel safe talking only about past victories, not present struggles? If you answered yes to any of these questions, you may be a victim of spiritual abuse. Many of us have gone through bad church experiences that have left us feeling like failures. Blaming ourselves, we asked for God's forgiveness, but felt distant from the church and sometimes from God too. Often, however, the fault is not ours but that of Christian leaders who abuse spiritually. How can we recognize the signs of spiritual abuse? What can we do to gain healing from the wounds we have experienced? With clarity and refreshing honesty, Ken Blue answers these questions and offers hope and healing to the victims of spiritual abuse. In addition he shows Christian leaders how to avoid abusive patterns and instead offer Christ's gospel of grace to every casualty of bad church experiences.

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## Customer Reviews

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all on the altar"? Are public reports about various ministry activities sometimes exaggerated? Do church members feel safe talking only about past victories, not present struggles? If you answered yes to any of these questions, you may be a victim of spiritual abuse. Many of us have gone through bad church experiences that have left us feeling like failures. Blaming ourselves, we asked for God's forgiveness, but still felt distant from the church and sometimes from God too. Often, however, the fault is not ours but that of Christian leaders who abuse spiritually. How can we recognize the signs of spiritual abuse? What can we do to gain healing from the wounds we have experienced? With clarity and refreshing honesty, Ken Blue answers these questions and offers hope and healing to the victims of spiritual abuse. In addition he shows Christian leaders how to avoid abusive patterns and instead offer Christ's gospel of grace to every casualty of bad church experiences.

Ken Blue is the director of Good News to the Poor, an organization that takes the gospel and business training to the developing world.

I am a former member of one of the book's references of a church that can be spiritual abusive. I needed help healing and understanding the pain and confusion in my Christian walk from my long history in my former church. I earmarked pages that really struck me and have gone back to it at times. This is a hard and sometimes lonely journey, but one that you want to make to preserve your faith. I appreciated the insight. In some ways it has increased my faith to see my faith and others in the book preserved inspite of unhealthy and harmful practices around them. The truth will prevail about God and who he is and what he longs for for his people.P.S. I also recommend " Accidental Pharisee" by Larry Osborne if your former church fellowship had a culture of legalism. It helped me think through things differently (even though sometimes I didn't complete agree) as I headed out into the broader Christian world.

What if church wasn't a safe place? What if one of the most hurtful things you ever experienced was done to you in the name of religion? If you've ever been there, this is the book for you! Why would a minister subject you to spiritual abuse? What constitutes spiritual abuse? Should I stay or should I go? If you are hurting, this could be your first step toward reclaiming joy and repairing your relationship with God.

What an excellent book! This is a must read for anyone who has experiences spiritual abuse. The author does an excellent job explaining spiritual abuse, how it affects you and how to move

forward...I'm glad I bought this book...I'm sure I will refer to it often!

SO HELPFUL!

Ken Blue has written a book that offers more than his usual biblical, practical, lived-out content. He offers a paradigm-shift in grasping the importance Jesus attached to spiritual abuse. Ken explains biblical spiritual authority in a way that empowers church members to identify and submit to true authority while discerning and rejecting false authority. Besides being a PK, over the past 20 years I've worked closely with several pastors whose character needs resulted in them committing regular spiritual abuse ranging from mild to severe. Ken offers genuine hope for true forgiveness, freedom and healing. I highly recommend this book.

WOW! It's opened my eyes to truth and what I was discerning in the church we attended. The abuse we endured is all in this book and it's NOT from God. Praying for all of those who have been spiritually abused and having a hard time trusting again. Turn to God and He will make you WHOLE again! [HealingWounds4God.org](http://HealingWounds4God.org)

Very well-balanced and well-written. It focuses on both sides of the problem. Sometimes the pastoral staff is the abuser and sometimes the congregation is abusing the pastoral staff. And sometimes members of the congregation are abusing other members of the congregation when leadership is weak. It teaches how to recognize what behavior constitutes a problem, identifying the cause and the solution. It promotes healing and restoration of relationships by helping people on both sides of the situation understand each other. It also allows that sometimes there will not be a solution and it is okay, and sometimes the best thing, to walk away from a church.

Good book

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