



DOMESTIC ABUSE TASK FORCE

REPORT TO THE ELDERS

NOVEMBER 12, 2018



CANYON HILLS

COMMUNITY CHURCH

**DOMESTIC ABUSE
TASK FORCE**

QUICK RESPONSE



Personalized Safety Plan

Name: _____ Date: _____

Counselor 1: _____ Counselor 2: _____

The following steps represent my plan for increasing my safety and preparing in advance for the possibility for further abuse. Although I do not have control over my partner, I do have a choice about how to respond to him/her and how to best get myself and my children to safety.

STEP 1: Plan for safety during a violent incident to increase safety.

1. If I decide to leave, I will _____
_____. *(Practice how to get out safely. What exits can you use?)*
2. I can keep my purse and car keys ready and put them *(location)* _____ in order to leave quickly.
3. I can tell _____ about the violence and request that she or he call the police if she or he hears suspicious noises coming from my house. *(a neighbor within hearing distance).*
4. I will use _____ as my code with my children or my friends so they can call for help.
5. If I have to leave my home, I will go to _____
(Decide this even if you don't think there will be a next time.)
6. When I expect we're going to have an argument, I'll try to move to a place that is lower risk, such as _____ *(Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door.)*
7. I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we can get out safely or get help.

If there are children in the home:

1. I can teach my children how to use the telephone to contact 911.

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2. I can also teach some of these strategies (exits, code words, etc.) to some or all of my children.

STEP 2: Safety when preparing to leave. *Those who are abused frequently leave the residence they share with their abuser. Leaving must be done with a careful plan in order to increase safety. This can be the most dangerous time (especially after 2 weeks of being out of the home).*

I can use some or all of the following strategies:

1. I will leave a packed bag (see *list*) and extra set of keys with _____ so I can leave quickly.
2. I will keep copies of important documents or keys at _____
3. I will open a savings account **by** _____ to increase my independence. *(For women whose finances are closely monitored, this needs to be done after leaving, not before).*
4. Other things I can do to increase my independence include:

5. I can keep a list of important numbers in my packed bag, so I may use a designated cell phone after leaving. *(Phones and phone charges can often be traced. CHCC provides safe homes with pre-paid cell phones).*
6. I will sit down and review my safety plan every _____ in order to plan the safest way to leave the residence. _____ (my counselor, advocate, or safe house host) has agreed to help me review this plan.
7. I will rehearse my escape plan and, as appropriate, practice it with my children.

STEP 3: Safety for those staying in the home, while the abuser is out of the home.
There are many things that those who have been abused can do to increase their safety in their own residence. CHCC can provide help to implement some of these safety measures.

Safety measures I can use:

1. I can change the locks on my doors and windows as soon as possible.
2. I can replace wooden doors with steel/metal doors.
3. I can install security systems including additional locks, window bars, poles to wedge against doors, an electronic system, etc.
4. I can purchase rope ladders to be used for escape from second floor windows.
5. I can install smoke detectors and fire extinguishers for each or of my house/apartment.
6. I can install an outside lighting system that activates when a person is close to the house.
7. I can inform _____ (*neighbor*) and _____ (*friend*) that my partner no longer resides with me and that they should call the police if he is observed near my residence.

If there are children in the home:

1. I will teach my children how to make a collect call to me and to _____ (*name of friend, etc.*) in the event that my partner takes the children.
2. I will tell the people who take care of my children which people have permission to pick up my children and that my partner is not permitted to do so. The people I will inform about pick-up permission include:
_____ (name of school)
_____ (name of babysitter)
_____ (name of teacher)
_____ (name of church, children's ministry)
_____ (name[s] of others)

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STEP 4: Safety with a Legal Court Order (Order of protection, restraining order, no contact order, etc.). *Many abusers obey protection orders, but one can never be sure which violent partner will obey and which will violate protective orders.*

I recognize that I may need to ask the police and the courts to enforce my protective order.

The following are some steps I can take to help the enforcement of my protection order:

1. I will keep my protection order _____ (location). *Always keep it on or near your person. If you change purses, that's the first thing that should go in the new purse.*
2. I will give my protection order to police departments in the community where I work, in those communities where I visit friends or family, and in the community where I live, *if I have filed a civil order.* If a criminal order has been filed, the police department will already have a copy.
3. *There should be county and state registries of protection orders that all police departments can call to confirm a protection order.* I can check to make sure that my order is on the registry. The telephone numbers for the county and state registries of protection orders are: _____ (county) and _____ (state).
4. I will inform my employer; my pastor, etc.; my closest friend; and _____ that I have a protection order in effect and will allow a copy to be made for my counseling file, and for children's ministries.
5. If my partner violates the protection order, I can call the police and report the violation, and then contact the church.

*Sign up for Vine Link:

STEP 5: Safety on the job and in public. *Friends, family, and co-workers can help to protect someone who has been abused. Each person should carefully consider which people to invite to help secure his/her safety.*

I may do any or all of the following at work:

1. I can inform my boss, the security supervisor, and _____ at work.
2. I can ask _____ to help me screen my telephone calls at work.
3. When leaving work, I can _____
(*have someone walk you to your car, screen the parking lot, etc.*)

I may do any or all of the following while out in public:

1. If I have a problem while driving home, I can _____
2. If I use public transit, I can _____
3. I will go to _____ grocery store(s), _____ pharmacies (*remove contact information of the abuser*), and _____ shopping malls that are different from where I usually go to conduct my business and shop at hours that are different from those I kept when living at home.
4. I can use a different bank location _____ and go at hours that are different from those kept when residing with my abuser.

STEP 6: Safety of mental and emotional health. *The experience of being abused and verbally degraded by partners is usually exhausting and emotionally draining. The process of building a new life takes much courage and incredible energy.*

To conserve my emotional energy and resources and to avoid hard emotional times, I can do some of the following:

1. If I feel down and am returning to a potentially abusive situation, I can _____ - (call _____ friend, talk to a safe house host or counselor, head to _____ Scripture).
2. When I have to communicate with my partner in person or by telephone, I can _____
(ask a friend to sit with me, talk to my counselor right after, etc.)
3. I can remind myself of this truth from God's Word,
" _____ "
whenever I feel others are trying to control or abuse me.
4. I can read _____ to help me feel stronger. (Bible, counseling resource, etc.)
5. I can call _____ and _____ for support.
6. I can attend Hope for Hurting Wives, a Life Group, or _____
_____ to gain support and strengthen relationships.

STEP 7: Items to take when leaving.

Money: Even if I never worked, I can take money from jointly held savings and checking accounts. If I do not take this money, he/she can legally take the money and close the accounts. *(If your finances are closely guarded, pack a debit card and withdrawal money away from your safe house as soon as possible after leaving. If this will create a bigger safety risk, do not take money out - CHCC will help provide what you need).*

Items to have packed in a bag, and kept offsite *(do not remove or pack items from the home that will be missed easily):*

- A copy of house and car keys
- At least a 3-day supply of medication
- A copy of important contact information
- A change (or two) of clothing (for children as well)
- Money
- Sentimental items/photos/jewelry
- Children's toys/books

Items to keep in your purse to grab quickly:

- Identification (Driver's License)
- Debit/Credit cards
- Checkbook
- Work identification or permits/green card/welfare identification
- Copy of protection order

Items to know the location of, in case you need to pick up (once escorted back to your home by the police):

- Birth certificates
- School and vaccination records
- Medical records (most can be found online)
- Social Security Cards
- Passports
- Lease/rental agreements or house deeds
- Insurance Paperwork

Items CHCC will provide:

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- Bed/blankets/pillows/towels, etc.
- Toiletries
- Pre-paid cell phone
- Food
- Gas, if needed

Telephone numbers I need to know:

Police/sheriff's department (local) - 911 or _____

Police/sheriff's department (work) _____

Police/sheriff's department (school) _____

Prosecutor's office _____

Church 425-488-4121 or Counselor's Direct Line _____

National Domestic Violence Hotline: 800-799-SAFE (7233) 800-787-3224 (TTY)
County registry of protection orders _____

State registry of protection orders _____

Work number _____

Supervisor's home number _____

**I will keep this document in a safe place and out of the reach of my potential
attacker. Review date: _____**

Domestic Abuse Interview Guide

Talking about Domestic Abuse

This interview guide is designed to help identify domestic abuse and coercive controlling behaviors. Screening for domestic abuse is often complicated by the fact that victims: (1) may not know why it might be in the interest of their children or themselves to disclose abuse; (2) may be unclear or concerned about the ramifications of disclosure; (3) may not trust you with information about domestic abuse, in spite of your good intentions; and (4) may not perceive that their current level of risk warrants disclosure. For these and other reasons, victims are often reluctant to disclose abuse. Bear in mind that talking about abuse may be an emotionally difficult experience for the interviewee, as well as for you.

Instructions:

The **first column** of this guide seeks general information across seven broad topic areas: (1) personal interactions; (2) access to resources; (3) children and parenting; (4) control of daily life; (5) sexual abuse; (6) physical abuse; and (7) emotional abuse. Below each broad topic are examples of the kinds of things you might want to ask about in order to help you identify whether domestic abuse is, or may be, present. Research shows that asking behaviorally specific questions is the most effective method of screening for abuse and coercive control.

The **second column** suggests follow-up areas to explore when any domestic abuse issues are identified or disclosed under column one. These discussion areas will help you gain a deeper understanding of the nature, context, severity, and implications of domestic abuse and coercive controlling behaviors.

The **third column** contains a checklist of key concepts, behaviors, and dynamics to listen for in the narrative responses to the questions asked in columns one and two.

Domestic Abuse Interview Guide

1. Personal Interactions	Discussion Areas:	What to Listen For:
<p>A. Let's start by talking about your current relationship with</p> <p>B. How comfortable are you interacting with ... now?</p> <ul style="list-style-type: none"> o Being alone together o Meeting face-to-face o Talking by phone o Emailing or texting o Public encounters <p>C. Do you have any concerns, fears or anxieties that I should be aware of?</p> <p>D. What worries you most?</p> <p><u>!Consider Safety Plan - Steps 2 and 6</u></p>	<p>1. Quality of interactions</p> <ul style="list-style-type: none"> a. Ability to express views b. Trust in other's judgment c. Reliance on other's word d. Cost of disagreement e. Post-separation changes <p>2. Prior Separations</p> <p>3. Snapshots</p> <ul style="list-style-type: none"> a. Happiest moments b. Most worrisome moments c. Scariest moments <p>4. Decision-making history</p> <p>5. Stressors</p> <ul style="list-style-type: none"> a. Violence b. Alcohol/drugs c. Physical/mental health d. Criminal activity e. Poverty 	<ul style="list-style-type: none"> o Autonomy o Control o Balance of power <input type="checkbox"/> Fear/danger/safety o Vulnerability o Dependability/predictability o Dis/honesty/deception o Dis/respect o Manipulation o Coercion/intimidation o Degradation/humiliation o Sabotage o Surveillance o Volatility o Jealousy/possessiveness o Entitlement
<p>2. Access to Resources</p> <p>A. I'd like to get a sense of your economic wellbeing.</p> <p>B. Do you have access to your own resources, like money, bank accounts, food, housing, transportation and healthcare?</p> <p>C. Who decides how you spend your money and manage your financial affairs?</p> <p><u>!Consider Safety Plan - Steps 2 and 7</u></p>	<p>1. History/detail</p> <p>2. Ability to meet basic needs</p> <p>3. Ability to meet obligations</p> <p>4. Recent changes</p>	<ul style="list-style-type: none"> o Control/Rulemaking o Dependence o Isolation o Denial of financial support o Child abuse/neglect o Child dependency o Blackmail o Financial sabotage o Forced criminal activity <ul style="list-style-type: none"> o Prostitution/pornography o Theft/drug trafficking

Domestic Abuse Interview Guide

3. Child/Parenting	Discussion Areas:	What to Listen For:
<p>A. Let's talk about your children.</p> <p>B. Do you have any concerns about your children or fears for their safety?</p> <p>C. How are parenting time arrangements currently being worked out?</p> <ul style="list-style-type: none"> o Division of duties o Parenting skills/capacities o Parenting concerns/conflicts o Children's adjustment o Access/exchange issues o Satisfaction with the plan <p>D. Has _____ ever used or threatened to use the children to manipulate, control, or monitor you?</p> <p>E. How are your children doing now?</p>	<p>1. What worries you most?</p> <p>2. Capacity for joint decisions</p> <ul style="list-style-type: none"> a. Common beliefs/values b. Parental involvement c. Trust in parental judgment d. Support of other parent e. Respect for other parent f. Nurture/support of kids g. Conflict resolution skills h. Developmental stage(s) <p>3. Interference with care</p> <p>4. Undermining authority</p> <p>5. Threats to:</p> <ul style="list-style-type: none"> a. Take children away b. Harm children c. File CPS reports d. Deport e. Evict <p>6. Post-separation changes</p>	<ul style="list-style-type: none"> o Direct physical abuse o Child sexual abuse o Moral corruption <ul style="list-style-type: none"> o Pornography o Racism/sexism o Criminal activity o Post-separation violence o Intimidation/trauma/terror o Children treated as property o Lack of attunement to kids o Denial of kids' feelings o Boundary violations o Parenting styles o Inconsistent parenting o Erratic role reversals o Unstable home environment o Minimizing kids' needs o Denying effects of violence o Punishing kids being kids o Criticizing kids being kids o Lack of empathy for kids o Drawing kids into abuse o Grilling kids for information o Using kids as weapons o Children acting out o Children using violence o Children mimicking abuse o Children withdrawn/clingy o Age-inappropriate behaviors o Torn allegiances/loyalties o Changes in school work o Changes in social life
<p>Consider Safety Plan - Steps 1, 2, 3, and 7</p>		

Domestic Abuse Interview Guide

4. Control of Daily Life	Discussion Areas:	What to Listen For:
<p>A. I'd like to get a sense of how much freedom you have in your everyday life.</p> <ul style="list-style-type: none"> o To come/go as you please o To manage your own time o To make own decisions o To set your own priorities o To interact with others <p>B. Is there anything that gets in your way of doing the things you want or need to do?</p> <p>C. Has _____ ever:</p> <ul style="list-style-type: none"> o Followed you o Often checked up on you o Examined your mail/email o Examined phone records o Hacked into email/accounts o Grilled you/timed activities o Used others to spy on you o Invaded your space/privacy o Misused social network sites <p>D. Has _____ ever physically restrained you, forbidden you from leaving, made you do things you didn't want to do, or punished you for defying his/her wishes?</p> <p>E. Has _____ ever shown up unannounced, contacted you against your will, or left something for you to find in order to scare or intimidate you?</p>	<p>1. Detail</p> <p>2. Frequency</p> <p>3. Severity</p> <p>4. Intent of other's behavior</p> <p>5. Meaning of behavior to you</p> <p>6. Effect on:</p> <ul style="list-style-type: none"> a. Interactions b. Relationships c. Communications d. Self/children e. Parenting skills/capacities <p>7. Change:</p> <ul style="list-style-type: none"> a. Overtime b. Pre/post pregnancy c. Pre/post separation 	<ul style="list-style-type: none"> o Micro-management of life o Rulemaking o Demands for obedience o Compliance/resistance o Monitoring/surveillance o Disrespect of privacy o Disregard of boundaries o Jealousy/possessiveness o Expectations of loyalty o Entitlement/privilege o Power/control/omnipotence o Fear/intimidation/dread o Danger/insecurity o Unpredictability/instability o Stalking o Hostage-taking o Trafficking
<p>Consider Safety Plan - Steps 2, 4, and 5</p>		

Domestic Abuse Interview Guide

S. sexual Abuse	Discussion Areas:	What to Listen For:
<p>A. While it is uncomfortable to talk about these kinds of things, it's very important for me to know if_ ever pressured or forced you to do sexual things that you did not want to do or that made you scared, uncomfortable, or ashamed. Has anything like that ever happened?</p> <p>B. Has_ ever interfered with your decisions about birth control, pregnancy, and/or safe sex?</p> <p>C. Has_ ever used your image, or forced or pressured you to use your own image, to engage in sexting or pornography?</p> <p>D. Is there anything else you think I should know about_____ 's sexual behavior towards you?</p>	<ol style="list-style-type: none"> 1. Detail 2. In front of whom? <ul style="list-style-type: none"> o Children o Family o Friends o Co-workers o Public o Nobody- just in private 3. Frequency 4. Severity 5. Intent of other's behavior 6. Meaning of behavior to you 7. Effect on: <ol style="list-style-type: none"> a. Interactions b. Relationships c. Communications d. Self/children e. Parenting skills/capacity 8. Change: <ol style="list-style-type: none"> a. Overtime b. Pre/post pregnancy c. Pre/post separation 9. Injuries 10. Medical attention 11. Hospital visits 12. Calls for help/to police 13. Arrests 14. Convictions/sanctions 15. Orders for protection 16. Protection order violations 	<ul style="list-style-type: none"> o Safety/risk/lethality o Sexual assault/coercion o Degradation/humiliation o Use of pornography o Contra 1/intimidation/terror o Escalation o Jealousy/possessiveness o Capacity to negotiate o Relative bargaining power o Capacity to co-parent o Capacity to communicate o Danger to children o Moral corruption of kids o Impact on children o Threat of child abuse o Trauma/fear/anxiety o Inappropriate boundaries o Primary perpetration o Offensive/defensive wounds o Proportionality of force o Criminal justice response o Protection orders o Defiance of authority o Response to abuse <ul style="list-style-type: none"> o Fight o Flight o Freeze
<p>Consider Safety Plan - Steps 1, 2, and 7</p>		

Domestic Abuse Interview Guide

6. Physical Abuse	Discussion Areas:	What to Listen For:
<p>A. Let's turn to your personal safety, both now and in the past. Has_ ever used or threatened to use physical force or violence against you or the children?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hold, pin down, restrain <input type="checkbox"/> Kneel, stand or sit upon <input type="checkbox"/> Tie up, bind, gag <input type="checkbox"/> Push, shove, shake, grab <input type="checkbox"/> Scratch, pull hair, shave hair <input type="checkbox"/> Twist arm <input type="checkbox"/> Bite <input type="checkbox"/> Spit on <input type="checkbox"/> Urinate upon <input type="checkbox"/> Slap <input type="checkbox"/> Hit or punch <input type="checkbox"/> Kick or stomp <input type="checkbox"/> Strike w/ or throw object at <input type="checkbox"/> Choke, strangle <input type="checkbox"/> Burn <input type="checkbox"/> Poke, stab, cut <input type="checkbox"/> Withhold food/medication <input type="checkbox"/> Disable medical equipment <p>B. What's the worst thing_ has ever done to you?</p> <p>C. What's the scariest thing_ has ever done to you?</p>	<ul style="list-style-type: none"> 1. Detail 2. In front of whom? <ul style="list-style-type: none"> <input type="checkbox"/> Children <input type="checkbox"/> Family <input type="checkbox"/> Friends <input type="checkbox"/> Co-workers <input type="checkbox"/> Public <input type="checkbox"/> Nobody- just in private 3. Frequency 4. Severity 5. Intent of other's behavior 6. Meaning of behavior to you 7. Effect on: <ul style="list-style-type: none"> a. Interactions b. Relationships c. Communications d. Self/children e. Parenting skills/capacity 8. Change: <ul style="list-style-type: none"> a. Overtime b. Pre/post pregnancy c. Pre/post separation 9. Injuries 10. Medical attention 11. Hospital visits 12. Calls for help/to police 13. Arrests 14. Convictions/sanctions 15. Protection orders 16. Protection order violations 	<ul style="list-style-type: none"> <input type="checkbox"/> Safety/risk of danger <input type="checkbox"/> Potential lethality <input type="checkbox"/> Recent escalation <input type="checkbox"/> Fear/dread/doom <input type="checkbox"/> Control, intimidation <input type="checkbox"/> Manipulation <input type="checkbox"/> Entitlement/privilege/power <input type="checkbox"/> Rulemaking <input type="checkbox"/> Demands for obedience <input type="checkbox"/> Compliance/resistance <input type="checkbox"/> Humiliation <input type="checkbox"/> Autonomy/personhood <input type="checkbox"/> Equity/trust/security <input type="checkbox"/> Predictability/stability <input type="checkbox"/> Capacity to negotiate <input type="checkbox"/> Relative bargaining power <input type="checkbox"/> Capacity to co-parent <input type="checkbox"/> Capacity to communicate <input type="checkbox"/> Ability to meet kids' needs <input type="checkbox"/> Differentiation of self/other <input type="checkbox"/> Trauma/fear/anxiety <input type="checkbox"/> Healthy attachments <input type="checkbox"/> Appropriate boundaries <input type="checkbox"/> Perspective of children <input type="checkbox"/> Hopelessness <input type="checkbox"/> Futility <input type="checkbox"/> Primary aggressor <input type="checkbox"/> Proportionality of force <input type="checkbox"/> Offensive/defensive wounds <input type="checkbox"/> Criminal justice interveners <input type="checkbox"/> Defiance of authority <input type="checkbox"/> Response to abuse <ul style="list-style-type: none"> <input type="checkbox"/> Fight <input type="checkbox"/> Flight <input type="checkbox"/> Freeze
<p><u>Consider Safety Plan - Steps 1, 2, and 7</u></p>		

Domestic Abuse Interview Guide

7. Emotional Abuse	Discussion Areas:	What to Listen For:
<p>A. Let's talk more about how you and relate to one another. Can you describe how _____ treats you as a person?</p> <p>B. Does _____ ever:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Insult you or put you down <input type="checkbox"/> Ridicule you in public <input type="checkbox"/> Purposely humiliate you <input type="checkbox"/> Play mind games <p>C. Does _____ ever:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Intimidate you <input type="checkbox"/> Yell or scream at you <input type="checkbox"/> Act aggressively toward you <p>D. Does _____ ever:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Get jealous or possessive <input type="checkbox"/> Accuse you of infidelity <p>E. Does _____ ever interfere with:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Your work/school life <input type="checkbox"/> Your social life <input type="checkbox"/> Your sleep <input type="checkbox"/> Your healthcare/medications <p>F. Has _____ ever threatened to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Kill you or the children <input type="checkbox"/> Kill him/herself <input type="checkbox"/> Harm you or the children <input type="checkbox"/> Harm someone you care for <input type="checkbox"/> Harm or kill pets <p>G. Has _____ ever:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Destroyed your property <input type="checkbox"/> Threatened you w/ weapon <input type="checkbox"/> Put your life in danger <ul style="list-style-type: none"> <input type="checkbox"/> Disabled car/equipment <input type="checkbox"/> Driven recklessly to scare 	<p>1. Detail</p> <p>2. In front of whom?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Children <input type="checkbox"/> Family <input type="checkbox"/> Friends <input type="checkbox"/> Co-workers <input type="checkbox"/> Public <input type="checkbox"/> Nobody- just in private <p>3. Frequency</p> <p>4. Severity</p> <p>5. Intent of other's behavior</p> <p>6. Meaning of behavior to you</p> <p>7. Effect on:</p> <ul style="list-style-type: none"> a. Interactions b. Relationships c. Communications d. Self/children e. Parenting skills/capacities <p>8. Change:</p> <ul style="list-style-type: none"> a. Overtime b. Pre/post pregnancy c. Pre/post separation 	<ul style="list-style-type: none"> <input type="checkbox"/> Attacks on sanity <input type="checkbox"/> Attacks on dignity <input type="checkbox"/> Extreme cruelty <input type="checkbox"/> Humiliation/embarrassment <input type="checkbox"/> Entrapment/paralysis <input type="checkbox"/> Hopelessness/futility <input type="checkbox"/> Trauma/fear/anxiety <input type="checkbox"/> Sabotage <input type="checkbox"/> Obsessive jealousy <input type="checkbox"/> Narcissism <input type="checkbox"/> Entitlement <input type="checkbox"/> Blackmail <input type="checkbox"/> Access to weapons <input type="checkbox"/> Seemingly innocent acts with hidden meaning <input type="checkbox"/> Response to abuse <ul style="list-style-type: none"> <input type="checkbox"/> Fight <input type="checkbox"/> Flight <input type="checkbox"/> Freeze
<p>Consider Safety Plan - Steps 2 and 6</p>		

Domestic Abuse Interview Guide

Implications of Domestic Abuse for Safety and Parenting:

Immediate Safety Concerns:
Immediate Economic Concerns:
Immediate Parenting Concerns:

Risk Assessment Factors:

- Increase in frequency/severity
- o Access to firearms
- o Recent separation
- o Unemployment
- o Use/threat to use lethal weapon
- Threat to kill
- Avoidance of arrest for DV
- o Step-children
- o **Forced sex**
- o Attempted strangulation
- o Illegal drug use
- o Alcohol dependency
- o Control of daily activities
- Violent or constant jealousy
- Assault during pregnancy
- o Threatened/attempted suicide
- Threat to harm children
- o Belief in capacity to kill you
- o Stalking
- o Major mental illness

Quick Response Team

Interview Date: _ _ _ _ _

Name: _____

Name: _____

Name: _____

(Rev date: 9.10.2018)

DOMESTIC ABUSE HOST HOMES

PURPOSE

Domestic Abuse Safe Homes (DASH) exist to provide a secure and safe location for victims of DA. As an alternative to housing victims in a hotel, these homes will provide a supportive, loving, and safe place for victims and dependent family members to reside when it is determined that relocation is necessary for security or safety reasons. While hosts will be asked to provide support, they will not be doing counseling while victims are in their homes.

INFORMATION FOR HOSTS

Hosts should be ready to receive guests (DA victims) with minimal notice, sometimes with as little as one hour. Hosts must keep in mind that victims may arrive in a less than ideal or stable emotional state. Hosts must recognize that guests are relocating to get away from danger or the threats or instability of an abuser. Guests will most likely be exhausted from the decision they have made. They may be afraid and will want to know they are safe. They might be angry because they don't know or understand how God could allow their situation to get to where they are. If they have not had the opportunity to prepare for their relocation, they will be even more shaken. If they have prepared, they will likely be exhausted, withdrawn, or restless as they fear the consequences. They may want to isolate and not associate with hosts. Hosts will need to provide gracious support that guests are secure and that their basic needs of safety, shelter, food, and support will be provided in the DASH. Guests might not be cordial and might say things that are offensive.

GUIDELINES FOR HOSTS

1. Host(s) must be a member of the church.
2. Guests will need their own bedroom.
3. If the guest has children, no more than 2 children will be in one additional bedroom.
4. Special needs of the guests and/or children will have to be addressed.
5. The guest (and children) will need to have a full bathroom that is dedicated to their exclusive use.
6. Linens (towels, sheets, blankets, pillows) will be provided by the host.
7. A one-week supply of basic toiletries will be provided by the host.
8. If Wi-Fi is available, guests will have access.
9. Guests will have access to a kitchen with stove, sink, microwave and refrigerator
10. Quiet hours will be established by the host.
11. At least one key to the home will be given to the guest.
12. High value property (i.e. jewelry) will be secured in a safe or locked cabinet.
13. Weapons will be secured in a safe or locked cabinet.
14. Meals and snacks will be provided for the guest and family.
15. Host will participate in accountability re: whereabouts of the guest.
16. Host will provide encouragement and support for the guest as appropriate but will not provide counseling.

COUNSELEE RESPONSIBILITIES WHILE IN SAFE HOUSE

PURPOSE

Domestic Abuse Safe Homes (DASH) exist to provide a secure and safe location for counselees that have experienced domestic abuse. DASH's are an alternative to housing counselees in a hotel and will provide a supportive, loving, and safe place for counselees and dependent family members to reside when it is determined that relocation is necessary for security or safety reasons. While hosts will be asked to provide support, they will not be doing counseling while counselees are in their homes.

INFORMATION FOR COUNSELEES

Your host has been asked to be prepared for your arrival on short notice. Even though hosts are ready for counselees, there will very likely be last minute adjustments that they will need to make for your arrival. Please be patient as you arrive at your host home. Your counselor will meet with you and your host to introduce you and to explain the expectations while in the host home. Your host will be encouraging and supportive but will not be your counselor. Your host is aware that you need a safe place but will not know all of the details of why you need to be relocated. They will have been briefed with a minimal amount of general information about why you are in the host home. Please make sure that you understand the guidelines listed below. If there is anything that you don't understand, make sure to ask for clarification.

COUNSELEE RESPONSIBILITIES

1. All standard counseling agreement forms must be completed and signed.
2. Counselee will not share their location with anyone without the approval of the counselor.
3. Biblical counseling at CHCC will be required of all safe house residents.
4. Counseling will occur at the frequency prescribed by the counselor.
 - a. This will include regular sessions with the counselor and occasional contact with a Pastor.
 - b. Homework will be completed as assigned.
5. No contact with the abuser will be allowed without the agreement of the counselor.
 - a. If a meeting with the abuser is necessary, the meeting will occur at the Counseling Ministry office and the counselor will be present in the meeting.
 - b. The counselor may require other assistance during the meeting.
6. Household chores will be completed daily.
7. Quiet hours established by the host will be observed.
8. Accountability re: whereabouts will be maintained to the host.
9. If financial assistance is provided, an interview with the Director of Benevolence might be required.
10. Personal cell phones will be left at the Counseling Ministry office and will be made available for checking for messages. A temporary (loaner) cell phone will be made available.
11. Attendance at one worship service each Sunday at CHCC will be required unless advised otherwise by the counselor.
12. If physical abuse has occurred, at least one session with a legal advisor will be required. CHCC Counselor and/or Pastor will also attend the session.

INTRODUCTION

Are you in an abusive relationship? Do you know someone who is? Either way, God is a "stronghold in times of trouble" (Psalm 9:9, ESV) and it is His desire that His church would be a place of help for today and hope for the future. Because of this, Canyon Hills Community Church is committed to addressing the sin and hurt of domestic abuse as part of making more and better disciples of Jesus Christ together.

Please take a few minutes to read through this pamphlet and prayerfully consider taking the next step in understanding and addressing domestic abuse.

The Lord works righteousness and justice for all who are oppressed.

Psalm 103:6 (ESV)



WHAT IS DOMESTIC ABUSE?

Canyon Hills Community Church
22027 17th Ave SE
Bothell, WA 98021
(425) 488-4121
canyonhillscommunitychurch.com



WHAT IS DOMESTIC ABUSE?

One of the difficulties in helping both the abused and the abuser is being informed of what God calls abuse, as well as the unwillingness of many to recognize sinful behavior as abuse. Please read the following definition carefully and ask the Lord to guide you in understanding and responding to abuse with compassion so that healing and restoration can begin.

A pattern of sinful behavior that is destructive or threatening toward another in the home.

Abuse can be physical, verbal, emotional, or sexual in nature and is meant to control others through the use of manipulation and harsh treatment that causes injury or hinders development.

WHAT SHOULD I DO?

Know that there is a refuge of hope and comfort in the loving arms of Jesus and provision for help through His church.

Pray for the Lord's provision of wisdom and protection as you consider your situation and plan to take steps toward requesting help.

Talk to a trusted friend or leader about your situation. If children are being abused, please contact the authorities right away.

*Learn to do good;
seek justice,
correct oppression.*

Isaiah 1:17a (ESV)

THE COST OF IGNORING ...

Victims of domestic abuse often choose to not seek help because they blame themselves, fear the abuse will get worse, or blindly hope their situation will eventually improve. These reasons are neither wise nor safe.

Please consider contacting Canyon Hills Counseling today for a confidential consultation designed to inform, encourage, and advocate on your behalf. Let us be your voice for help and the Lord's instrument for hope as we seek a God-honoring resolution to abuse.

Contact: counseling@chccbwo.org or call 425-368-2635.



CANYON HILLS

COMMUNITY CHURCH

DOMESTIC ABUSE

TASK FORCE

EDUCATION

Domestic Abuse Task Force
Education of Life Group Leaders

- I. Flock Leaders:
 - A. First communication meeting held on Oct. 7\2018
 - B. Second education meeting to be held on Feb. 17, 2019

- II. Life Group Leaders
 - A. Life Group Leadership Summit on March 10, 2019
 - 1. Why we are addressing it now
 - 2. Definition of domestic abuse
 - 3. Life group leader's role
 - 4. Resources: Domestic Abuse Care Plan tool and "What is Domestic Abuse flyer."

DOMESTIC ABUSE CARE PLAN

On scale of 1-10 rate each area and add up the total score.

	1-3	4-7	8-10
Severity	Normal marital sinfulness	Pattern of Harshness	Completely indifferent
	Difficult/disappointing marriage	Pattern of Control	Repetitive verbal intimidation
	Mild stress	Pattern of Isolation	Threats or actual harm*
Ownership	Problems acknowledged	Recognizes wrong behavior	Denial
	Open to input	Makes excuses	Shifts blame to others
	Willing to seek counsel	Resistant to input	Not teachable

	1-3	4-7	9-10
Support	Close family support	Some family support	No family support
	Many Godly friendships	Few close friends	No close friends
	Close relationships in Life Group	Attends a Life Group	No accountability

22-30
S.O.S SCORE

Inform Life Group pastor and then refer to Counseling Department

REFER

**If imminent danger contact 911 and then inform Pastor*

10-21
S.O.S SCORE

Reach out to flock leader for counsel.

CONSULT
FLOCK LEADER

3-9
SOS SCORE

Care and accountability within the group.

CARE IN GROUP
LIFE GROUP LEADER

Domestic Abuse Awareness

The sin of domestic abuse has become an epidemic in our culture and in the church. This is contrary to God's design and desire for the family-especially the Christian family. Therefore, Canyon Hills Community Church believes that taking a passive approach to this issue is not an option. Rather, it is our responsibility, as the body of Christ, to be a place of both hope and help for victims of domestic abuse. Toward that end, we believe key leaders should be informed and equipped to understand this issue biblically and respond adequately if or when the need arises. As leaders we will often be the 'first responders' to a victim's cry for help. By being ready to respond with understanding we can help prevent further harm to victims of abuse.

What is Domestic Abuse?

One of the difficulties in helping both the abused and the abuser is being uninformed of what God calls abuse, as well as the unwillingness of many to recognize sinful behavior as abuse.

Consider how the following passages relate to the issue of domestic abuse:

- Why is abuse wrong? (Gen. 1:26-27; 9:6; James 3:9; 1 Jn. 2:7-11; etc.)
- How does God describe it? (Ps. 11:5; Pr. 11:9; 12:18; Jer. 22:3; 23:1-2; Ezek. 34:1-10)
- What is God's standard? (Matt. 22:37-40; John 13:34; Eph. 5:22-33; 1 Tim. 3:1-7; Heb. 13:4; 1 Peter 3:1-7; 5:3)
- What is God's answer? (1 Cor. 1:18-24; Eph. 4:17-5:21; Heb. 11:6; Rev. 22:1-8)

Please read the following definition carefully and ask the Lord to guide you in understanding and responding to abuse with compassion so that healing and restoration can begin.

A pattern of destructive or threatening verbal, emotional, physical, or sexual treatment that prohibits or prevents growth, injures, or is harsh, insulting, or coarse which is directed toward a dependent family member and is meant to achieve or maintain control, dominance, or superiority.

Why are we talking about this now?

The church has a great obligation and an amazing opportunity in responding to domestic abuse. The **obligation** we have is to help the oppressed and weak by providing the necessary resources and advocacy for healing. The **opportunity** before us is that of demonstrating the power of the gospel to give lasting hope and eternal healing to individuals and families through reconciliation and restoration. Canyon Hills Community Church is committed to addressing the sin and hurt of domestic abuse as we seek to continue making more and better disciples of Jesus Christ.

"The Lord works righteousness and justice for all who are oppressed." - Psalm 103:6



CANYON HILLS

COMMUNITY CHURCH

DOMESTIC ABUSE

TASK FORCE

COUNSELING



Counseling Outline for Counseling the Abused, the Abuser, and the Counselor

The Abused

Phase 1: Protect

- Listen and Believe Accusation
- Gather Data
- Identify Type(s) of abuse
- Assess Risk

Phase 2: Establish Reality

- Explore Salvation
- Understand Character of God
- Understand Identity as Child of God

Phase 3: Provide Understanding

- Assess Current Situation regarding Abuse
- Establish lies that have been believed
- Examine responses to suffering and sin

Phase 4: Process

- Learn (put off/put on) new responses to suffering and sin
- Learning/ practice forgiveness and repentance
- Care for Children

Phase 5: Wait

- Long Term Mindset - prepare to wait
- Long Term Care - job, school, Life group, etc.

The Abuser

Phase 1 - Remove

- Confront and Confirm accusations
- Remove control (home, finances, etc.)
- Remove from marital counseling
- Establish rules for continuing in counseling

Phase 2 - Rebuke

- Contemplation and Confession
- Toward God
- Toward Spouse and Children

Phase 3 - Repent

Renew Mind

Put off and put on

Phase 4 - Make Permanent

Reconcile

Reunite

Reproduce (pour into others)

Establish ongoing discipleship with older mature Christian man

The Counselor

Paid

Decrease Counseling Load

Increase Day of Prayer and Fasting

Be prepared to add additional counselors

Receive Regular communication from Pastor(s) of counseling and elders regarding church discipline process

Volunteer

Decrease Counseling Load

Connect with Paid Counselor for weekly brief and debrief

Paid counselor to sit in on counseling at least once a month for both abused and abuser

Be prepared to add additional counselors

Trip to Hawaii when done!

Counseling the Abused

(This section is not listed in chronological order as most of the women who are abused have different needs according to what they have experienced at the hand of their abuser as well as other experiences in life. The following list serves as a guideline for the counselor to follow. As counseling comes to a conclusion, all of the following should have been addressed at one point or another.)

Salvation - is the abused spouse saved?

- Sin, repentance - Savior
- Lord - deny self, take up cross
- Grace - receiving and resting in God' s grace and extending it
- If yes, . . .

God and His attributes - sovereignty, wisdom, love, presence, mercy, etc

- Many are mixed up about God living with a "believer" who has lied, deceived, misused scripture, etc
- Who is God and why does that matter?
- God's purpose in suffering - His example of suffering
- Attributes of God study from website
- Trusting God book

Identity in God - child, sheep, loved, etc

- Books like "Because He Loves Me" and "Found In Him" by Elyse Fitzpatrick
- " Who Are You" study from website
- Have her review the gospel regularly and apply it to daily life

Shame and guilt - differentiate - shame is someone else's sin being "splashed" on you and you are treated worse and thought of worse due to someone else's sin.

- "Unashamed" by Heather Davis Nelson

Understanding abuse biblically

Manipulation - trying to get what he wants by provoking negative emotions from wife

Deceit - hiding, omitting, lying about money, time spent, activities misuse of power - biblical leadership is servant leadership, "power from under"blame shifting - Adam and Eve - self love - 2 Tim 3:2, Etc.

- Proverbs 26:24
- Domestic Abuse booklet by Darby Strickland
- Self-Centered Spouse by Brad Hambrick

Assess where she is:

Depressed? Bitter? Fearful? Confused? Struggle with health issues of migraines, high blood pressure, etc? She may seem unstable, confused. Begin to help her sort out lies from truth - both about God and herself

Communication? - Proverbs study, War of Words, 4 Rules of Communication . Is marriage an idol? Help her to see God is His proper place and husband in his. Does she understand biblical submission and being a 'helper'? (She's probably been lied to)

- Prov 17:22, Proverbs 12:4, Prov 15:4, Prov 22:24, Prov 25:24, Prov 21:19 - living with an angry, perverse, unrighteous person takes a toll on you.

Understanding the heart - she's been fed lies for years and needs to think truth

Thoughts, emotions, desires - y-chart, dynamic heart, abusive/oppressive behavior comes from the abuser's/oppressor's heart. Abused spouse's responses come from her heart - to be examined later idols of the heart - how a good desire can become sinful. Thoughts and emotions - knowing that emotions come from thinking - when having a strong emotion, trace it back to your thinking. Situations are often linked to Emotions - show how those emotions come from thinking.

- Prov 4:23-24 - guard your heart, stay away from corrupt speech
- Prov 22:3 - a prudent man foresees evil and hides himself
- Romans 12:21 - do not be overcome with evil
- Mark 14:38 - watch and pray
- Proverbs 11:15 - don't put up security for someone else's debt
- Prov 14:21 respect
- Prov 15:2 -The tongue of the wise makes knowledge appealing. But the mouth of the fool belches
- Out foolishness
- Prov 24:25 " make no friendship with a man given to anger..."
- 2 Thess 2:3 " let no one deceive you"

Examining responses to suffering (past responses) and learn new responses

Sinful responses reveal the heart idols - responsible for our sin even if sinned against. Have you been angry, disrespectful, unwholesome speech? Etc. Have you given in to unbelief or distrust of God? Do you think "this can never change" or "God doesn't care about my situation?"

Put on:

- Actively living out trust in God from heart desire to honor God. Respect, loving enemy, kindness, patience, etc
- 1 Peter 2:13- 1 Peter 3:6
- Teach her how to speak truth with love - Eph 4:15, Gal 6:1
- What is her husband's greatest need?- Christ!
- He needs to see his sin clearly and she can be a helper in the process.
- Teach her sowing and reaping principle (Galatians 6:7-9). Should there be consequences for his behavior and what might they be?
- Refusing to work? - wife can't make special dinners due to budget issues
- Belittling her? - calling out sin for sin and using scripture to show it Eph 4:29
- Angry outburst? - proverbs, God's view of man's anger in James
- Re-establishing intimacy - when it is wise to do so - 1 Cor 7

Examples of how to allow consequences for the enabling wife

- Example: "When you get angry driving and show road rage, I get scared and feel unsafe. I will not ride in the car with you right now because you seem upset. I'll take my own car and meet you there"
- "I don't feel close to you when you have been criticizing me and belittling me, I don't want to have sex with you tonight."
- "When you choose not to work, it puts us in a difficult financial situation. We will have to significant changes in our budget - eat cheaper food, cancel cable tv, etc."

Repentance/Forgiveness

- The "honeymoon phase" or the "calm" phase of cycle are not repentance!
- Leaving vengeance to God, trusting His sovereignty, wisdom and love
- focus on keeping/recovering soft heart - deal with bitterness
- Put off, renew mind, put on
- Confess, contemplate, change
- Remorse, reconciliation, restitution

Parenting children who have witnessed abuse

- Help her frame teaching about God accurately and what a true believer is.
- Help her teach heart issues to her kids so they understand father and themselves.
- Teach her to identify sin of husband while not dishonoring father?

Continue walking with abused spouse whether there is repentance from abuser or not

- Long term care - forming habits of lifestyle
- Help getting a job?
- Help in returning to school?
- Ensuring life group involvement.
- Legal proceedings?
- Prepare for future responses:
 - Safety plan? Abuse tends to escalate so. .. When will you leave and where will you go?
- Walk through church discipline of husband .

Counseling the Abuser

Class Schedule

Phase 1 - Gospel Foundation

Week 1 - Introduction to Class and Each Other

Goal(s) for the evening:

Teacher to introduce himself and class members to introduce themselves to one another. Go through the syllabus and notebook in order to get familiar with the scope of requirements for the class.

Garner a commitment from students with regards to class attendance, homework, and classroom policies.

Teaching for the evening:

Go through all aspects of the syllabus. Have students sign a commitment regarding attendance, homework, and class policies.

Each member of the class to introduce themselves. They should tell favorite memory in life. They should tell the reason(s) for taking the class.

Have all members sign a class covenant regarding attendance, homework, and classroom policies.

Homework for the week:

Scripture Memory:

James 4:6

Book/Video/Teaching:

Introduction and the first four entries in *The Gospel Primer*.

Go to one of our four church services this coming Sunday.

Writing Assignment:

Write out three key statements from the sermon that you listened to this past Sunday . Why did those statements stand out to you? What change do you want to make in your life based on the sermon that you heard?

Make note of which entry from *The Gospel Primer* was most meaningful to you and why it was most meaningful.

Write out your understanding of what it means to be a Christian. Jot down three people who are great examples of what it means to be a Christian. Identify 5 characteristics per person that make them stand out as Christians to you.

If you consider yourself a Christian, write out why you believe that you are a Christian. If you are not a Christian, write out why you are not a Christian.

Week 2 - Gospel Foundation Part 1

Goal(s) for the evening:

Teach God's design of the world and man' s fall into sin as the foundation for all sin and our need of salvation.

Pre-Teaching Activities:

Scripture Quiz on James 4:6 (This will be the only quiz with one verse on it. Each week from now all Scriptures covered will be on each test.)

Turn in written homework from the previous week for TA to check

Teaching for the evening:

Gospel Presentation. 1 Corinthians 2:14 clearly states that an unbeliever is incapable of understanding the things of God. This would indicate that any one cannot begin to see his sin from God's perspective unless he possesses the Spirit of God allowing him to have such a perspective. With that in mind, a strong clear Gospel presentation is vital at the beginning of phase 1. This Gospel presentation cannot be rushed, nor can it be assumed as some of the most profound oppressors are men who have vast amounts of Bible knowledge¹ and years of experience in the church.²

God's Original Plan. Before one can understand how he is outside of God's plan for his life, he needs to first understand what God's original plan was for humanity, as well as for the lives of all who God has created. Concepts under this category include: living for the glory of God and loving those that God has created.³ As controlling others for selfish purposes is going to be a major theme in an abuser's life, this "original design" concept needs to be unpacked so that adequate forgiveness can be sought. Verses for the OS to study and respond to would include: Genesis 5:1-2, 1 Chronicles 16:9-10, 1 Chronicles 16:29, Isaiah 43:7, Psalm 50:23, 1 Corinthians 10:31, Philippians 2:11, and 2 Corinthians 5:9.

Man's Fall Into Sin. The OS also needs to understand that it is not just the outward controlling acts that are the problem; rather, it is his heart out of which flows all of his controlling oppressive words and actions.⁴ Scripture to think and respond to in this category would be Genesis 3:1-7.

Homework for the week:

Scripture Memory:

1 Corinthians 10:31

Book/Video/Teaching:

Entries 5-10 in *The Gospel Primer*.

Go to one of our four church services this coming Sunday.

Watch the video from Dr. Stuart Scott entitled "From Pride to Humility: Part I" located at the following web address: <https://vimeo.com/48673319>

¹James 2:19.

²2 Timothy 3:6, Matthew 5:17, and Romans 16: 17-27.

³Matthew 22:37-39, 1 Corinthians 10:31, and 2 Corinthians 5:9.

⁴Proverbs 4:23, Jeremiah 17:9, Mark 7:14-21, and Luke 6:43-45.

Writing Assignment:

Make note of which entry from *The Gospel Primer* was most meaningful to you and why it was most meaningful.

Write out three key statements from the sermon that you listened to this past Sunday. Why did those statements stand out to you? What changes do you want to make in your life based on the sermon that you heard?

What were the top 5 helpful ideas that you heard in the video from Dr. Stuart Scott? What changes do you believe that you need to make in light of the videos that you watched? Be ready to discuss these in the next class.

In thinking through your reason for being in this class, what are 5 ways in which you have sinned against God? What are 5 ways in which you have sinned against your wife/girlfriend and/or your children?

In light of your sins against God and others, what grieves you the most?

Week 3 - Gospel Foundation Part 2

Goals(s) for the evening:

Teach God's answer to man's sin: the life, death, and resurrection of Jesus.

Pre-Teaching Activities:

Scripture Quiz on 1 Corinthians 10:31

Turn in written homework from the previous week for TA to check

Teaching for the evening:

Jesus' Life. It is at this point that the Gospel needs to be clearly and accurately explained to the OS. Jesus, the son of God, came down and lived a perfect life for many different reasons⁵, but the three that are most important for this discussion are: (1) The glory of God, (2) to be a propitiation for our sin, and (3) to live the life that God requires mankind to live. Jesus came down from heaven to earth in order to fulfill God the Father's plan of redemption. The goal of that plan was ultimately the glory of God. Additionally, the death that was required by God was that of a perfect lamb. Anything less would not have been sufficient. Finally, mankind needed another Adam to be the representative head. The first Adam failed completely, which meant there needed to be a second Adam who lived with perfection. Christ came to accomplish all of that by living 33 perfect years on this earth. Upon saving faith, Christ's perfect life is applied, and it's as if the believer had never sinned.

Jesus' Death. Jesus leaving heaven and coming to live on this earth was just a portion of God's answer to sin. Jesus needed to live a perfect life so that He could be the perfect sacrifice for the sin of those whom would believe. From the moment that sin entered into the world, God required blood from a sacrifice in order to pay for the sin that was committed. Under the Old Testament covenant, there were different animal sacrifices that were required for different sins.⁶ While sacrifices were required for sins

⁵John Piper identifies at least 50 reasons Christ came to die in his book entitled, "50 Reasons Christ Came to Die".

⁶Leviticus 4, 5: 1-13, 6:24-30, 8: 14-17, and 16: 3-22.

committed throughout the year, Passover was the time of year that all of Israel sacrificed a lamb in remembrance of God's salvation of the Israelite nation from the slavery of the Egyptians. Regardless of the individual sacrifices or the observance of Passover, blood was required for sin that had been committed. Jesus' death was to be the final sacrifice required. His sacrifice was the final atonement for sin as it satisfied the wrath of God and purchased those whom God had chosen from the beginning of time.

Jesus' Resurrection. Jesus' life and death, while vital to the God's Gospel answer, the Gospel is not completed without the resurrection of Jesus from the dead. Primarily, Jesus' resurrection from the dead proved that He was who He said He was, namely Jesus Christ the Son of God. Secondly, but no less important, Jesus' resurrection from the dead was the proverbial nail in the coffin for Satan and the death that he brought about through sin. God promised Adam and Eve that the consequence for disobedience would be death and separation from Him for eternity. Sin destroys what God has created. Death is the ultimate act of destruction in that the very life that God places in His creation is snuffed out. Jesus' resurrection from the dead conquered the very effects of sin and restored life and relationship that sin had previously destroyed.

Home work for the week:

Scripture Memory:

John 14:6

Book/Video/Teaching:

Entries 11-16 in *The Gospel Primer*.

Go to one of our four church services this coming Sunday.

Watch the video from Dr. Stuart Scott entitled "From Pride to Humility: Part 2" located at the following web address: <https://vimeo.com/48930420>

Writing Assignment:

Make note of which entry from *The Gospel Primer* was most meaningful to you and why it was most meaningful.

Write out three key statements from the sermon that you listened to this past Sunday.

Why did those statements stand out to you? What changes do you want to make in your life based on the sermon that you heard?

What were the top 5 helpful ideas that you heard in the video from Dr. Stuart Scott? What changes do you believe that you need to make in light of the videos that you watched? Be ready to discuss these in the next class.

In thinking through your reason for being in this class, what are 5 additional ways in which you have sinned against God? What are 5 additional ways in which you have sinned against your wife/girlfriend and/or your children?

In light of your sins against God and others, what grieves you the most?

Week 4 - The Gospel and You

Goal(s) for the evening:

- Present the entire Gospel and a call for a response to the Gospel.
- Use the Ninth Inning VS Batting practice to illustrate works-based salvation from the work of Christ based salvation

Pre-Teaching Activities:

- Scripture Quiz adding John 14:6
- Turn in written homework from the previous week for TA to check

Teaching for the evening:

Responding to the Gospel. Knowledge of the Gospel is vital for the salvation of anyone who would believe, including the OS, yet it is not sufficient for salvation.⁷ In order for salvation to take place, one must place their faith in the life, death, and resurrection of Jesus. Placing one's faith in the Gospel requires confession and repentance. The confession that needs to take needs to contain the following: (1) admitting that one is guilty of being a sinner from the core and separated from God, (2) God is the Sovereign King of all creation, (3) Jesus Christ as God came down to earth to be the perfect sacrifice and rose from the dead to conquer sin, and (4) through Him lies the only way to have a relationship with God. While there is no one prayer that needs to be prayed, the prayer of the OS should contain elements of all of items previously listed. The repentance that takes place is a turning from self-reliance and control to accomplish selfish goals toward a reliance upon God allowing Him to control all things that will bring Him honor and glory. While the OS could potentially pretend to repent initially, true repentance will show itself to be genuine or fake based on the subsequent actions that the OS will take in the future. Responding biblically to the Gospel; however, does involve an intentional moving away from self-reliance toward a Godward reliance. This 180-degree shift is known as repentance and will be fleshed out in the willingness of the OS to do whatever God requires of him.

With full knowledge of the Gospel and a clear explanation of what biblical repentance is, the OS must be commanded⁸ to place his faith in the Gospel of Jesus Christ. For the OS to place his faith in Jesus Christ, the OS must confess with his mouth and believe in his heart.⁹ Unless the OS is willing to place his faith in Jesus Christ, there is no hope of lasting change in which he can become more Christ-like, enabling him to love his wife and children as Scripture commands him.¹⁰ At this point, the OS should be commanded to pray a prayer of confession and repentance. The OS, provided that he

⁷James 2:19.

⁸While the word "commanded" might be a strong word, this word gives the correct biblical emphasis on the only proper biblical response toward understanding one's sinfulness and God's only answer to one's sinfulness. To ask someone if they would like to repent or decide to repent continues to keep the sinner in the proverbial driver's seat. Complete surrender by confessing one's need for salvation and subsequent repentance is the only response.

⁹Romans 10:9-13.

¹⁰Ephesians 5:25-33, Matthew 22:37-39, and I Peter 3:7.

has responded positively toward the Gospel, is now positioned for the Holy Spirit to work and for true, lasting, Christ-like change to take place.

Homework for the week:

Scripture Memory:

1 Corinthians 2:14

Romans 10:9-10

Book/Video/Teaching:

Entries 17-22 in *The Gospel Primer*.

Go to one of our four church services this coming Sunday.

Read the booklet entitled "Is It Real? Eleven Biblical Tests of Genuine Salvation".

Writing Assignment:

Make note of which entry from *The Gospel Primer* was most meaningful to you and why it was most meaningful.

Write out three key statements from the sermon that you listened to this past Sunday. Why did those statements stand out to you? What changed do you want to make in your life based on the sermon that you heard.

In light of all that we have studied over the past four weeks, the videos that you have watched, the books that you have read, and the teaching you have received, do you believe that you have repented of your sins, have placed your faith in Jesus' life, death and resurrection, and have a relationship with Him?

If your answer was "no", what is keeping you from becoming a Christian? If you have not placed your faith or trusted in the life, death, and resurrection of Jesus, make sure you stop right here and talk with Him. You simply need to confess your sins to Him, confess that you need to be saved, and ask Him to save you from your sins. Don't move on to any other assignment in this class until you have done this.

If your answer was "yes", why do you think that you have been sinning against those around you in oppressive and abusive ways?

Phase 2 - Gospel Repentance

Week 5 - Comprehending Sin - Listening to God: Circumstances

Goals for the evening:

Learn to listen to God through studying His Word.

Understand the biblical process of Change.

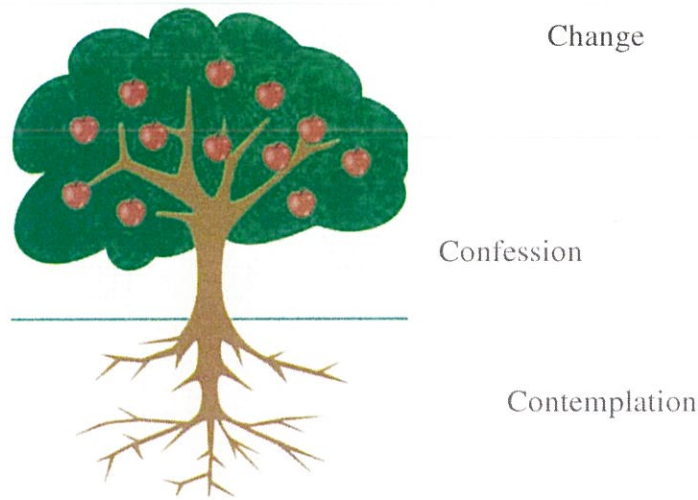
Pre-Teaching Activities:

Scripture Quiz adding Romans 10:9-10, 1 Corinthians 2:14

Turn in written homework from the previous week for TA to check

Teaching for the evening:

Before moving any further in the change process, it is important for the OS to see a visual illustration of the elements that are needed for him to change in the manner that



both God and his wife would like him to change. The interaction and importance of contemplation, confession, and change can be seen in the illustration below.¹¹

Contemplation lies at the root of all biblical change. If one has not thought long and hard about his sin, there is a high likelihood that he will return to his sin. Out of a thoughtful contemplation grows the tree trunk of a correct confession. Confession of anything simply will not do. The confession needs to be a correct confession. It is upon this tree trunk that the fruit of change will be able to be fed and supported. Finally, as a correct confession grows up and out of a thoughtful contemplation, the fruit of change begins to appear. Without all three of these elements, biblical repentance simply will not happen.

While initial confession and repentance must take place in the life of the OS, repentance for the sin of oppression must begin with an accurate understanding of the sin of oppression. The goal of this second step to open up the eyes of the OS to see how his sin has been an offense against God as well as offensive and hurtful to those who are closest to him. A good biblical example of this is found in 2 Samuel 12 when the prophet Nathan rebukes King David for the sin that he committed with Bathsheba. Nathan approached King David with a story that was designed to open up David's spiritual eyes, i.e. his conscience, to the injustice of his sin as well as the damage that was brought about by the sin. Once David's spiritual eyes were saw the truth, his heart responded in complete repentance.¹²

¹¹This illustration is an adaption from Stuart Scott that was presented in a *Method's of Biblical Change* class at The Master 's College in 2002. Credit should also be attributed to Thomas Watson and his work "The Doctrine of Repentance " as influential in this diagram.

¹² Psalm 51.

In keeping with this approach, the OS needs to spend time reflecting on God's Word as well as those relationships in which oppression has taken place. Reflecting on God's Word allows the living and active Word of God¹³ to penetrate the heart of the OS. Additionally, the OS needs to spend time reflecting on how his sin has affected and hurt those around him. Reflecting on the effected horizontal relationships brings the truth of the oppression out of the realm of make-believe into reality.¹⁴ It should be noted that a lifetime of repentance is to be expected for the believer. The goal for this second step is not comprehending every area that needs repentance, but to see major areas, specifically dealing with repentance, that need to be addressed.

Homework for the week:

Scripture Memory:

Proverbs 4:23

Luke 6:43-45

Book/Video/Teaching:

Entries 23-27 in *The Gospel Primer*.

Go to one of our four church services this coming Sunday .

Read 2 Samuel 11 and answer the following questions:

According to 2 Samuel 11:1 where should David have been? Remember he was a king.

- o What was David doing when he saw Bathsheba bathing?
- o Whose fault was it that David was tempted?
- o Whose fault was it that David commanded that Bathsheba come to his palace?
- o Whose fault was it that David has sex with Bathsheba?
- o List all of the different sins that David committed in 2 Samuel 11.
- o Based on what you have read and answers you have given, what would you say to David if you were the one called upon to confront him?

Writing Assignment:

Make note of which entry from *The Gospel Primer* was most meaningful to you and why it was most meaningful.

Write out three key statements from the sermon that you listened to this past Sunday.

Why did those statements stand out to you? What changes do you want to make in your life based on the sermon that you heard?

Pull out the lists of sins against God and others that you created a few weeks ago. What were the circumstances surrounding those sins? Who were you with? Where were you at? What was going on?

Are there are similarities that you can pick out regarding the circumstances? For instance, one common circumstance in which anger can show up is during traffic. Someone who gets angry in traffic (circumstance) and happens to be alone (circumstance) and has drunk a lot of energy drinks in the previous hour (circumstance), might swear up a storm as he

¹³Hebrews 4:12.

¹⁴Until the OS actually hears how devastating his oppressive attitudes and actions were towards those around him, he can only pretend about how bad his oppression was or was not. In all instances, the OS is going to dismiss the impact of his oppression and in many instances, make his oppression much lighter than it actually was.

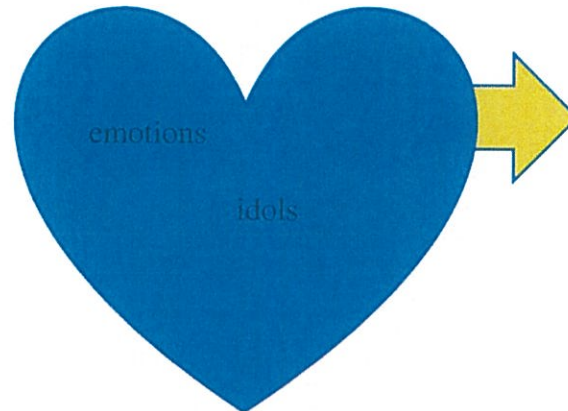
is stuck in traffic. Write down a similar circumstance that you can identify as you look back through the lists of sins against God and others.

Week 6 - Comprehending Sin - Listening to God: Behavior

Goals for the evening:

Heart Idolatry using Heart Idol Diagram¹⁵ -Behavior

Influences:



Behaviors:

1. I will sin in order to get _____
2. I will sin if I don't get _____
3. I need/want _____
4. I must have _____
5. I have the right to _____

Pre-Teaching Activities:

Scripture Quiz adding Luke 6:43-45 and Proverbs 4:23

Turn in written homework from the previous week for TA to check

Teaching for the evening:

In order for the OS to understand how he has offended God, he will need to spend a considerable amount of time in God's Word. There are two different categories that the OS needs to spend time in, those categories that are descriptive and those categories that are prescriptive. The OS should spend time looking at the following descriptions of oppression and identify all of the ways in which oppression occurs:¹⁶

- Genesis 4 - Cain kills Abel.
- Genesis 12:10-20 - Abraham endangers Sarai.
- Genesis 20:1-18 - Abraham endangers Sarai again.
- Genesis 25:29-34 - Jacob manipulates Esau.
- Genesis 26:6-33 - Isaac puts Rebecca in danger

¹⁵This diagram is an adaptation of a diagram presented by Dr. Stuart Scott in Methods of Counseling class at the Master's University 2003.

¹⁶The goal of these passages is to allow the OS to see the myriad oppressive actions found in Scripture.

- Genesis 29 - Laban tricks Jacob.
- Genesis 34 - Dinah is humiliated.
- Genesis 37 - Joseph and his brothers
- Genesis 39 - Joseph is falsely accused.

While this is a small list from the first book of the Bible, these examples describe situations in which those in power say and do things to those in a lesser position for selfish reasons. This is what the OS should be paying attention to and recognizing in his own life.

Additionally, the OS should spend time looking at the following prescriptive Scriptures associated with oppression and identify those sins that he is guilty of committing as well as those actions he is guilty of omitting:

- Ephesians 4:25 - Lying
- Ephesians 4:26-27 - Anger
- 1 Corinthians 6:10 - Reviling
- Ephesians 5:25-33 - Loving one's wife
- 1 Peter 3:7 - Understanding one's wife
- Ephesians 6:1-4 - Not exasperating one's children
- Matthew 22:37-39 - Not loving God and others
- Romans 12:9-21 - How to treat others
- 2 Timothy 3:2-5 - People to avoid

While this is a small list, this will serve as the starting point for the OS to evaluate himself. It might be necessary for the OS to spend some time asking those who know him best to give them an evaluation based on the Scriptures listed. While this activity might better fall under the category of "listening to others", this activity also falls under this category because asking others helps him to better understand what God is saying.

Homework for the week:

Scripture Memory:

Mark 7:23

1 Corinthians 6:9-10

Book/Video/Teaching:

Entries 28-31 in *The Gospel Primer*.

Go to one of our four church services this coming Sunday.

Read Mark 7:14-23 and 1 Corinthians 6:9-10. Then list out all of the sins that are listed in each of those passages and write your own definition for each of those sins. If you are not sure what a word means, do your best to find out what the word means. We will define those words in detail in the next class.

Writing Assignment:

Make note of which entry from *The Gospel Primer* was most meaningful to you and why it was most meaningful.

Write out three key statements from the sermon that you listened to this past Sunday. Why did those statements stand out to you? What changes do you want to make in your life based on the sermon that you heard?

Out of the sins that you have written down from Mark and 1 Corinthians, which sins are you guilty of committing against God and others. (If there are some sins in these new lists that are not on your lists from weeks 2 and 3, make sure to add these new items to those lists.)

What made you do those sins that you have listed down?

This week, you will be paying attention to your behavior. Keep a piece of paper or your phone and keep track of those times when you find yourself getting irritated with your spouse or your kids. If you are not living with your spouse or your kids, then take note when you find yourself getting irritated or mad with co-workers or anyone for that matter. When you do find yourself getting irritated and mad, jot down the date and time. When you have a chance (lunch break, after work/school, or in the evening before bed), answer the following questions regarding when you got irritated and/or mad:

- o What happened? (Circumstances: who was there, what was going on, etc.)
- o What were you thinking and feeling? (thoughts and emotions)
- o What did you do? (Behavior)
- o What did you want more than anything else? (expectations/desires)
- o What was the outcome?

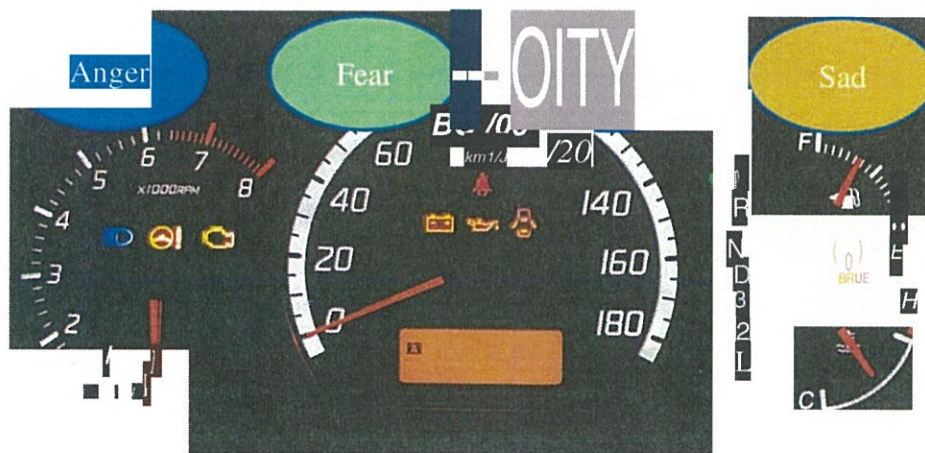
Bring these notes with you to class this upcoming week and be ready to share. You should have at least 4 incidents in which you got irritated and/or mad.

Week 7 - Comprehending Sin - Listening to God: Emotions

Goals for the evening:

Heart Idolatry using Heart Idol Diagram - Emotions

Lights on the Dashboard Diagram



Lights go off when there is a problem with the engine.

Pre-Teaching Activities:

Scripture Quiz adding Mark 7:23 and 1 Corinthians 6:9-10

Turn in written homework from the previous week for TA to check

Teaching for the evening:¹⁷

When we do biblical counseling, we deal with the heart: the cognition, affections and will of our counselees. While it can be tempting for us to perhaps focus chiefly on the will (what can they do to follow Jesus more faithfully) or the cognition (what can they think to follow Jesus more faithfully), the overflow of faithfulness will be displayed in bearing God's image with appropriate emotions. When Christians believe God's Word and are changed by it unto faithfulness, emotions will be wisely and biblically explored and expressed.

Sometimes in counseling, we misconstrue God's goal for emotions. We promote pleasant emotions rather than *godly* emotions, controlled emotions rather than *faithful* emotions.

Jesus manifested perfect emotions . Like him, Christians should neither disregard nor over-estimate emotions. When we counsel one another, we have a unique opportunity to lead others in imitating Christ with our emotions by feeling them under the authority of God's Word. Jesus' perfection did not negate his emotions; it enhanced them. He experienced and expressed perfect emotions that flowed out of a perfect knowledge of his Father. To follow him in feeling faithfully we need to remember three things.

When we encounter strong emotions in ourselves and others, we can be tempted to stifle or ignore them out of fear of what they might mean. In doing so, we can fall into the lie that cognition is good, and emotions are bad; cognition, we feel, we can control. This is a false dichotomy and will hurt us in the counseling room. Ignoring our emotions will not make us godlier, it will make us less human and therefore less like Christ. Far from being a hindrance to our faith, emotions help us image God (Gen 1:26-27), having them is a human privilege. Our emotions are a gift because they help us be the relational knowers and lovers of God and others; in other words, they are an expression of Christlikeness.

If emotions are a gift then like all gifts, we must look to God to understand how to steward them.

Not all emotions honor God. Not all emotions are good. We should strive to feel congruently with God's emotions. God displays a wide range of perfect emotions throughout Scripture. We read about Jesus having compassion, rejoicing and grieving with those he loved (John 11:35). Jesus pleads with God when he doesn't want to do something but chooses trust over rebellion (Matt 26:42). We also read about God the Father exhibiting anger, love, hate and joy (Ps 7:11; 134:14; Gen 6:6; 1 John 4:8; Zeph. 3:17). Therefore every human made in his image should expect to have these emotions. But as imitators of Christ, our goal should be to then wield them to display God's glory.

¹⁷All material in this section is taken from Rebekah Hannah ACBC teaching on the emotions . This material is found at <https://biblicaleocounseling.com/2017/07/emotions-biblical-counseling/>.

The Bible is truly brilliant. It provides stability in God's perfect steadfastness. God is steadfast in every situation, showing his emotions to be steadfast in every situation. We then can be emotionally stable as we imitate him. Christians should help one another exhibit emotions, never hide them. There is no fear in exposing wrong emotions because exposing them is what helps us uncover wrong thinking. When we help counselees express their emotions, we use God's faithful Word to determine if they are right or wrong (Rom 12:2). When we bring our thoughts in alignment with God's Word, our emotions rightly flow out of the Christian's biblical reality.

Homework for the week:

Scripture Memory:

Ephesians 4:26-27

Psalm 37:8

Proverbs 15:1

Book/Video/Teaching:

Entries 1-5 in *The Gospel Primer*.

Go to one of our four church services this coming Sunday.

Listen to the audio message: Why Do I Feel How I Feel? Understanding Your Emotions by Alasdair Groves. You can buy the MP3 at: <https://www.ccef.org/shop/product/feel-feel-understanding-emotions>

Writing Assignment:

Make note of which entry from *The Gospel Primer* was most meaningful to you and why it was most meaningful.

Write out three key statements from the sermon that you listened to this past Sunday.

Why did those statements stand out to you? What changes do you want to make in your life based on the sermon that you heard?

After listening to the message on emotions, write out the top 3 ideas that you were able to glean from the message. Why did those ideas stand out to you? What changes would you like to make in your life based on what you heard in the message?

This will look like a duplicate from last week, but it is not. This week, you will be paying attention to your emotions. Keep a piece of paper or your phone and keep track of those times when you find yourself getting irritated with your spouse or your kids. If you are not living with your spouse or your kids, then take note when you find yourself getting irritated or mad with co-workers or anyone for that matter. When you do find yourself getting irritated and mad, jot down the date and time. When you have a chance (lunch break, after work/school, or in the evening before bed), answer the following questions regarding when you got irritated and/or mad:

- o What happened? (Circumstances: who was there, what was going on, etc.)
- o What were you thinking and feeling? (thoughts and emotions)
- o What did you do? (Behavior)
- o What did you want more than anything else? (expectations/desires)
- o What was the outcome?

Bring these notes with you to class this upcoming week and be ready to share. You should have at least 4 incidents in which you got irritated and/or mad.

Continue to add to your "ways I've sinned against God" list given all that you have learned this week about your emotions.

Week 8 - Comprehending Sin - Listening To God: Motivations

Goals for the evening:

- Present the final aspect of the heart idol diagram - motivations
- Practice identifying heart ruling motivations using a case study

Pre-Teaching Activities :

- Scripture Quiz adding Ephesians 4:26-27, Psalm 37:8, and Proverbs 15:1
- Turn in written homework from the previous week for TA to check

Teaching for the evening:

"Even though we don't always think about them, motives are important. This is why we like Robin Hood and loathe the Sheriff of Nottingham. Robin Hood may have been an outlaw, but we consider his motives noble.

If a husband is meeting his wife's best friend to get gift ideas for his wife, he is praised. But if his motive is to test the waters for a possible affair, he is a scoundrel.

Parents are not simply interested in mechanical or angry obedience from their children. They are concerned about a child's attitude, which is another name for motive. Parents care what children do-and why.

Or consider the realm of addictions. Whether it is food, sex, drugs, or alcohol, an addiction seems automatic. The addicted person has been taken captive. To ask why seems as silly as asking, "Why did you catch a cold?" But even here, motives are important. Beneath addictive behaviors lie wants and desires. Addicts may be enslaved, but, at some level, they volunteer to be. They are motivated to continue their addiction because it gives them comfort, pleasure, power, temporary freedom from pain, revenge, autonomy, and so on. Ignoring these possible motives leaves people at the mercy of their addictive cravings. Even if they are abstinent or self-controlled, their own efforts will not be enough to change their fundamental motivations.

In other words, motives are not only important, in many situations they must be revealed and changed. If our motives don't change, we won't change."¹⁸

"The key word is the *heart*. In Scripture, the heart is the source of all human motivation. It is the wellspring of life (Prov. 4:23), the root that determines whether the fruit of the tree will be good or bad (Jer. 17:5-8; Luke 6:43--45). It is our true self. Appearing nearly 1000 times in the Bible, *heart* can have a broad range of meaning, but at its core are our motivations. Simply put, the heart's root motivation is, "I WANT." "I want comfort, power, pleasure, control ... for myself, against God." By nature, the heart is selfish. It wants what it wants when it wants it. It doesn't want God setting limits or providing direction. When changed by God Himself, the heart's selfish and anti-God motives are not erased, but they are gradually replaced by a desire to love God and live for Him alone.

¹⁸Edward T. Welch, "Motives: Why Do I Do the Things I Do?," ed. David A. Powlison, *The Journal of Biblical Counseling*, Number 7, Fall 2003 22 (2003): 48-49.

At first, this description might not seem to fit your own experience. Life does not feel like it is always about God. Some people haven't even heard of the true God, so how can their behavior have anything to do with Him? However, you don't have to be self-consciously thinking about God to be for or against Him.

When a teen violates a parent's directions, it isn't always an act of rebellion against the parent. It is just that the teen wants to do what he or she wants to do! The disobedience is "nothing personal," yet it *is* personal. It is a desire for freedom from the parent's authority.

Or take Internet pornography. For many people, it feels like a little-less-than-innocent indulgence. It might not be honorable, but it doesn't feel like it's *against* anyone. No one is getting hurt, and it's just a small pleasure. But the reality goes deeper than that. People *are* hurt by it, and it *is* against the spouse. It breaks the vows once made to her and is a temporary shifting of marital allegiance. The pornography lover is saying that his desires cannot be met through his spouse, so he can indulge in mental betrayal to find the satisfaction he craves. Going even deeper into the heart, such behavior is against God. These actions say that God is either blind or far away. After all, who would do such a thing if he believed he was in the presence of the King? The pornography lover is implicitly saying that God is just a person, limited in what He does and where He can be. Furthermore, when God says, "Be holy as I am holy," the pornography lover responds by saying "No" or "Later." He responds to the King's command to pursue sexual purity as if it were a mere suggestion.

These examples illustrate the fact that all of life is personal. Whether we consciously think about it or not, we know *the* God (Rom. 1:21), the Searcher of hearts (Jer. 17:10). We don't just have a fuzzy idea that there is a god or a "higher power." The Bible says that in our hearts, we have a personal knowledge of the God who truly is. The problem is that we don't always like his intrusive or disruptive ways, and we try to ignore or avoid him. We "suppress the truth" that we know (Rom. 1:18-21).

But we are not always blind to these motives. When we are going through especially hard times, our God-motives often come to the surface. We may find ourselves saying, "God, what did I ever do to deserve this? How could you do this to me?" The tough times expose our basic allegiances. Do we live for God or for ourselves?

Even with atheists, the God-ward heart will be revealed. Atheists might live with a profound fear of death, revealing that, at some level, they know they will someday face the living God. Or they might consult palm readers for direction, tacitly acknowledging a divine plan and their fear that it might not go well for them. These behaviors echo their God-oriented motivations. Their faith commitment is in their hearts: "I *will* to live independent of God rather than acknowledge Him as Lord."

Granted, we are not always aware of these motives, but that doesn't mean they don't exist. *All* of our motives are hard to see. Consider the case of the ancient Israelites in Numbers 14. They had just seen unparalleled miracles performed by the God who had

chosen them as His very own people. After leading them out of slavery in Egypt and destroying Pharaoh's army, God provided them with a new and fertile land. The problem was that the people living in the land thought it was theirs, and they weren't going to give it up without a fight.

The spies who scouted the land came back with a mixed report: the land was ideal, but the people in it were powerful. At this news, the people complained and grumbled. "That night all the people of the community raised their voices and wept aloud. All the Israelites grumbled against Moses and Aaron, and the whole assembly said to them, 'If only we had died in the desert'" (Num. 14:1-2).

In this case, the complaint seems legitimate. Moses and Aaron led the Israelites to a land filled with mighty warriors, but the people were more familiar with making bricks than with waging war. Who wouldn't grumble? Their motivation was simple: they wanted to live! They reasoned that life, even in slavery, was better than death. Most of us would agree with that.

But their motivations went deeper. "And the Lord said to Moses, 'How long will this people despise me? How long shall this wicked congregation grumble against Me?'" (Num. 14:11, 27).

There it is, the heart's ever-present question: "Whom will you follow, worship, and trust?" The people complained against God. God Himself was their leader, their Father, the One who had promised them the land and would lead them in battle. He had already defeated the Egyptians without one Israelite raising a sword. He had already taken care of their daily needs. In that context, the *why* of Israel's complaining had everything to do with God. As Moses had pointed out in an earlier episode, "Your grumbling is not against us but against the Lord" (Ex. 16:8).

We can paraphrase the motives behind their grumbling this way: "God, we don't think you are powerful. We don't think you are good. You haven't given us everything we want when we want it." Their motives were against God.

The event can be charted like this.

Our circumstances
(The difficulties of the desert)

!

Our words and deeds
(Complaining and grumbling)

!

Our surface motives-personal desires such as significance, security, or love
("We want to live in Egypt rather than die in the desert.")

!

Our deeper motives-are we for self or for others?
("How dare Moses not give us what we want?")

!

Our deepest motives-are we for self or for God?

("We are angry with God.")

Some have suggested that modern thought has tried to cut the cord between God and ourselves. But, try as it might, nothing can disentangle us from our creator. And that is a very good thing."¹⁹

Homework for the week:

Scripture Memory:

Matthew 12:35

Book/Video/Teaching:

Entries 6-11 in *The Gospel Primer*.

Go to one of our four church services this coming Sunday.

Writing Assignment:

Make note of which entry from *The Gospel Primer* was most meaningful to you and why it was most meaningful.

Write out three key statements from the sermon that you listened to this past Sunday.

Why did those statements stand out to you? What changes do you want to make in your life based on the sermon that you heard?

Find someone in your life to whom you can teach the heart idol diagram to and practice teaching the entire diagram to them. Make note of those areas that you still struggle to explain. Write down who you taught the diagram.

Identify at least 3 ruling heart motivations in your own life using the heart idol diagram. Make sure to use the 5 helpful sentences on the diagram as you search your heart: (1) I will sin if I don't get, (2) I will sin in order to get, (3) I need/want, (4) I must have, and (5) I have the right to.

Week 9 - Confessing Sin - To God

Goals for the evening:

Instruct on what confession sounds like

Teach the Confession Letter exercise

Pre-Teaching Activities:

Scripture Quiz adding Matthew 12:35

Turn in written homework from the previous week for TA to check

Teaching for the evening:

While it is true that God is omniscient, He still requires that sinners confess their sins to Him.²⁰ The OS's confession to God must be (1) sincere, (2) specific, (3) complete and full, (4) owning of the, and (5) resolute.²¹ If adequate contemplation has taken place, there is a high likelihood that this kind of confession takes place.

¹⁹Edward T. Welch, "[Motives: Why Do I Do the Things I Do?](#)," ed. David A. Powlison, *The Journal of Biblical Counseling*, Number 1, Fall 2003 22 (2003): 49-51.

²⁰1 John 1:9.

²¹These five categories are an adaption from the eight qualifications for a biblical confession to which Thomas Watson speaks.

The confession needs to be sincere. The sincerely repentant OS will not need to be told how to pray nor how to confess his sins to God. On the contrary, there should be a pronounced sorrow and tearful confession offered up to God by the repentant OS. A nonchalant unemotional confession announces that the OS is not truly sorry for the sins that he has committed against God, much less repentant. In regard to the sincerity of the confession, Thomas Watson said, "The hypocrite confesses sin, but loves it, like a thief who confesses to stolen goods, yet loves stealing. How many confess pride and covetousness with their lips but roll them as honey under their tongue."²² The confession needs to be specific. The OS also needs to be very specific with the sins that he has committed. The unrepentant OS will have generic sins that almost anyone could be guilty of committing. This kind of confession will make the OS appear to be super spiritual as opposed to humbly repentant.²³ The specific confession of the OS, on the other hand, will mention the very specific sins of the OS. Where the OS has reviled, he will confess the sin of verbally attacking his wife. Where the OS has manipulated and played mental games with his spouse, he will confess sins of deceit, hatred, and being selfish. Where the OS has silently punished his wife, he will confess not loving her as Christ has loved him. The specific confession is yet another indicator that repentance has taken place.²⁴

The confession also needs to be full and complete. King David, in his confession, took his sin all the way back to his conception. He didn't merely state that he had committed adultery with Bathsheba, which was the action of the sin. Instead, David went to the heart of his sin, which was founded at his conception. The truly repentant OS will confess heart level sins and not merely the physical manifestations of those sins. Heart level sins would include pride, control, lust, hatred, and so forth. Words and actions are an important part of confession but confessing those desires and motivations that come from the heart indicate a true repentance has taken place. The confession needs to indicate that the OS has owned his sin. Many unrepentant OS men will blame their wives for the sin that they have committed. Blaming one's wife for personal sin finds its origin in Adam all the way back in Genesis three when he said, "It was the woman You gave me." Adam blamed Eve and God for the sin that he committed. The OS is no different from the first Adam in that he will be tempted to blame his wife for his sin of oppression. "If my wife were more submissive", "If she would be more understanding", "I think that she is stressed out and not able to respond well", or some rendition of these phrases are a common tactic used by those men who have yet to own their sin. The repentant OS takes full ownership for the sin

²²Watson, *Doctrine of Repentance*, chapter 3, ingredient 3.

²³An example of this a super spiritual unrepentant confession, see Luke I 8: 11 in which the Pharisee prays an unrepentant prayer.

²⁴In some instances, in which the OS is a new believer, it might be necessary for those believers who are more mature and more familiar to point the OS toward specific areas of the Bible that speak to the specific sins of the OS. Those who are more mature should allow the Word of God to convict.

that he has committed and makes no attempt to throw blame at her for the sin that he has committed.

The confession needs to be resolute. The OS will need to confess that he will do whatever he needs to do in keeping with his determination not to commit the sins for which he is culpable. Behind this part of his confession is a deep hatred for the sins that he has committed. There should be no qualifications or "If-then" statements in his confession. His confession should communicate to God that he is willing to take the necessary steps required to successfully kill oppressive sins that have come to describe who he is as a husband.

While it is not biblically required to write this confession out, wisdom would say that it is necessary whenever possible. A written letter will allow the repentant OS to have a document with which to reference as well as remember his promises. The Israelites in the Old Testament made a habit of erecting piles of stones to remember different events of significance.²⁵ This letter can act as a similar memorial reminding the OS of all that he has been convicted of, all that he has confessed, and how gracious God has been in forgiving him.

Homework for the week:

Scripture Memory:

1 John 1:9

Book/Video/Teaching:

Entries 12-16 in *The Gospel Primer*.

Go to one of our four church services this coming Sunday.

Writing Assignment:

Make note of which entry from *The Gospel Primer* was most meaningful to you and why it was most meaningful.

Write out three key statements from the sermon that you listened to this past Sunday. Why did those statements stand out to you? What changes do you want to make in your life based on the sermon that you heard?

Based on all that you have learned about your sin against God (your behaviors, your feelings, and your motivations), write a confession letter to expressing your understanding, your conviction, and your request for forgiveness in light of your sin against God. Make sure to work on this for at 30 minutes per day this week. Your letter should be correct and complete. You will be sharing this letter with others this next week.

Week 10 - Comprehending Sin - Listening to Others

Goals for the evening:

Learning to listen to how others experienced sin committed against them.

Pre-Teaching Activities:

Scripture Quiz adding 1 John 1:9

Turn in written homework from the previous week for TA to check

²⁵Joshua 4:1- 10.

Teaching for the evening:

While the Word of God is sufficient to convict the OS of the sins that he has been committing, listening to those who have had extensive experience in dealing with oppressors can be helpful as well. Chapter 4 in Chris Moles' book "The Heart of Domestic Violence" does an outstanding job of unpacking the sin of oppression.²⁶ In response to this chapter, the OS needs to spend time reading and interacting with the concepts found in chapter four. The OS can spend time interacting with the material by: (1) reading the chapter in its entirety, (2) writing down those areas of the chapter which point out his own sin, (3) identifying those manifestations of pride²⁷ that are true in his own life, and (4) answering the 5 questions found on page 59. In some instances, in which the OS still cannot see oppression in his own life, after reading chapter four, a case study could be used to help the OS first see the sin in others. After being able to see the sin in others, the OS can then examine his own life to see how he is guilty of the sins that fall under oppression.

Jim Newheiser's book "Marriage, Divorce, and Remarriage"²⁸, Darby Strickland article "Identifying Abuse in Marriage", as well as the sermon by Jason Meyer entitled "Fooled by False Leadership" for a greater biblical understanding of oppression and how it hurts others. The OS should read through chapter 35 of Jim Newheiser's book as well as Darby Strickland's²⁹ article identifying those areas in which he is culpable of oppression. Jason Meyer's sermon references information by John Henderson regarding the different types of oppression and severities found within each category. The OS should read through the different types of abuse and identify which activities he is most prone to commit. The OS should also give the list of categories and activities to those whom he oppresses in order to get more accurate feedback from them.

Just as the OS needs to spend time listening to God through the Bible and other biblical experts, so the OS needs to spend time listening to those around him that he has hurt the most. This will allow him to understand the reality of his sin. Understanding the reality of his sin will allow him to confess accurately and change appropriately. In order to understand those around him, the OS should first consider writing down how he imagines that he has hurt those around him. The OS should take no less than one hour to write down how he imagines he has hurt his wife, his children (if applicable), and anyone else whom his oppression affected. Upon completion of his letter, he should sit down with those who he has affected and read his letter to them.³⁰ After expressing how he believes that his sins have affected

²⁶Chris Moles does not use the term "oppression" when talking about this particular sin. He, instead, uses the term abuse. Both terms are interchangeable for the purposes of this paper.

²⁷Moles, *The Heart of Domestic Abuse*. p.50-54.

²⁸Newheiser, *Marriage, Divorce, and Remarriage*, ch.35.

²⁹Strickland, "Identifying Oppression in Marriage.", p.10-13.

³⁰There are numerous reasons why this might not be a viable action. If there is a no-contact order or

those around him, he should invite them to share their thoughts on his perspective. Asking others for their thoughts is an act of humility and expresses that he truly does want to know the truth and change. The OS should then revisit his contemplation assignment with the new information and attempt this contemplation letter again. His second attempt should produce a more accurate understanding of his oppression and how it affected those around him.³¹ After adequately understanding how his sin has affected others around him, the OS is now ready to ask for forgiveness.³²

Homework for the week:

Scripture Memory:

James 5:16

Matthew 5:23-24

Book/Video/Teaching:

Entries 17-21 in *The Gospel Primer*.

Go to one of our four church services this coming Sunday.

Writing Assignment:

Make note of which entry from *The Gospel Primer* was most meaningful to you and why it was most meaningful.

Write out three key statements from the sermon that you listened to this past Sunday. Why did those statements stand out to you? What changes do you want to make in your life based on the sermon that you heard?

Option 1: If you are legally and relationally able to do so, spend some time talking with those whom you have oppressed and abused asking them to share with you their experience of your sin against them. Your job is to learn from them; therefore, you are not to be defensive, correcting, or question what they say in any way. As you hear from them, your understanding of the devastation of your sin should become clearer. As part of your interview, you should make it known that you are working towards writing a confession letter that you will eventually read, and the information given in the interview will help you confess as much of your sin as possible. After your interview, type/write up your notes in a way that you can easily present your findings to others in the group this upcoming week.

Option 2: If you are not legally and/or relationally able to meet with those whom you oppressed and/or abused, spend time reading through at least 5 different online testimonies of those who have been oppressed and/or abused. You need to write down the web address of each testimony. As often as possible, choose situations that best reflect

order of protection, then the OS may not be able to express his thoughts to those whom he has oppressed.

³¹The OS should continue listening until those whom he has oppressed are confident that he has adequately understood the effects of his oppression.

³²Adequately understanding one's sin is not only important for the repentance process, but it is also important for those who are biblically required to forgive. Luke 17:3 clearly states that one is to forgive once repentance has taken place. Therefore, it is paramount that the one who has been sinned against knows that the one who sinned understands their sin and more importantly is committed to not sin in that area to the best of their ability. For more on this see Dr. Robert Jones book entitled "Pursuing Peace". Robert D. Jones, *Pursuing Peace: A Christian Guide to Handling Our Conflicts*, 1 edition. (Wheaton, Ill: Crossway, 2012), p. 131-135.

your own situation. After you research, type/write up your notes in a way that you can easily present your findings to others in the group this upcoming week.

Week 11 - Confessing Sin -To Others

Goals for the evening:

- Craft a confession letter that can be read to the offenders' victims.
- Present a sample of a correct complete confession letter.

Pre-Teaching Activities:

- Scripture Quiz adding James 5:16 and Matthew 5:23-24
- Turn in written homework from the previous week for TA to check

Teaching for the evening:

The same five elements should be used in the OS confessing to his wife as was used in his confession to God. The difference in the confession is that it needs to be directed toward the wife and the sins that were committed against her. While the sins against the wife are not as numerous as the sins against God, it is still paramount that the sins that were committed against the wife be confessed to her with the corresponding asking of forgiveness. As wisdom dictates a physical letter be written to God, so a physical letter should be written to the wife. This physical letter will allow the OS to express all that he has been convicted of without the pressure of needing to remember all of it as he confesses to his wife. A letter also allows for the OS to accurately express what is in his heart before it comes out of his mouth. An example of a confession letter that accomplishes exhibits the heart of repentance has been included in this paper under appendix A.

This concludes part one of the OS class. With the contemplation and confession portions complete, the OS is now ready to plan out what needs to change in his life and in his marriage. It should be noted that there is a good chance that more contemplation and confession will need to take place as the OS continues in the transformation process. When the OS is convicted of sin, he should revisit those two areas and take the appropriate biblical actions immediately.

Homework for the week:

Scripture Memory:

- Philippians 2:3-5
- Mark 11:25

Book/Video/Teaching:

- Entries 22-26 in *The Gospel Primer*.
- Go to one of our four church services this coming Sunday.

Writing Assignment:

Make note of which entry from *The Gospel Primer* was most meaningful to you and why it was most meaningful.

Write out three key statements from the sermon that you listened to this past Sunday. Why did those statements stand out to you? What changes do you want to make in your life based on the sermon that you heard?

Based on the information from your interview and/or research, craft a correct complete confession letter that you will read to those whom you have offended if possible. You should work on this letter for 30 minutes a day. You will read your letter to those in the class next week.

Phase 3- Gospel Plan of Change

Week 12 - Plan of Change - Put Off

Goals for the evening:

Teach the overall process of biblical change based on Ephesians 4:22-24.
Focus on putting of the old man.

Pre-Teaching Activities:

Scripture Quiz adding Philippians 2:3-5 and Mark 11:25
Turn in written homework from the previous week for TA to check

Teaching for the evening:

Now that the roots of contemplation and the trunk of confession have been established, the OS is ready to plan for change. The phrase "planning for change" is used because a close careful plan of action is needed so that inadvertent mistakes are not made by the OS as he seeks to be a different person. As the old proverb goes, "Failing to plan is planning to fail".

While there are numerous books that speak of the change process, one of the most practical books available is Armond Tiffe's book entitled "Transformed Into His Likeness" (TIHL). The practical nature of this book is what allows it to be very effective for OS spouses who are genuinely seeking to change. The OS needs to become familiar with the material in this book as well as the worksheets that are available in it.

The plan for change needs to include the following three elements: (1) putting off or stopping of the sins of oppression, (2) having a new and different mind, and (3) putting on acts that reflect a new and different mind.³³ Without all three aspects, the OS will not have sufficiently responded to the sin for which he is guilty and will, at some point, return to his sin as a dog returns to his vomit.³⁴ A lack of change will also prove hopeless for the spouse of the OS.³⁵ The repentant OS must take each of these three areas seriously and commit to the hard work that is required under each category. While hard, it is not impossible.³⁶ While God will not do the work that He requires of the OS, He will graciously and overwhelmingly supply the energy and motivation for the OS to complete the work.

Step One - Putting Off

³³Ephesians 4:22-24 and Colossians 3: 1- 1 2.

³⁴ Proverbs 26:11 and 2 Peter 2:22.

³⁵Proverbs 13: 12 .

³⁶Philippian s 4: 13 .

The process of change begins with the putting off or stopping of certain beliefs and behaviors.³⁷ This part of the process should prove to be the easiest part for the OS as it will contain all of those items that he confessed to both God and his wife in the previous section. At this point, the OS needs to go through TIHL and identify all of those areas that he struggles with. He can identify those with a checkmark. TIHL does not contain page numbers for the OS to reference; rather, the entire spiral bound book contains a list of "put offs" and corresponding "put ons". The OS should carefully read through the entire book and prayerfully consider each item listed. Prayerfully considering each item includes asking God to bring greater clarity and conviction to each item for which he is guilty as he faithfully reads the verses given by TIHL regarding each item. Allowing God to work through His Word ensures that the conviction or lack of conviction is not based on a mystical feeling; rather, conviction is based on the objective unchanging Word of God.³⁸ Using God's Word to bring conviction will be very important as feelings of conviction will diminish and become less motivating as the change process continues.

In addition to God's Word, it would be very valuable for the OS to ask his spouse (if possible) and close friends to also place a checkmark next to those areas that they believe he is prone to commit. Asking for this input ensures greater clarity into those areas that need change as well as promotes greater humility.

Additionally, the OS should read and interact with chapters five and six in *The Heart of Domestic Violence*. Both of these chapters do an excellent job of expanding the understanding of beliefs and actions that are associated with oppression. After reading chapter five, the OS should answer the following five questions³⁹: (1) what beliefs have driven your oppressive behavior toward your wife, (2) What does Matthew 20:20-28 have to do with your job as a husband and father, (3) How have you defined male headship in the past and what did male headship look like in your marriage, (4) How have you failed to imitate God as a husband and father, and (5) give 10 examples over the past month in which you denied yourself in order to serve your wife and your children. After reading chapter six, the OS should answer the following questions⁴⁰: (1) How important is it for you to have power, (2) How important do you think it is for your spouse or your children to have power, (3) On a scale of 1-10, rate how important it is that men have ultimate power and economic independence, i.e. they can do what they want and others should follow, (4) how have you used the power given to you by God to commit violent acts in your home, and (5) what are some biblical options to power and control that you could implement in your home?

³⁷Ephesians 4:22.

³⁸Hebrews 4: 12.

³⁹The five questions are adaptations from the five questions that Chris Mole's asks in chapter 5 of *The Heart of Domestic Violence*.

⁴⁰These questions are adaptations of questions asked by Chris Moles in chapter six in *The Heart of Domestic Violence*.

One final assignment that can be helpful to identify both the outward actions as well as the ruling heart desires it to keep a journal of oppressive temptations. The OS will need to commit to answering the following five questions when in moments of oppression.⁴¹ These moments can be self-identified moments, or they can be moments which are identified by his wife. In either case, he needs to answer to following five questions: (1) What happened, (2) What were you thinking and feeling, (3) What did you do, (4) What did you desire more than anything else, and (5) what the outcome was. Each of these questions is designed to have the OS consider the outward actions as well as the inward motivations that are active. The goal is that he become more aware of his sin, what it looks like, and how it affects those around him.

Homework for the week:

Scripture Memory:

Ephesians 4:22-24

Colossians 3:5-9

Book/Video/Teaching:

Entries 27-31 in *The Gospel Primer*.

Go to one of our four church services this coming Sunday.

Transformed Into His Likeness. There are no page numbers. Read until you get to the section entitled "How to Work Through the 'Personal Transformation Worksheet'"

Make a list of all of the motivations, thoughts, words, and actions that you need to put off in your life.

Writing Assignment:

Make note of which entry from *The Gospel Primer* was most meaningful to you and why it was most meaningful.

Write out three key statements from the sermon that you listened to this past Sunday.

Why did those statements stand out to you? What changes do you want to make in your life based on the sermon that you heard?

Looking at the list of items to put off found on underneath the section you read for this week and put a check mark next to those areas that you need to put off.

Based on those items that you placed a checkmark next to, talk to three people who know you the best this week and ask them what top 3 items they would recommend you work on.

Before coming to class, pick one of the items that was recommended to you and be prepared to tell the class what item you are going to work on putting off and why you decided to work on that particular issue. Make sure to have at least 5 Scriptures ready that speak to what you would like to put off.

Week 13 - Plan of Change - Put On

Goals for the evening:

Teach the process of putting on the new man

Pre-Teaching Activities:

Scripture Quiz adding Ephesians 4:22-24

⁴¹These five questions are taken from Paul Tripp's "Getting to the Heart of Parenting" video series.

Turn in written homework from the previous week for TA to check Teaching for the evening:

Most Christians, oppressive spouses included, believe that change has indeed taken place when they stop doing the sin for which they are guilty. Having a new perspective on oppressive attitudes and actions gives the added perception that one has changed. After all, they not only have stopped sinning, but they can answer questions correctly regarding their past sin. On the contrary, they have only made it two-thirds of the way toward change. It is at this point, that the OS can be deceived into thinking that he has changed and unintentionally or intentionally abort the embryo of change that has been growing.⁴² Ephesians 4:28 clearly states that a thief is a changed person when he stops stealing and starts to give to those in need. For every putting off of sin there needs to be a corresponding putting on of obedience. The man who has repented of his selfishness will have a habit of selflessness. The man who has repented of deception and lying will make it a common practice to tell the complete truth, even at the risk of telling more than is necessary. The man who has repented of sexual immorality, will make it aim to love God and his wife with his whole body. While the putting on of biblical obedience is a necessary requirement for repentance, it's not enough to speak in generalities. The OS needs to be very specific with those obedient attitudes and actions that he is going to put on.

Armond Tiffe's book once again will prove to be of great help to the OS as he seeks to put on godly attitudes and behaviors. Where the OS has placed a checkmark next to those areas that he would like to put off, the biblical corresponding put on has been given. The given word or phrase is in its generic form, so the OS will need to spend some time personalizing it, but Armond Tiffe has provided somewhat of a tutor to help the OS think along the correct biblical guidelines. For instance, the man who have made a habit of blaming others needs to start taking ownership for his own sin. He owns his sin as he confesses it to God and others (where necessary and appropriate) and does not blame anyone else or distract from his confession by bring up someone else's sin or mistakes.⁴³

The OS should also read chapter eleven in *The Heart of Domestic Violence*.⁴⁴ Moles does an outstanding job of helping the OS to see new attitudes and actions that the OS needs to put on. These new actions can only be accomplished on a continual basis as a result of the Holy Spirit and a new perspective towards his wife and children. The OS should take note of those suggestions that are mentioned so as to incorporate them into his plan of change. At this point, the OS only needs to identify what he needs to put on. The actual plan of putting on and putting off is the next step.

⁴²James I :22-25.

⁴³A common tactic for biblically savvy men is to confess a general sin that most are guilty of and follow that confession up with a specific sin of their wife. The goal of this is to highlight her sin in hopes of hiding his.

⁴⁴ Moles, *The Heart of Domestic Abuse*, p.115-124.

Homework for the week:

Scripture Memory:

Philippians 2:12-13

Book/Video/Teaching:

Entries 1-5 in *The Gospel Primer*.

Go to one of our four church services this coming Sunday.

Chapter 11 in *The Heart of Domestic Abuse*

Transformed Into His Likeness start at "How to Work Through the 'Personal Transformation Worksheet'" .

Writing Assignment:

Make note of which entry from *The Gospel Primer* was most meaningful to you and why it was most meaningful.

Write out three key statements from the sermon that you listened to this past Sunday.

Why did those statements stand out to you? What changes do you want to make in your life based on the sermon that you heard?

Similar to last week, look at the list of items to put on found in last week reading, put a check mark next to those areas that you need to put on.

Before coming to class, pick one of the items that was recommended to you and be prepared to tell the class what item you are going to work on putting off and why you decided to work on that particular issue. Make sure to have at least 5 Scriptures ready that speak to what you would like to put off.

If you have not started giving back financially to God, begin this week. A good goal is to give 10% back to God from your paycheck.

Week 14 - Plan of Change - Renewed Mind

Goals for the evening:

Teach the process of renewing one's mind.

Pre-Teaching Activities:

Scripture Quiz adding Philippians 2:12-13

Turn in written homework from the previous week for TA to check

Teaching for the evening:

The next stage in the process of change is to have a new and different mind.

Encompassed in a new and different mind are new ways of understanding, reasoning, thinking, and deciding.⁴⁵ This new mind, developed as the OS mediates on Scripture and reads books aimed at a great understanding of his sin, will allow him to perceive everything in this life with a new set of eyes.

Scripture is the most vital resource given to the OS as it is living and active and sharper than any two-edged sword. It is about to get cut to the heart of the matter.⁴⁶

⁴⁵Johannes P. Louw and Eugene Albert Nida, *Greek- English Lexicon of the New Testament: Based on Semantic Domains* (New York: United Bible Societies, 1996), 323-324.

⁴⁶Hebrews 4: 12.

The Word of God should be the primary source that the OS spends that most amount of his time consuming. Armond Tiffe's book can be helpful in directing the mind of the OS to certain portions of Scripture so that he can meditate on specific Scripture. For instance, if the OS has had the habit of verbally reviling his wife, he should spend time meditating on Psalm 19:14, Proverbs 12:18, Proverbs 15:28, Proverbs 21:23, Proverbs 29:20, Ephesians 4:29, Ephesians 5:4, Colossians 4:6, and James 1:26.⁴⁷ Each of these verses speaks to the issue of communicating. The goal for the OS is to so saturate his mind with the Word of God that he can't help but respond differently to his wife with the words that he uses. Meditating on God's Word is the means by which God will transform the OS into a new creation that loves God and others unlike any other time in his life.

The OS should also spend time re-reading Chapters five and six of Chris Moles' book.⁴⁸ Moles exposes many common beliefs held by the OS. Not only does the OS needs to understand the vast amount of damage that he has done to his wife, he needs to understand those motivations and beliefs that he harbored in his heart allowing him to treat his wife as treacherously as he did.⁴⁹ As the OS reviews chapters five and six, he should answer the following questions: (1) What new insights and understandings do you have about the beliefs that you have had in your heart that drove you to behave sinfully toward your wife, (2) What new beliefs and motives do you need to cultivate in your heart so that you will respond differently toward your wife in the future, (3) How will you use the power that God has given you as a husband and father in the days, weeks, months, and years ahead, (4) Practically speaking, what does it look like for a husband and father to be a servant-leader, (5) What does it mean for you to be the "male cheerleader" for *your* wife, and (6) What you want to confront yourself with a month ago knowing what you know now? These questions allow the OS a chance to use their new spiritual eyes to perceive his role as husband and wife differently.

Continuing with Moles' book, the OS should also read chapter nine entitled, "The mind of Christ: An Alternative to a Violent Heart". As the OS reads chapter 9, he should also read pages 55 through 59 in which Moles mentions Dr. Stuart Scotts 24 manifestations of humility. After reading the material, the OS should complete the following exercises: (1) self-reflect on manifestations of pride to consider which areas he needs to work on, and (2) give the manifestations of pride to those who would give true feedback and ask for them to suggest those manifestations that he needs to work on. He should also answer the following questions: (1) what has pride sounded and looked like in your life, specifically as it relates to oppression, (2) what barriers still exist in your own life that feed pride, (3) what manifestation of humility are you

⁴⁷Tiffe, *Transformed Into His Likeness*.

⁴⁸Moles, *The Heart of Domestic Abuse*, p.61-75. As with anyone coming out from life dominating sin, new concepts and ideas will need to be revisited time and again. It is with this mind that the OS will need to be asked to re-read chapters five and six.

⁴⁹Malachi 2:14.

going to be working on based on your own insights as well as the insights of others, and (4) how would have those that love you respond if they see your prideful ways returning?

At this point, the OS should very much be in the driver's seat regarding the development for his plan of change. He should have some pretty concrete thoughts regarding his personal transformation. He should have worked through the following items so as to incorporate them into his plan of change: (1) what to put off, (2) new ways of thinking, and (3) items that he wants to put on. All of these items are still in the hypothetical realm of knowledge. The OS knows what he needs to do but has not yet become to do anything. The goal of this step is for him to gather his thoughts together and write out a plan of change that he can follow and actually change. This plan of change should be specific and not vague or general. In TIHL, Armond Tiffe states:

"If you are general or vague, you will not make much progress. You must have a clear understanding of exactly what should be put off. If you are truly serious about changing, you must be willing to say, as the psalmist says, "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me and lead me in the way of everlasting." ⁵⁰

This plan needs to be as specific as possible as there will be no room for excuses. TIHL gives an example of a specific plan of change for the man who struggles with anxiety and worry. This example should be enough of an impetus for the OS to write his own plans of change for each area of his life which he has identified. While the OS will not be in counseling for the entire length of time required for all of the change to take place, he should complete counseling with plans of change for each area so that he can start changing in new areas as changes in other areas become apparent.

A very real concern at this point is that of "box checking". Box checking happens when a lazy uninformed OS simply does what he is told to do. While he probably will have had some negative consequences motivating temporary change, the box checker will prove that he has not changed by his lack of knowing what he needs to do to change. A student who has not learned math concepts will fail the test regardless of how many times he has been told what to do. Without a renewed mind, the OS will have no idea what he should be doing differently and will thus rely on those around him to tell him what to do. If the OS is making statements that are akin to "just tell me what to do", then the OS should be directed to go back to steps one through three of phase two.

Homework for the week:

Scripture Memory:

Romans 12:2

⁵⁰Tiffe, *Transformed Into His Likeness*.

1 Peter 1:13

Book/Video/Teaching:

Entries 6-11 in *The Gospel Primer*.

Go to one of our four church services this coming Sunday.

Transformed Into His Likeness: Personal Transformation Worksheets

Writing Assignment:

Make note of which entry from *The Gospel Primer* was most meaningful to you and why it was most meaningful.

Write out three key statements from the sermon that you listened to this past Sunday. Why did those statements stand out to you? What changes do you want to make in your life based on the sermon that you heard?

Write out your plan of change. Your plan of change should include all of those actions that you plan to do that will help you "put off" your former self, those actions that you plan to do that will help you "put on" the new self, and all of the Scriptures that speak to the changes that you want to make. You should be prepared to present your plan of change to the class so that they can give you their feedback.

Phase 4 - Gospel Permanence

Week 15

Goals for the evening:

Learning how to be self-examining.

Pre-Teaching Activities:

Scripture Quiz adding Romans 12:2 and 1 Peter 1:13

Turn in written homework from the previous week for TA to check

Teaching for the evening:

While this is only one point of reference to see if real change has taken place, it is an important point of reference. Where change has taken place, the individual will be different, and he will see that difference in himself. He should keep a daily journal in which he is evaluating his progress. His evaluation should check for obedience in both attitude and action.⁵¹ This evaluation should be written out so that it can be submitted to his counselor who can check it against the evaluations of others.

Homework for the week:

Scripture Memory:

2 Corinthians 13:5

Book/Video/Teaching:

Entries 12-16 in *The Gospel Primer*.

Go to one of our four church services this coming Sunday.

Writing Assignment

Make note of which entry from *The Gospel Primer* was most meaningful to you and why it was most meaningful.

⁵¹See Appendix B for personal evaluation questions.

Write out three key statements from the sermon that you listened to this past Sunday. Why did those statements stand out to you? What changes do you want to make in your life based on the sermon that you heard?

Week 16

Goals for the evening:

Learning to humbly invite others into the change process.

Pre-Teaching Activities:

Scripture Quiz adding 2 Corinthians 13:5

Turn in written homework from the previous week for TA to check

Teaching for the evening:

God has provided other people to help in the change process. The OS needs to make sure that he is utilizing all of the gifts of God, including the body of Christ. Change will never happen in isolation as God has not designed mankind to live apart from one another. The humility required for the OS to change begins by allowing light to shine from the outside in making visible what has been covered for so long. The four groups of people that the OS needs to enlist in helping him to evaluate change are: (1) his spouse, (2) his life group or small group, (3) his counselor, and (4) the church. Each of these people offer a different perspective for the OS to consider. As each offers personal evaluation, the OS, so long as he is humble, will be able to clarify his spiritual eyes so as to see what he is doing correctly and what still needs to change.

The TIHL offers very practical suggestions for those who would help evaluate the progress of the OS in keeping with his plan of change. As stated earlier in this outline, the role of these evaluators is to evaluate the OS in regard to the plan of change that he developed. These evaluators are not to tell the OS what to do nor are they to do the work that the OS needs to be doing.

Homework for the week:

Scripture Memory:

Acts 19:18

1 Corinthians 6:11

Book/Video/Teaching:

Entries 17-21 in *The Gospel Primer*.

Go to one of our four church services this coming Sunday.

Writing Assignment:

Make note of which entry from *The Gospel Primer* was most meaningful to you and why it was most meaningful.

Write out three key statements from the sermon that you listened to this past Sunday. Why did those statements stand out to you? What changes do you want to make in your life based on the sermon that you heard?

This week you will enlist the help of Christians outside of the domestic abuse group. You will need to arrange a time with three people who are not part of the domestic abuse

group to whom you can tell your story. Your story will include your sin against God, your sin against those you love, God's grace in allowing you to understand your sin, confess your sin, and finally your plan of change. These discussions should take approximately 30 minutes. Be prepared in class to share your experience with members of class.

You will also need to contact a pastor and/or a lay-elder this week and set up a time to meet with him next week in preparation for next week's assignment. Please write down which pastor or lay-elder you plan on meeting as well as the date and time you will be meeting.

Week 17

Goals for the evening:

Looking outward in wisdom

Pre-Teaching Activities:

Scripture Quiz adding Acts 19:18 and 1 Corinthians 6:11

Turn in written homework from the previous week for TA to check

Teaching for the evening:

There are two types of wisdom: (1) first hand wisdom and (2) third party wisdom. First hand wisdom is that which is gained from doing something one's self. It is often the most painful type of wisdom gained and requires the most amount of risk. Rebellious children are often said to "learn the hard way". This is to say that rebellious children who refuse to listen to their parents often make foolish decisions due to lack of wisdom and reap the consequences of foolish decisions. Third party wisdom, on the other hand, is that wisdom that is acquired due to the information of other people. This kind of wisdom is the least painful type of wisdom as it requires zero experience. Third party wisdom is education that comes from outside of someone. This could be through parents, spouses, teachers, pastors, and Scripture. Former OS's have both first hand and third-party wisdom at their disposal. Both types of wisdom can help identify when the OS is lying, being lazy, pretending, and struggling.

Homework for the week:

Scripture Memory:

Hebrews 13:17

Book/Video/Teaching:

Entries 22-26 in *The Gospel Primer*.

Go to one of our four church services this coming Sunday.

Writing Assignment:

Make note of which entry from *The Gospel Primer* was most meaningful to you and why it was most meaningful.

Write out three key statements from the sermon that you listened to this past Sunday.

Why did those statements stand out to you? What changes do you want to make in your life based on the sermon that you heard?

This week you will need to meet with the pastor or lay-elder that you contacted last week. Your job is to share your story in a similar fashion as last week. Your story will include

your sin against God, your sin against those you love, God's grace in allowing you to understand your sin, confess your sin, and finally your plan of change. These discussions should take approximately 30 minutes. Be prepared in class to share your experience with members of class.

Week 18

Goals for the evening:

Looking outward with confidence

Pre-Teaching Activities:

Scripture Quiz adding Hebrews 13:17

Turn in written homework from the previous week for TA to check

Teaching for the evening:

The OS will most likely be a master manipulator. The more religious he is, the better grasp of the Scripture he will have allowing him to appear to be repentant when he is not. In regard to the religious pretender, Thomas Watson states, "The hypocrite is a saint in jest. He makes a magnificent show, like an ape clothed in ermine or purple. The hypocrite is like a house with a beautiful facade, but every room *within* is dark... He is seemingly good so that he may be really bad."⁵² Former Pharisees are adequately equipped to sniff out the attitudes and actions of those who pretending to be religious. The abomination of their former *sin* causes them to spiritually wretch when they get wind of hypocrisy. As thoughts of their former life pour into their memory, the exhortation to stop "playing games" should shoot forth. Whether this exhortation is sharp or gentle, strong or weak, the OS who is pretending needs to be confronted.

Homework for the week:

Scripture Memory:

Galatians 6:1-3

Matthew 18:15

Book/Video/Teaching:

Entries 27-31 in *The Gospel Primer*.

Go to one of our four church services this coming Sunday.

Read chapter 6 in the *Doctrine of Repentance* by Thomas Watson

Writing Assignment:

Make note of which entry from *The Gospel Primer* was most meaningful to you and why it was most meaningful.

Write out three key statements from the sermon that you listened to this past Sunday.

Why did those statements stand out to you? What changes do you want to make in your life based on the sermon that you heard?

⁵² Watson, *Doctrine of Repentance*, chapter 6 part 5, kindle.

Based on your own experience, lies you used to believe, and actions you used to do, create a description of someone who is abusive. Here are questions to help get you thinking: What would he say to his spouse when people are not around? What would he say when people are around? What would he do with finances? What would he do regarding sex? What would he tell others about his wife and marriage? What would he do if he thought his wife was disrespectful or disobedient? What would vacations look like? Your goal in this description is to help abusive people identify words and actions that are abusive. Be prepared to share your description with the group next week.

You need to contact the Life Group Pastor and start to look for a Life Group to which you can belong. After talking to the life group pastor, narrow the list of life groups down to 5 groups that you would like to visit. Plan out when you are going to visit each life group and bring that plan with you to class. (If you are already part of a life group, make plans to share your story with your group.)

Week 19

Goals for the evening:

Looking outward with sympathy

Pre-Teaching Activities:

Scripture Quiz adding Galatians 6:1-3 and Matthew 18:15

Turn in written homework from the previous week for TA to check

Teaching for the evening:

And just as the former OS is adequately equipped for confrontation, he is also adequately equipped to soothe a soul that is struggling to change. The pitfalls and struggles of killing an indwelling sin habit are known all too well to the former OS. He will know what words, thoughts, Scriptures, and prayers are most needed and most helpful. Just as Zacchaeus would have been able to help a thief to release his grip on stolen money by reminding him of the sweet taste of obedience, so the former OS will be able to help the oppressive spouse to stop the controlling, manipulating, deceptive, hurtful actions by reminding him of that which God has called him and the sweetness that comes with obedience. While anyone who is indwelt with the Holy Spirit could accomplish that, the former OS has the ability to know what to say and how to say it in such a way as to best encourage the OS who is struggling.

Homework for the week:

Scripture Memory:

Psalm 141:5

Proverbs 27:6

Book/Video/Teaching:

Go to one of our four church services this coming Sunday.

Pick a Bible Reading plan and be ready to share your plan with the group.

Writing Assignment:

Write out three key statements from the sermon that you listened to this past Sunday.

Why did those statements stand out to you? What changes do you want to make in your life based on the sermon that you heard?

Make a list of at least two men who you believe need to take this class. Without gossip (giving specific details), why do you believe that they need to be in this class? What will this class potentially do for these people?

Make plans to invite these men to the group. Will you take them to coffee? Will you talk with them at church? Will you mention something at softball practice? After you decide on the place/circumstance you will confront them, start to pray and ask God to provide the right time and the right place. Be prepared to share your plans with the group.

Write out a prayer of thanksgiving to God for His faithfulness in the change process.

Week 20

Goals for the evening:

Graduation

Pre-Teaching Activities :

Scripture Quiz adding Psalm 141:5 and Proverbs 27:6

Turn in written homework from the previous week for TA to check

Teaching for the evening:

It is at this point that, after all four phases have been complete, that the now former OS can state, I am no longer who I once used to be as biblical Christ-like change has taken place. Hope abounds in the biblical process of change. Anything Jess runs the extreme risk of repeatedly living in sin. Worse than repeating sin, not repeating that sin but finding pleasure in a new sort of sin. The flesh would love to keep would be believers deceived into thinking that the ceasing of one sin somehow indicates that they are all better. May God be glorified as oppressive spouses put off the old, become renewed in their thinking, and put on the new. As God is glorified, may his church be strengthened so as to be a light in a dark community which shines an appealing light for those who are searching.

Homework for the week:

Final Assignments:

Get involved in a ministry at the church. Here are some options: The First Impressions Team (FIT), Ushers, Hope Groups, Counseling, Sunday School, Audio/Video production, facilities.

If you are not a member of the church, call the church to find out when the next membership meeting is and plan to be at the meeting.

If applicable, look at the church calendar to see when the next Complete Husband class is offered. Plan to take that class as soon as you can.