

Spiritual ADD

September/October 2010

Along our journey in walking with the Lord, there may be periods of time in which we find ourselves caught up in the challenges of life. We look around noticing the areas of need and wonder about our involvement. We see the poor, young children inflicted by diseases or circumstances beyond their control, the homeless, the abused, etc.

We feel within our being a sense of obligation to fill the needs. We think we are called here and there never quite focusing on God's plan for our lives. We jump from one good intention to another. Our focus keeps changing as another need comes into view. We are on this path following God doing good things that pull us in many directions. But are we walking in the direction and purpose that God has specially designed for us?

We have fallen into the trap of "Spiritual Attention Deficit Disorder, (SADD)." We get into the rescue mode or people pleasing as we try to make a difference in our world, yet our focus is so scattered filled with many paths that detour us or bring us to dead ends. All of this can lead us into depression since we cannot see

significant changes in the areas of need. Discouragement sets in. We have a tendency to give up and drudge through life never certain of our purpose.

There is a companion that accompanies SADD. It is Spiritual Attention Deficit Hyperactivity Disorder, (SADHD). Not only do we become distracted easily losing our focus, but we also become hyper about meeting needs quickly or jumping back and forth from one purpose for our life to another. We become intense about seeing things accomplished in a quick manner so we can run to the next need or we don't put in the time and effort to complete an aspect of our purpose. We are like a butterfly fluttering from one flower to another always seeing a better flower just ahead.

Our goal is to accomplish something so we can feel good about ourselves instead of directing all the glory and honor to God. God gives us the privilege to be the vessel to minister to others and their needs.

We seem to forget that God does not call us to meet every need. It is the body of Christ as a whole that does. Each of us



are called for His purposes, but not everyone has the same calling.

We need to consciously assess the passion God has placed within each of our hearts. Being still before the Lord quietly listening for His gentle whisper calms our soul and brings clarity of purpose into view. Are we willing to wait for His direction?

"Wait for the Lord; be strong and take heart and wait for the Lord." Psalm 27:14 NIV

Waiting on the Lord for clarity of purpose saves time and energy. Write down the vision/calling as God plants it within you. The seed will sprout as it is nurtured in the Lord. ***Don't let SADD or SADHD keep you from being all God intended you to be.***

By Paula Silva

Contempt: Companion to Shame

*You've heard the saying,
"Hurt people, hurt people".*

Contempt is the method we use to deflect shame we are feeling. **Contempt manifests itself in two ways, self-contempt or other-contempt.** We usually have a pattern of one or the other but they can be used interchangeably to deflect the shame we are feeling.

Isolation is an example of both other and self-contempt. We think if we isolate or withdraw no one can hurt us and we won't hurt anyone either. But it affects the relationship for both parties.

If you look at the cycle of addiction, shame is the driving force behind addictions. The addiction is used to deflect or hide from the shame and pain that is felt. When addicts act out in their addiction it creates more shame and that continues to feed the addiction.

Addictions are only one manifestation of self-contempt. Cutting, self-mutilation, eating disorders, unhealthy/harmful relationships are also methods of self-contempt. Sabotaging ourselves in relationships, finances or jobs are also indications of self-contempt. When we live in shame we feel we don't deserve to have a good life.

What is your self-talk like? Are you your own worst critic? I heard of an experiment Paul

"The tongue has the power of life and death."
Proverbs 18:21 NIV
Unspoken words wound as well.

Meier of Meier Clinics uses: place a rubber band around your wrist for one week and lightly snap it every time you self-criticize. It will remind you of what your self-talk is like.

You know how it hurts when someone criticizes you, but many times you are unaware you are doing the same to yourself. "The tongue has the power of life and death." *Proverbs 18:21 NIV* Unspoken words wound as well.

Other-contempt can show up as passive-aggressive behavior, being argumentative, hardness, anger/rage, and anything that can be used to keep people away so our shame is not exposed. It can also come out in our tone of voice. We are like porcupines, spiky on the outside with soft underbellies that we don't want exposed.

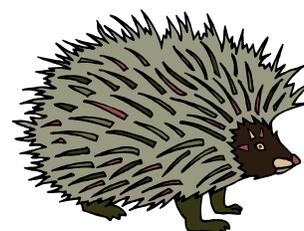
How do you stop acting out in contempt?

- Begin by healing the shame that produces it. The FOCUS July/August newsletter has an article about healing shame and the steps to take.
- Read the book, *Hurt People Hurt People*, by Sandra Wilson

- Read the "Contempt" chapter in "The Wounded Heart" by Dan Allender, for survivors of sexual abuse is another excellent resources to help you understand your method of deflection.
- Find a Christian counselor to begin the healing process.
- If you are acting out in an addiction, join a 12-step recovery group.
- If your addiction is life threatening, go to a treatment center or hospital.
- Find a group that focuses on recovery topics. Get out of isolation, the more you surround yourself with people also in recovery the better.
- Find a mentor or sponsor to help you along the way.

Most importantly, read the Bible daily. If you find it difficult, get a One Year Bible. Spending 20 – 25 minutes reading daily you will have read the entire Bible in one year.

By Karen Ferguson



Christian Perspective on Domestic Violence

By Paula Silva

What is portrayed as a common Christian perspective on domestic violence clashes with what Jesus would do. Catherine Kroeger states in her book, *No Place For Abuse*, “Christian believers worldwide tend to ignore, minimize, and deny the abuse that is rampant in families of faith”. She further claims that there is an indifference to domestic violence in the Christian community. Changes in perspective can only be made when we have truly examined our typical response to domestic violence.

Should be the Christian Perspective on Domestic Violence	Typical Christian Perspective on Domestic Violence
Christians acknowledge the severity of domestic violence and prepare for action against domestic violence.	Domestic violence does not happen in Christian homes.
Christians would draw attention to domestic violence instead of overlooking, dismissing, or hiding the abuse. “If another believer sins, rebuke him...” Luke 17:3 NLT. Jesus would call domestic violence sin. He would expose the sin while offering grace and forgiveness to the sinner, yet still giving him consequences for his actions. Repentance, accountability, and consequences are key.	Domestic violence is treated as a lack of communication or a conflict resolution issue, but the true core problem is power and control over another individual to the point where the victim is destroyed if not physically but spiritually. That’s sin.
<p>Blame would not be placed on the victim for the abuse. Christians would value the safety and the sanctity of life more than the sanctity of marriage. Jesus showed he was more concerned about people more than laws and institutions by healing a man on the Sabbath (Luke 14:1-6). Jan Silvius, author and speaker, once said “ Jesus came to save people, not marriages.”</p> <p>Jesus would speak the truth of Scripture not distort them or misuse them especially as related in Eph. 5:20-33. This passage of Scripture does not give men the right to control/ dominate their wives and justify punishment. Jesus as head of the church never abused the church instead he gave his very life for it and acted as a servant leader.</p>	<p>The victim is told by Christians to go home, pray more, be more submissive, make him his favorite meal, spend more time with him, affirm his positive points, do things to make him happy, and have a quiet spirit. By doing this the perpetrator will change.</p> <p><i>(This is putting all the responsibility on the victim for the perpetrator’s actions. The victim is not the abuser’s Savior. There is only one Savior, Jesus Christ. Each one of us though is responsible to act in a godly way, but we need to know how to set boundaries, what we are responsible for and what we are not, and when to say “no”. This distorted view of submission goes along side the concept of “ headship”. Often headship is seen as absolute authority over the woman instead of being a servant leader where we are to submit to one an-</i></p>
Forgiveness plays a part in the Christian perspective of domestic violence. We are told in scripture to forgive 70 x 7. We do need to forgive as commanded giving up our right to punish, but that does not necessarily mean that there is a relationship or that we forget the offenses. In many cases, it would be unwise to express our forgiveness to the perpetrator for it may open the door for more abuse.	In the Christian realm, we heap guilt on the victim with the words “forgive and forget” and push for reconciliation where there has been no repentance or change of behavior from the abuser. <i>(God is the only one who can forget all our sins. Victims are often told to forgive their abusers without giving consequences so peace will be present. This is “peace at all cost” kind of thinking. God often forgave the Israelites for their actions but consequences followed. Some were severe.)</i>

Prayer Requests & Urgent Needs

Urgent Needs:

- **Wal-Mart gift cards** to meet the physical needs of women and children
- **New board members** that share the vision of FOCUS Ministries
- **Part time** professional grant writer and fundraiser
- **Part time** administrative assistant.
- An **office space** to accommodate the increasing need for the ministry

Praises:

- **Churches** that are just beginning to understand the dynamics of domestic violence
- **Development of webinars**
- **Women** who are coming to the support groups who are growing, learning, and making the necessary changes

Prayer Requests:

- **Pray for a facility** for our FOCUS Women's Center. It would enable

us to expand our services and provide more trainings, seminars, and conferences.

- **Pray for funds** to hire much needed staff
- **Pray for board members** to serve on the FOCUS board
- **Pray for women and families** who contact our FOCUS Women's Center.
- **Pray for pastors' wives** that are being abused.
- **Pray for individuals, churches, and busi-**

nesses to commit to **monthly giving.**

- Pray for all the **FOCUS support group leaders** in the U.S
- Pray for **houses** in IL, to be donated for use as transitional homes.
- Pray for more **invitations** from churches to train pastors, staff, and congregations about domestic violence.



Upcoming Events

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The mission of FOCUS Ministries is to provide a safe place for teens, women, and families who experience domestic violence and abusive relationships to find hope and healing in Jesus Christ.

Funding: FOCUS Ministries is a not-for-profit 501 c3 organization funded by contributions and grants. **If you would like to help us minister to hurting people through our educational materials, support groups, counseling, and financial assistance to victims of domestic violence, please send your gift to FOCUS Ministries, Inc., P. O. Box 2014, Elmhurst, IL 60126 or online at www.focusministries1.org.** A tax-deductible receipt will be provided for all contributions.

FOCUS Ministries (and all individuals affiliated therewith) disclaims any personal liability for information presented within this newsletter or in seminars, workshops, and support group meetings. You should always consult a professional for medical, psychological, legal, financial, or biblical advice.

- **Sept. 10-11, 2010 —Train the Trainer** (training for support group leaders), Oakbrook Terrace, IL
- **Oct. 9, 2010—DV Training Seminar**, Emmanuel Bible Church, Berwyn, IL
- **Oct. 14-16, 2010—Gracious Women's Advance Conference**, Wheeling, IL
- **Nov. 21, 2010—Purple Event**, Calvary Church, Naperville, IL

If you would like the FOCUS team to come to your church for a women's retreat, seminars or other speaking engagement.

Contact Paula Silva at 630-595-7023 or contactus@focusministries1.org