



RECOMMENDED RESOURCES

for Trauma-Informed Pastoral Care

Compiled by a Woman Traumatized by Stalking

* indicates this item is on my to-read / to watch list

COMMUNITY

[Awareness:
Statistics](#)

[Church Safety
Planning](#)

COVER

[Demolish
Pretensions:
Abuse & Grooming](#)

[Advocacy &
Legislation](#)

CARE

[DIGNITY:
Identifying Abuse](#)

[DIGNITY:
Validating
Abuse is Evil](#)

[AUTONOMY:
Community
Resources](#)

[AUTONOMY:
Restoring Trust &
Relational Hope](#)

[SAFETY:
Complex PTSD
& Treatment](#)

[SAFETY:
Physical & Cyber](#)

[COMMUNITY:
Survivor Memoirs
& Documentaries](#)

[TRUTH:
Sermons &
Christian Books](#)

[TRUTH:
Scriptures That
Helped Me](#)

INTRODUCTION

There is a dire need in our community for information regarding abuse, domestic violence, and sexual assault. The following list was compiled by a survivor who hopes one day these materials will be available at all public & church libraries. She has collected and edited this listing throughout her own healing journey. She hopes this compilation will allow other survivors to efficiently access materials, accelerating their opportunities for healing.

To find strength and protect their very lives, victims need secret access to materials about abuse and trauma. Abusers often watch a victim's cell phone and computer search history, therefore, the library is one of the few places where victims can access information safely. A victim may have to go to great lengths to set foot in a library. An abuser may track a victim's vehicle, odometer, and time spent away from home, so victims may not have a lot of time to search for resources, if at all. Because of the dynamics of financial abuse and control, purchasing a book may not be a freedom shared with the general population. A simple book receipt may instigate further abuse.

Instead, a caring friend, family member, or church member may search on the victim's behalf, but the task is daunting. It's likely these heroes have no idea where to start. How can they know if the information is reputable? How can they know if the information is applicable when the victim's experience of terror is so different from their own experience?

TOP FIVE FOR THOSE STRUGGLING WITH TRAUMA

1

[The Gift of Fear](#) by Gavin de Becker

Gavin de Becker is a security expert who has served three presidential appointments and who invented the MOSAIC threat assessment system used by the US government for the protection of public figures. This is the most practical book about safety I have read. It teaches victims how to trust their intuition to identify danger. It also teaches adults to recognize warning signs in children who may grow up to be violent. Excerpts are shocking and may trigger certain victims.

2

[In Case I'm Murdered: What You Should Know About Stalking, Domestic Violence, Sexual Abuse, & How to Stay Safe](#) by April Hardy

Written for victims by a Christian survivor. This is the most informative book on staying safe that I have read due to its comprehensive listing of resources. The realities of sexual assault are lewd. To that end, some information found in Chapter 7 is graphic and may render it inappropriate for some libraries. In my opinion, if these pages are a hurdle for your library, the information provided throughout the rest of the book is so essential that it would be worth contacting the author to ask permission to remove these three pages in order to provide the remainder of the book publicly.

3

[The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#) by Dr. Bessel van der Kolk

Dr. van der Kolk has dedicated his life to the study of trauma. Because advancements in science are not always applied to benefit trauma patients, Dr. van der Kolk integrates therapy with advancements in neuroscience through real-life examples from his psychology practice. The book proved instrumental in understanding how trauma alters the physiology of the brain. This explains why a victim may not remember certain details of the trauma and why "getting over" the trauma is not so simple due to impairment of the prefrontal cortex.

4

[The Broken Way](#) by Ann Voskamp

Ann Voskamp is a Christian author and mother of seven based in Canada. This book ministered deeply to my heart during the depths of my sorrow. The Bible is the only written word that has been more helpful to my healing. This book defined true love by God's standards and gave me hope that I could find grace, beauty, & joy in the midst of grief and terror.

5

[When Loving Him is Hurting You: Hope and Help for Women Dealing with Narcissism and Emotional Abuse](#) by David Hawkins

Dr. David Hawkins is a clinical psychologist. He is also a speaker & trainer for the American Association of Christian Counselors. I read this during my separation. This book explains that a physical mark isn't the only indicator of abuse. It also discusses what true repentance looks like and gives suggestions for establishing healthy boundaries.

TOP FIVE FOR FAITH LEADERS

1

[Predators: Pedophiles, Rapists, and Other Sex Offenders: Who They Are, How They Operate, and How We Can Protect Ourselves and Our Children](#)

by Anna Salter

Salter is a forensic psychologist who produces documentaries about predators, including predators who operate in faith-based settings. This book is pivotal in understanding a predator's mindset and why so many predators target communities of faith. This book is recommended by GRACE (see #4 below) for faith communities that must establish boundaries due to a known predator in their midst. I also recommend watching Salter's [Sex Offenders Documentary](#).

2

[Unholy Charade: Unmasking the Domestic Abuser in the Church](#)

by Jeff Crippen

Jeff Crippen is Pastor at Christ Reformation Church in Tillamook, Oregon. He served as a police officer for 12 years before commencing pastoral service in 1983. This book is excellent in describing the mindset of an abuser and how church ignorance may re-victimize the abused. It also discusses scripture passages that may be twisted to silence and control a victim. Its extensive list of resources and footnotes is also excellent.

3

[Suffering and the Heart of God: How Trauma Destroys and Christ Restores](#)

by Diane Langberg

Dr. Langberg has over 45 years of experience as Christian trauma counselor. She is a clinical professor at Biblical Theological Seminary where she co-leads the Global Trauma Recovery Institute. Dr. Langberg is the former Chair of the Executive Board of the American Association of Christian Counselors, serves on the board of GRACE (Godly Response to Abuse in a Christian Environment), and is Co-Chair of the American Bible Society's Trauma Advisory Council. She works with diverse populations worldwide, traveling to sites of war and genocide. She also specializes in abuse within faith settings. Her website provides dozens of her lectures, of which I recommend: [The Psychology of Abuse](#), [Wolves, Sheep, and Shepherds](#), & [On Being Female](#)

4

[G.R.A.C.E. & Notinourchurch.com](#)

These organizations are dedicated to helping churches become unattractive environments for predatory abusers. Both websites offer awareness, prevention, and healing resources. G.R.A.C.E. stands for Godly Response to Abuse in a Christian Environment and exists to equip the Church with responsibility, accountability, and love for the abused through education and training.

5

["The Lion & The Lamb: How the Gospel Informs Our Responses to Abuse"](#)

by Rachael Denhollander

Denhollander is a Christian, advocate, lawyer, and survivor of Larry Nassar. Nassar is a former doctor for the United States Olympic Gymnastics team, who was convicted of over 250 counts of child sexual abuse. This is Denhollander's speech from G.R.A.C.E.'s Valued Conference.

AWARENESS: STATISTICS

Knowledge is power. Understanding the scope of the abuse epidemic is the first step to advocacy & change.

ONLINE RESOURCES

- [Til Death Do Us Part \(Parts 1-7\)](#) by Post & Courier (Charleston)
- [Startling Statistics: Child sexual abuse and what the church can begin doing about it](#) by Boz Tchividjian
- [G.R.A.C.E. \(Godly Response to Abuse in a Christian Environment\)](#)
- [Notinourchurch.com](#)
- [Statistics](#) from Notinourchurch.com
- [Statistics](#) from the National Domestic Violence Hotline
- [Stalking Resource Center](#) from the National Center for Victims of Crime
- [Stalking Fact Sheet](#) from the Stalking Prevention, Awareness, and Resource Center
- [Stalking Infographic](#) from the Stalking Prevention, Awareness, and Resource Center
- [Domestic Violence & Sexual Assault Statistics](#) by SCCADVASA
- [Domestic Violence & SC's Legacy of Violence](#) by SCCADVASA
- [Understanding Stalking](#) by Stalking Prevention and Resource Center (SPARC)
- [Clergy Abuse Bibliography](#) by FaithTrust Institute

CHURCH SAFETY PLANNING

These resources can inform church protection policies for vulnerable populations.

PRINT RESOURCES

- [**The Stop Child Molestation Book: What Ordinary People Can Do In Their Everyday Lives To Save 3 Million Children**](#) by Nora Harlow and Gene G. Abel M.D.
- [**The Child Safeguarding Policy Guide for Churches and Ministries**](#) by Basyle Tchividjian & Shira M. Berkovits
- [**Predators: Pedophiles, Rapists, and Other Sex Offenders: Who They Are, How They Operate, and How We Can Protect Ourselves and Our Children**](#) by Anna Salter

ONLINE RESOURCES

- [**Wolves, Sheep, and Shepherds by Diane Langberg**](#)
- [**Findings: Abel and Harlow Child Molestation Prevention Study**](#)
- [**When The Abuser is Among Us**](#) by Carol J. Adams
- [**Known Offenders: Five Things to Know**](#) by G.R.A.C.E.
- [**We Can Do It! Practical Steps to Protecting Children**](#) by Boz Tchividjian
- [**No More Silence: An Interview with Boz Tchividjian of G.R.A.C.E.**](#) by Rachel Held Evans
- [**When Faith Hurts Conference Materials**](#) by Julie Valentine Center
- [**How Your Church Should Respond to Sexual Abuse Victims**](#) by Shauw Chin Capps
- [**Cooperative Baptist Fellowship's Safe Church Resources**](#)
- [**How Should the Church Respond to Abusers**](#) by Diane Langberg

DEMOLISH PRETENSIONS

Education can help victims find freedom and churches become safe havens. The below resources identify predatory patterns and demonstrate how victims are targeted by their abusers. These resources are useful for discerning character and recognizing grooming behavior.

PRINT RESOURCES

- [**The Gift of Fear**](#) by Gavin de Becker
- [**Unholy Charade**](#) by Jeff Crippen
- [**Why Does He Do That? Inside the Minds of Angry and Controlling Men**](#) by Lundy Bancroft
- [**Dangerous Personalities: An FBI Profiler Shows You how to Identify and Protect Yourself**](#) by Joe Navarro

ONLINE ARTICLES

- [**Child Grooming Dynamic**](#) by National Center for Victims of Crime
- [**Adult Grooming**](#)
- [**Grooming**](#) by Out of the Fog
- [**Mirroring**](#)
- [**Are you Being Manipulated?**](#) By Psychology Today
- [**Is Change Possible in an Abuser?**](#) by the National Domestic Violence Hotline
- [**The Psychological Core of Unethical, Antisocial People**](#) by Psychology Today
- [**How an Abusive Partner's Good Behavior is Part of the Act**](#) by the National Domestic Violence Hotline
- [**100 Traits of Personality Disordered Individuals**](#) by Out of the Fog

ONLINE VIDEOS

- [**The Power of Nonverbal Communications**](#) by Joe Navarro
- [**The Importance of Being Inauthentic**](#) by Mark Bowden
- [**Reading the Body Language of Murderers**](#) by Janine Driver

ADVOCACY & LEGISLATION

It is difficult for victims who are concerned for their confidentiality to publicly support a bill. We can't do it alone. Please show your support.

ONLINE RESOURCES

- [How a SC Bill becomes a Law](#)
- [SC S0223: Address Confidentiality for DV Victims](#)
Sponsors: Shealy(R), Adams(R), Matthews(D), McElveen(D), & McLeod (D) This bill was introduced in January 2020, and it died in the Senate Judiciary Committee in May 2022 before Chairman Rankin(R) referred to subcommittee. Shealy(R) plans to reintroduce it.
 - [SC S0223 Bill Track](#) South Carolina Legislature
 - [SC S0223 Bill Text](#) South Carolina Legislature
- [SC S0340: Confidentiality in DV Victim Assistance Organizations](#)
Sponsors: McLeod(D), Fanning(D), Matthews(D), Senn(R), Shealy(R) This bill was introduced in January 2021, and it died in the Senate Judiciary Committee in May 2022 before Chairman Rankin(R) referred to subcommittee.
 - [SC S0340 Bill Track](#) South Carolina Legislature
 - [SC S0340 Bill Text](#) South Carolina Legislature
- [SC 0927: Coercive Control](#)
Sponsors: Shealy(R) This bill was introduced in December 2021, and it died in the Senate Judiciary Committee in May 2022 before Chairman Rankin (R) referred to subcommittee.
 - [SC S0927 Bill Track](#) South Carolina Legislature
 - [SC S0927 Bill Text](#) South Carolina Legislature
- [SC 0686: Sexual Assault Survivors Bill of Rights](#)
Sponsors: Shealy(R) This bill was introduced in March 2021, and it died in committee in May 2022 before being scheduled for a vote.
 - [SC S0686 Bill Track](#) South Carolina Legislature
 - [SC S0686 Bill Text](#) South Carolina Legislature
- [Domestic Violence & Stalking Legislation](#) by the National Institute of Justice
- [Victim Impact Statements](#) by the National Center for Victims of Crime**
- [Justice From the Victim's Perspective](#) by Judith Herman,

IDENTIFYING ABUSE

Many victims do not know they have been abused. They have been caught in such a cycle of gaslighting that they rationalize that it is “not that bad” or believe what they have been through is normal.

PRINT RESOURCES

- [When Loving Him is Hurting You](#) by David Hawkins
- [The Emotionally Destructive Marriage](#) by Leslie Vernick
- [If He’s So Great, Why Do I Feel So Bad?](#) by Avery Neal

ONLINE ARTICLES

- [Is this Abuse?](#) by the National Domestic Violence Hotline
- [Abuse Defined](#) by the National Domestic Violence Hotline
- [Power and Control Wheel](#) by the National Center on Domestic and Sexual Violence
- [What is Domestic Violence and Abuse?](#)
- [1in6.org](#) Resources for Male Victims of Sexual Abuse
- [Emotional Abuse](#) by Out of the Fog
- [What Is Love Bombing?](#)
- [What is Mirroring?](#)
- [What is Future Faking?](#)
- [What is Gaslighting?](#) By the National Domestic Violence Hotline

ONLINE VIDEOS

- [5 Signs Someone Has Suffered Narcissistic Abuse](#) by MedCircle

VALIDATING ABUSE IS EVIL

Victims may blame themselves for the horror they have suffered. Abusers often blame the victim as well. A path toward healing begins with resources that help victims recognize that the responsibility lies with the abuser, and the choice to abuse is never justified.

PRINT RESOURCES

- [So Long Insecurity, Chapter 13](#) by Beth Moore
- [Ezekiel 34](#), The Holy Bible

ONLINE RESOURCES

- [On Being Female](#) by Diane Langberg
- [Fooled By False Leadership](#) by Bethlehem Baptist Church

COMMUNITY RESOURCES

Resources to assist faith communities in building collaborative provider networks.

ONLINE RESOURCES

- [Domestic Violence Shelter FAQs](#) by Safe Harbor
- [Child \(& Adult\) Advocacy Center Services](#) by Julie Valentine Center
- [List of SC Domestic Violence Shelters](#) by Department of Social Services
- [Crime Victim Compensation](#) by SC Attorney General
- [South Carolina Coalition Against Domestic Violence & Sexual Assault \(SCCADVASA\)](#)
- [Legal & Faith-Based Services](#) by SC Victim Assistance Network (SCVAN)
- [VINE](#) (Victim Notification Network)
- [Signs of Domestic Violence & Victim Advocacy Groups](#)

RESTORING TRUST

After gaslighting, it may be difficult for victims to trust their own perceptions. These resources are beneficial in discerning character & rebuilding relational confidence.

PRINT RESOURCES

- [Safe People](#) by Townsend & Cloud
- [How to Have that Difficult Conversation](#) by Townsend & Cloud
- [Boundaries](#) by Townsend & Cloud*
- [Boundaries in Dating](#) by Townsend & Cloud*
- [Should I Stay or Should I Go?](#) by Dr. Ramani Durvasula*
- [Should I Stay or Should I Go? A Guide to Knowing your Relationship Can – and Should – Be Saved](#) by Lundy Bancroft

ONLINE ARTICLES

- [Clues to Deceit: A Practical List](#) by Joe Navarro*
- [Liespotting: Proven Techniques to Detect Deception](#) by Pamela Meyer*

ONLINE VIDEOS

- [The Narcissism Masterclass with Dr. Ramani Durvasula](#) by MedCircle
- [Signs You're Dating a Narcissist with Dr. Ramani Durvasula](#) by MedCircle
- [Michelle Lee Nieves Coaching Youtube Channel](#)

COMPLEX PTSD & TREATMENT

A victim might not even be able to voice her trauma. Here are some resources on signs of PTSD, trauma's impact on the brain, and treatment options.

PRINT RESOURCES

- [**The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma**](#) by Dr. Bessel van der Kolk
- [**Spiritual & Religious Competencies in Clinical Practice**](#) by Vieten Scammell
- [**Trauma and Recovery: The Aftermath of Violence: From Domestic Violence to Political Terror**](#) by Judith Herman
- [**What Happened to You?**](#) Bruce D. Perry & Oprah Winfrey*

ONLINE ARTICLES

- [**What Is PTSD?**](#)
- [**Symptoms of PTSD**](#)
- [**Mayo Clinic: Post Traumatic Stress Disorder**](#)
- [**Find a Trauma/PTSD Therapist – Listings for all 50 States**](#)
- [**The Psychology of Abuse**](#) by Diane Langberg
- [**What is EMDR Therapy?**](#) By MedCircle

ONLINE VIDEOS

- [**Trauma and the Brain Animated Video**](#)
- [**Therapy in a Nutshell Youtube Channel**](#) by Emma McAdam*
- [**How Trauma Changes the Brain**](#) by Therapy in a Nutshell
- [**Recommended books on Trauma**](#) by Emma McAdam
- [**What Is Trauma? with Bessel Van der Kolk**](#) by Big Think
- [**Playlist on Trauma**](#) by Big Think*
- [**Detecting Deception: Non-verbal Cues or a Product of Trauma?**](#) by Sarah MacDonald

SAFETY: PHYSICAL & CYBER

Before therapy or faith-based counseling can be effective, physical safety must be restored.

PRINT RESOURCES

- [**In Case I'm Murdered: What You Should Know About Stalking, Domestic Violence, Sexual Abuse, & How to Stay Safe**](#) by April Hardy
- [**The Gift of Fear**](#) by Gavin de Becker
- [**The Seven Steps to Personal Safety**](#) by Richard B. Isaacs*

ONLINE ARTICLES

- [**Webinar: Stalking in the Digital Age**](#) by VINE
- [**How Victims of Domestic Violence are Escaping Tech Savvy Abusers**](#) by CNBC
- [**Tech Safety**](#) by the National Network to End Domestic Violence
- [**App Safety Center**](#) by the National Network to End Domestic Violence
- [**Stalking, Prevention, Awareness, & Resource Center**](#) (SPARC)

ONLINE VIDEOS

- [**KeyMe app CBS Report**](#) 2019

MEMOIRS & DOCUMENTARIES

In my own journey, I found empowerment through the testimonies of other abuse survivors. I learned about their experience with the criminal justice system through documentaries and new stories.

PRINT RESOURCES

- [What is a Girl Worth?](#) by Rachael Denhollander (survivor)
- [Know My Name](#) by Chanel Miller (survivor)
- [This Little Light: Beyond a Baptist Preacher Predator and his Gang](#) by Christa Brown (survivor)*
- [Ruined](#) by Ruth Everhart (survivor)
- [Free Cyntoia: My Search for Redemption in the American Prison System](#) by Cyntoia Brown (survivor)
- [A Force to be Reckoned With](#) by Erin Thomas (survivor)

ONLINE VIDEOS

- [Rachael Denhollander's Victim Impact Statement](#) (Youtube)
- [Athlete A: Larry Nassar and USA Gymnastics](#) (Netflix)
- [At the Heart of Gold: Inside the USA Gymnastics Scandal](#) (Hulu)
- [Spotlight: The Catholic Church's Systematic cover up of child abuse](#) (Amazon Prime)
- [Untouchable: The Rise and Fall of Harvey Weinstein](#) (Hulu)
- [Keep Sweet: Pray and Obey: Warren Jeffs & the Fundamentalist Church of Jesus Christ of Latter-Day Saints](#) (Netflix)

PODCASTS

- [Oprah's Super Soul: Chanel Miller: Know My Name](#) (Apple Podcasts)

SERMONS & CHRISTIAN BOOKS

It is important for victims to know that God fights on behalf of the oppressed. I found solace in His righteous anger and in His supreme authority as judge. To discount God's justice in favor of his mercy is a grievous error that minimizes the evil that has occurred. To discount God's mercy in favor of his justice is a grievous error that degrades the righteousness of God. Justice and mercy are inextricably tied, this interdependence is the prerequisite for the healing of both the victim and perpetrator. However, true repentance is essential to a perpetrator's healing. I had never heard a sermon on abuse or justice, until I started looking.

PRINT RESOURCES

- [**A Cry for Justice**](#) by Jeff Crippen*
- [**Unholy Charade: Unmasking the Domestic Abuser in the Church**](#) by Jeff Crippen
- [**Suffering and the Heart of God: How Trauma Destroys and Christ Restores**](#) by Diane Langberg
- [**So Long Insecurity**](#), Chapter 8, by Beth Moore
- [**The Broken Way**](#) by Ann Voskamp
- [**It's Not Supposed to be this Way**](#) by Lysa Turkhurst
- [**The Book of Forgiving**](#) by Desmond Tutu

ONLINE RESOURCES

- [**"The Lion & The Lamb: How the Gospel Informs Our Responses to Abuse"**](#) by Rachael Denhollander
- [**On Being Female**](#) by Diane Langberg
- [**Wolves, Sheep, and Shepherds**](#) by Diane Langberg
- [**Fooled By False Leadership**](#) by Bethlehem Baptist Church
- [**Recognizing and Responding to Abuse Together**](#) by Bethlehem Baptist Church
- [**Valued Conference**](#) by G.R.A.C.E.

RESTORE TRUTH: SCRIPTURE

I found freedom to call abuse “evil” because of my beliefs that God is good and God is love. I found meaning in the thought: “True love cannot exist apart from free will. People are free to choose love; they are also free to choose evil. Therefore, my circumstances are not an indicator of God’s goodness. They are a result of my abuser’s evil choice.” Since I view God as the ultimate source of goodness and love, his character is the standard by which goodness is measured. I found comfort as I explored scripture to learn more about God’s character and his response toward the oppressed. In scripture, I found the power of lament, the freedom to express doubt and anger, comfort in God’s commitment to justice, encouragement to persevere, the promise of healing, and hope for tomorrow.

GOD’S RESPONSE TO ABUSE:

With justice: Consequences as results of God’s righteousness
 With vindication: Consequences as indictments of evil
 With mercy: Consequences as measures of God’s love
 With truth: Exposure as an impetus for rehabilitation
 With judgement: Censure as a verdict upon the unrepentant

GOD’S RESPONSE TO THE OPPRESSED:

Without condemnation: John 8:1-11
 With sorrow and compassion: Jeremiah 14:17
 With provision: John 10:1-18
 With protection: Ezekiel 34
 With restoration: Jeremiah 31:2-4,10-17

POWER OF LAMENT

- Psalm 55:4-5 “My heart is in anguish within me; the terrors of death have fallen on me. Fear and trembling have beset me; horror has overwhelmed me.”
- Psalm 22:1-2 “My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning? O my God, I cry by day, but you do not answer, and by night, but I find no rest.”
- Psalm 55:21; 56:4-7 “His speech was as smooth as butter, yet war was in his heart...What can men do to me? Their thoughts are against me for evil; they stir up strife; they lurk; they watch my steps...for their crime will they escape?”
- Jeremiah 8:11-12 “They dress the wound of my people as though it were not serious. “Peace, peace,” they say, when there is no peace. Are they ashamed of their detestable conduct? No, they have no shame at all.”

FREEDOM TO FEEL & DOUBT

- Matthew 17:20 “Jesus replied, “Truly I tell you, if you have faith *as small as a mustard seed*, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.”
- Isaiah 42:3a “A bruised reed he will not break, and a faintly burning wick he will not quench.”

COMFORT IN GOD'S COMMITMENT TO JUSTICE

- Isaiah 42:3b “He will faithfully bring forth justice.”
- Jeremiah 23:1-2 “Woe to the shepherds who destroy and scatter the sheep of my pasture!” declares the Lord. Therefore, this is what the Lord...says to the shepherds who tend my people: “Because you have scattered my flock and driven them away and have not bestowed care on them, I will bestow punishment on you for the evil you have done,” declares the Lord.”

ENCOURAGEMENT TO PERSEVERE

- Psalm 142:3 “When my spirit faints within me, you know my way.”
- Psalm 77:19 “Your path led through the sea, your way through the mighty waters, though your footprints were not seen.”
- Psalm 34:7 “The angel of the Lord encamps around those who fear him.”
- Daniel 3:17-18 “The God we serve is able to deliver us...But *even if he does not*, we want you to know, that we will not...worship... [anything else].”
- 2 Corinthians 12:9-10 “My grace is sufficient for you, for my power is made perfect in weakness. Therefore, I will boast...about my weaknesses, so that the power of Christ may rest on me...in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.”
- 2 Corinthians 10:3,5 “We do not wage war as the world does. We demolish arguments and every *pretension* that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”
- Isaiah 50:7-8 “Because the Sovereign Lord helps me, I will not be disgraced. Therefore, I have set my face like flint, and I know I will not be put to shame. He who vindicates me is near.”

THE PROMISE OF HEALING

- Isaiah 40:1 “‘Comfort, comfort my people,’ says your God. Speak tenderly and cry to her that her warfare has ended.”
- Jeremiah 23:3-4 “I myself will gather the remnant of my flock...and will bring them back to their pasture, where they will be fruitful...I will place shepherds over them who will care for them, and they will fear no more, nor be dismayed,” declares the Lord.

HOPE FOR TOMORROW

- Psalm 31:21 “Praise be to the Lord, for he showed me the wonders of his love when I was in a city under siege.”
- Jeremiah 31:16-17 “The people who survived...found grace in the wilderness...they shall come back from the land of the enemy. There is hope for your future,” declares the Lord.
- Isaiah 58:10 “If you spend yourselves on behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.”