

Living with an Angry Spouse

Help for Victims of Abuse

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It shouldn't be.

You married someone you trusted, and you gave yourself to that person. How could it be that the person you once trusted with your life now acts like the person who could *take* your life? Whether you are facing unpredictable anger or outright physical abuse, this is betrayal at its worst.

It just shouldn't be.

You Are Not Alone

A quick scan of the internet reveals that you are certainly not alone. Twenty-five percent of adult women say they have experienced violence at the hands of their spouse or partner in a dating relationship. Men too can be victims of spousal violence. Eight percent report at least one such incident. But since men are more often violent against women, and since women

are typically weaker than angry or violent men, this article is written especially for women.

If you have experienced violence and are living scared, statistics are not much comfort. Women who live in identical conditions don't protect you or give you hope for peace and reconciliation. But the numbers do remind you that others know the pain of such a living situation, and that resources are available to help you.

Where can you turn for help? Where can you find a wise friend to guide you? Do you attend a church? Talk to your pastor. If you don't attend a church, find one in your area. Look for a Bible-believing church that teaches that Jesus is the Son of God who came to earth, died for our sins, rose from the dead, and is the living and powerful head of his church today. Find a community of people who worship this Jesus and express their worship in love for one another. There you will find hope and direction. There you will hear about the God who hears.

**You Are *Really* Not Alone:
Listen to the God-Who-Hears**

Your long-term goal should be to know the personal God. This won't magically change your situation, but you will find that knowing God does change everything. Think about it for a moment. What would it be like to know you're not alone, you're heard, and the one who hears is acting on your behalf? It would make a difference. It would especially make a difference if you knew that this person was the Holy King of the universe. The challenge, of course, is that right now you cannot see God with your eyes. When you want real hands and feet to help you, the knowledge of God's presence might seem to provide very little consolation, but don't let your senses mislead you. God's presence is a *real* spiritual presence. The Spirit will confirm this. "Blessed are those who have not seen and yet have believed" (John 20:29).