

| REFLECTIONS UPCI PODCAST |

# Adult Survivors of Childhood Sexual Abuse

LET'S TALK with Gindy Miller

Ep. 5



# Reflections

## ADULT SURVIVORS OF CHILDHOOD SEXUAL ABUSE

Episode 5 | Let's Talk Guide | July-August '23



### IDEAS

Create a pod squad! Show the podcast at a ladies' gathering at your church or share it with co-workers during breakfast, lunch, or a dinner potluck. View or listen to an episode. Use the resources from the notes section for discussion. Encourage viewers to subscribe, like, and share the podcast.

### FACEBOOK & INSTAGRAM

@ReflectionsMagazineUPCI



Mary Booker is a wife, mother, grandmother, and maker of quilts. She serves in ministry with her husband, a pastor, and the district superintendent of Wisconsin. In this episode, Mary bravely shares her story of moving from trauma to survivor to overcoming thriver. It is her hope that others will find the courage to start their own healing journey. She started the conversation, let's keep it going.

**DR. CINDY MILLER**  
Podcast Host



### OVERVIEW

If the statistic is accurate, one in three women have suffered abuse before age eighteen; then hurting women are sitting on pews, attending ladies' fellowships, or serving in church leadership, some as victims suffering silently. What is the role of the church? What should a victim know about the healing journey? We should say to them:

- **It takes courage to tell your story, share your secrets, and seek help for healing.** Be patient with yourself.
- **Everyone's journey is different.** Healing is a process; people experience healing in layers, on different levels, and always at their own pace.
- **You may need to grieve the losses and release the pain before you can forgive and move forward.**
- **You can't do this alone.** Create a network of support. Lean on a family member, call a friend, contact a counselor, attend church, and ask for prayer.
- **Forgiveness and reconciliation are not the same.** Saying "No" to situations that trigger memories or fears is okay. It is okay to say "No" to a continued relationship with someone who has violated you without secure boundaries in place.
- **You will move from victim to survivor to overcoming thriver.** You will heal. You will be made whole. "With God all things are possible" (Matthew 19:26).
- **Daily seek God for His help.** Spend time reading your Bible. Pray. Worship. Journal your thoughts, Scripture reading, and statements of gratitude. Create an environment that nurtures your spirit.

### RESOURCES

#### Books:

*Healing the Wounded Heart: The Heartache of Sexual Abuse and the Hope of Transformation*, Dan Allender  
*Counseling Survivors of Sexual Abuse*, Diane Langberg  
*Breaking Free: Discover the Victory of Total Surrender*, Beth Moore

#### Websites:

[apostoliccounseling.org](http://apostoliccounseling.org)  
[upci.org/safechurch](http://upci.org/safechurch)