

TRAUMA AND ABUSE

At CCV, we believe no matter what physical trauma or abuse you have had to endure, you can find healing and hope. Through renewing your mind with scripture and in relationship with others, you can find physical, emotional, relational and spiritual wholeness.

BIBLICAL FOUNDATION

- Psalm 73:26
- 2 Corinthians 1:3-4
- Matthew 5:4



CCV RESOURCES

To watch one or more CCV Messages that relate to this topic:

[Life's Toughest Questions](#)

[When God Seems](#)

[Samson](#)

ONLINE RESOURCES

For emergency shelters and other services for victims of abuse, visit [A New Leaf](#).

ABUSE

[Forgiving What You Can't Forget](#)

Lysa Terkheurst

Have you ever felt stuck in a cycle of unresolved pain, playing offenses over and over in your mind? You know you can't go on like this, but you don't know what to do next. Lysa TerKeurst has wrestled through this journey. But in surprising ways, she's discovered how to let go of bound-up resentment and overcome the resistance to forgiving people who aren't willing to make things right.

[Mending The Soul](#)

Steven R. Tracy

This book provides a well-researched biblical and scientific overview of the various types of abuse, such as sexual, physical, neglect, spiritual and verbal. It also explains the various effects of abuse and insight into healing.

SEXUAL ABUSE

[The Wounded Heart](#)

Dan Allender

This book offers hope for adult victims of childhood sexual abuse. It is an intensely personal and specific look as he explores the soul damaged by sexual abuse and lays hold of the hope buried there by the only One who can bring complete healing.

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TALK TO SOMEONE

For support and counseling for women dealing with abuse, visit [Hope Women's Center](#).

Get connected in a [CCV Group](#) to get engaged in a community that can support you through life's ups and downs.

DOMESTIC ABUSE

[The Emotionally Destructive Marriage](#)

Leslie Vernick

For any woman caught in an emotionally destructive marriage, this book offers a personalized path forward. Based on decades of counseling experience, her intensely practical, biblical advice will show you how to establish boundaries and break free from emotional abuse.

[Is It My Fault?](#)

Justin Holcomb

The effects of domestic violence are devastating and can have long-lasting distressing consequences. It is common for victims of domestic violence to suffer from ongoing depression and recurring nightmares, self-harm, panic attacks, substance abuse, and more. Justin addresses the issue of domestic violence with the powerful and transforming Biblical message of grace and redemption.