

Grace and Peace to you from God our Father and the Lord Jesus Christ!

“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.” Ephesians 6:12

Sometimes I really struggle with what to write these articles about. Sometimes I have a hard time coming up with something and other times there is a whole flood of ideas. I wanted to write today about Cults and their power and control. Then I thought of writing about Domestic Violence and the power and control of abusive people. Then I thought of writing about how sometimes people get caught in age old patterns for many years and repeat mistakes to exercise power and control.

Then it hit me, yeah, I can be slow sometimes. They are all about power and control.

So let's talk about power and control.

Power can be good. It is nice when the lights come on when you flip a switch. It is nice that I have power by which to write this article. Sometimes power can be intimidating, like the power of a jet fighter plane or an Army tank. Power can be life giving or life sustaining in a medical emergency. Sometimes power is found in weakness like Jesus dying upon the Cross and making a grave into a place of new life in His resurrection. Sometimes the powerful seem weak like a little tiny nun helping outcasts. Her name was Mother Theresa. She is easily the most powerful woman I have ever known.

Sometimes power is used for evil purposes. This is seen in cults and domestic violence where people are frightened into submission with threats of violence.

Control is kind of like that too. I sometimes have trouble controlling my right foot while driving. It seems that my right foot is always in a rush.

Control is good for water flow, checkbooks, and sports. Control is good for children that would otherwise run into the streets and get hurt.

Sometimes Control is used for evil purposes. This is seen in Cults and Domestic Violence relationships. Most often it is communication and contact that is controlled. The abusers will tell instruct their victims not to communicate with anyone not under the abuser's control. The abuser will say anything and everything to control their victim.

It is important that I make one thing clear right now. If you are being abused, controlled, and/or frightened, that is not love. That is not healthy. That is not right.

If you are afraid to communicate with someone, then recognize that and take some action.

Prepare a “go bag” of things that you can take with you should you need to run including prescription medication, legal documents, a change of clothing, money, etc. Call Nicki

Johnson at Help for Abused Partners at 970-522-2307 for help getting out of an abusive relationship.

It is not love if someone is hurting you physically, emotionally, sexually, etc. Often an abuser will give a make up gift to their victims after abusing or frightening them. This is followed by a brief time of relative peace. Over time tension builds and the victim “walks on eggshells” fearing the abuser will explode. Inevitably the abuser does explode and the victim is attacked. This is followed by a make up gift and thus the cycle repeats for years. This is found in cults and in abusive domestic violence relationships.

You do not need to put up with being controlled, abused, or communication shut down. You are worth more than that. You also need to exercise caution so as not to get killed. Be sure to give Help for Abused Partners a phone call at 522-2307 for advice on how to safely proceed. Call 911 if you are in immediate danger.

I have had people come to me who were in abusive relationships. I have listened to their painful stories and brought them to Help for Abused Partners for help. I have also counseled divorce. I do not believe for a moment that God wants you to stay in an abusive relationship and be hurt. I do not believe for a moment that God wants you to stay in a circumstance where your child or children will be physically or sexually abused. That is not love and that is not marriage. That is abuse. There is no God given reason to stay in such a relationship. None.

At Prince of Peace communion is open to all Christians: single, married, or divorced.

May God bless and protect you always.

Fr. Steve+