

## REACH UP AND REACH OUT

*Come boldly to the throne of grace...*

*--Hebrews 4:16*

If you are dealing with the secrets and confusion of molestation or abuse, trust the Lord and ask Him to lead you on a healing path. We hear so often how Jesus suffered for our sins, but remember -- He also suffered for the sins *done to you*.

God's compassion for the brokenhearted and vulnerable is all over Scripture. Jesus suffers with us, every pain that we have experienced: He was completely innocent and had done nothing wrong. Nevertheless, he was subjected to physical violence and harm, betrayed by one he loved and trusted, stripped naked and humiliated, and treated as an object of contempt, as if he were worthless and unclean.

He was even bought and sold for money, to be used for someone else's power. You can take your fears and pain, your confusion, even your anger to him. He understands. "Come boldly to the throne of grace," and pray for healing. (If someone you care about is struggling in this area, you can pray for them.)

*Lord God, giver of grace, healer of all, I ask in Jesus' name that you hear me and give me confidence that you do. I don't want to carry these secrets inside me anymore, but my mind and heart are clouded and I don't know who to trust or how to move forward. Every step I might take seems like walking off a cliff. Please help me trust You to catch me.*

*Lord, you promise in your Word that "if any of you lacks wisdom, [he] should ask God, who gives generously to all without finding fault, and it will be given."<sup>ii</sup> Please give me wisdom and discernment. Guide me to a Godly person who I can share this burden with. Please give me courage to tell my story at the right time and in the right way. Please send helpers to me, and show me your provision for the support I need in healing.*

*Please heal my relationships. Wherever I am cut off from love and kindness, open my heart to receive those gifts as from Your hand. But wherever I am allowing*

*others to take advantage or harm me further, please give me clarity and determination to set and keep proper limits. Teach me how to ask for understanding, support, and help. Give me words to express my needs directly and honestly.*

*Lord, heal my body, mind and heart. Give me strength to walk the healing path you have for me, and a powerful, true vision of the healthy life you are leading me to. Teach me to release the pain of the past into Your loving hands, and know the joy of the Lord in every area of my life.*

*Amen.*

Even if you are not a survivor of molestation or abuse, it's likely that someone you know may be carrying this secret. Pray that God will use you to open the door for their healing:

*Gracious God, I ask in Jesus' name that you prepare my heart and my character to be a helper to those who carry the scars of sexual abuse. Give me wisdom, compassion, tenderness and self-control to be a "safe person." Let the light of Your love shine in my life to attract those who are clouded by confusion. Make my paths straight before you, to smooth the way for them to*

*trust You and seek healing. Keep my friends' best interest clear before my eyes, to see when they need my support, and when to encourage them toward a deeper level of help. Most importantly, let me always point my friends back to You and Your grace.*

*Amen.*

\* \* \* \* \*

For more information on ghostwriting services, contact me at [elseltzwriter@gmail.com](mailto:elseltzwriter@gmail.com) or visit [freelance.ellenseltz.com](http://freelance.ellenseltz.com)

---

<sup>i</sup> Hebrews 4:16, NKJV

<sup>ii</sup> James 1:5, NIV