

8 Forms of Abuse Scripture Does Not Command You to Accept

By System Import | Sermon | March 13, 2026

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There is a tragic misunderstanding that permeates much of the Christian world today, a distortion of truth that has left countless believers trapped in prisons of pain, believing that their suffering is an act of obedience to God. We are taught about the power of endurance, the virtue of forgiveness, and the sanctity of covenant. These are beautiful, biblical truths. However, when these truths are twisted to justify cruelty, to silence victims, or to enable oppressors, they cease to be the Gospel and become a tool of bondage. Many of you listening right now have been told that God wants you to be a "doormat" for the sake of peace. You have been told that your silent suffering is a "cross to bear." You have been told that to set a boundary is to be rebellious, or to seek safety is to lack faith. But we serve a God who is the Defender of the weak, a Father to the fatherless, and a Judge of the wicked. His very nature is Justice and Love. He does not command His children to accept the unacceptable. He does not require you to submit to destruction. Abuse is not a "marriage problem" or a "relational struggle"; it is sin. It is evil. And God hates evil. And before we dive in, if this message is already stirring something in you, hit the subscribe button and stay connected to God's Word daily, because we believe that truth sets us free. Today, we are going to shine the light of Scripture into the dark corners of abusive dynamics. We are going to identify eight specific forms of abuse that the Bible does **not** condone, and in fact, speaks against. We are going to dismantle the weaponized scriptures that have been used to keep you captive and replace them with the liberating truth of who God is and who you are in Him. If you have been walking in a fog of confusion, wondering if God sees your pain or if He expects you to tolerate it forever, this message is your answer. You are precious in His sight, and He has not called you to be a casualty of someone else's sin; He has called you to life.

Number 1: Physical Violence and the Sanctity of the Temple

The first and most undeniable form of abuse that Scripture absolutely forbids is physical violence. While this might seem obvious to some, many believers stay in violent situations because they have been told that "God hates divorce" more than He hates them being hit. This is a theological lie. Psalm 11:5 states clearly, "The Lord tests the righteous, but his soul hates the wicked and the one who loves violence." God hates violence. It is an abomination to His soul. When a person raises their hand to harm a spouse, a child, or a family member, they are aligning themselves with the "wicked" that God's soul hates. They are desecrating the image of God in you.

Furthermore, the Bible teaches that your body is the temple of the Holy Spirit (1 Corinthians 6:19). In the Old Testament, if anyone desecrated the physical temple, they faced severe judgment. How much more does God care about the living temple of His Spirit? To allow someone to continually

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damage, bruise, or threaten the temple of the Holy Spirit is not "submission"; it is poor stewardship of the vessel God gave you. You are a steward of your life. Protecting that life from destruction is a holy obligation. When you flee from violence, you are not running from your covenant; you are running **with** the Holy Spirit away from evil.

Scripture often speaks of "delivering the oppressed from the hand of the oppressor." God is a Deliverer. He delivered Israel from the whips of Egypt. He delivered David from the spears of Saul. He never told David, "Just go back to the palace and let Saul throw spears at you to show him love." No, God anointed David to be King, but David spent years hiding in caves to protect his physical life. Wisdom dictated distance. If you are in physical danger, the most biblical thing you can do is seek safety. God does not receive glory from your bruises. He receives glory from your deliverance.

Violence breaks the marital vow of "cherishing." Ephesians 5:29 says, "For no one ever hated his own flesh, but nourishes and cherishes it." A husband who beats his wife is treating her not as his own flesh, but as an enemy combatant. He has broken the covenant long before the victim leaves. Do not let anyone use the Bible to chain you to a pillar of violence. The God of the Bible is a refuge and a fortress, not a God who locks the door while you are being harmed.

Number 2: Emotional and Verbal Cruelty

"Sticks and stones may break my bones, but words will never hurt me." This childhood rhyme is a lie. The Bible teaches that words carry the power of life and death (Proverbs 18:21). Verbal and emotional abuse—constant criticism, name-calling, belittling, shouting, and crushing the spirit—is a form of murder. Jesus said in Matthew 5:21-22 that while the law forbids murder, He says that anyone who is angry with his brother or says "You fool!" is liable to judgment. Jesus equates the assassination of someone's character and dignity with the assassination of their body.

Proverbs 12:18 says, "There is one whose rash words are like sword thrusts." Emotional abuse is being stabbed invisibly, over and over again. It creates a "crushed spirit," and Proverbs asks, "A crushed spirit who can bear?" (Proverbs 18:14). God does not expect you to endure a constant barrage of verbal sword thrusts under the guise of "turning the other cheek." Turning the other cheek refers to an insult to one's honor in a specific context; it does not mean offering your soul to be shredded daily by a toxic tongue.

Scripture commands believers to put away "all bitterness, wrath, anger, clamor, and evil speaking" (Ephesians 4:31). "Clamor" refers to shouting and screaming. "Evil speaking" is slander and malice. If someone in your life creates an environment of clamor and evil speaking, they are

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living in direct rebellion against the Holy Spirit. You are not required to accept this as "normal." You are not required to believe the lies they speak about you. They are speaking from the overflow of their own brokenness, not the truth of God. If this message inspires you, don't forget to subscribe for more Bible insights every week.

God creates with words. He said, "Let there be light," and there was light. We are made in His image, so our words also create realities. An abuser uses words to create a reality of fear, worthlessness, and shame. But God wants to speak a better word over you. He calls you Beloved, Chosen, Redeemed. You have permission to close your ears to the voice of the accuser, even if that voice comes from a spouse or a parent. You have permission to distance yourself from the source of the poison.

Number 3: Spiritual Abuse and the Misuse of Authority

Spiritual abuse is perhaps the most insidious form because it uses God's own words to hold you hostage. This happens when Scripture is weaponized to control, manipulate, or silence you. It is when a husband quotes "wives submit" to demand total obedience while ignoring "husbands love your wives as Christ loved the church." It is when a leader says, "Touch not the Lord's anointed" to silence valid concerns about their sin. It is when you are told that your depression is a lack of faith, or your abuse is a test from God to improve your character.

Jesus hated spiritual abuse. His harshest words were reserved for the Pharisees who "tie up heavy burdens, hard to bear, and lay them on people's shoulders" (Matthew 23:4). He called them "whitewashed tombs." Spiritual abuse distorts the character of God. It paints Him as a tyrant who is on the side of the abuser. But the Bible says, "Where the Spirit of the Lord is, there is freedom" (2 Corinthians 3:17). If the "spirituality" in your home or church brings bondage, fear, and control, it is not the Spirit of the Lord. It is a religious spirit.

True biblical authority serves; it does not enslave. Jesus said, "The rulers of the Gentiles lord it over them... It shall not be so among you" (Matthew 20:25-26). If someone is "lording it over you"—demanding unquestioning submission, controlling your spiritual walk, isolating you from other believers—they are operating in a Gentile (pagan) spirit, not a Christ-like spirit. You are not commanded to submit to sin. You are not commanded to follow a leader into a ditch.

Your primary allegiance is to Christ. If a human authority asks you to violate your conscience, your dignity, or your safety, acts 5:29 applies: "We must obey God rather than men." Spiritual abuse tries to insert a human being between you and God. It tries to make you dependent on them for God's approval. Reject that. The veil has been torn. You have direct access to the Father. No

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human has the right to play God in your life.

Number 4: Financial Control and Neglect

Financial abuse is a powerful tool of control. It involves withholding money, strictly monitoring every penny spent, forbidding a partner from working, or sabotaging their employment. It creates a state of total dependency where the victim cannot leave or make decisions because they lack the resources to survive. Scripture does not support this tyranny. In fact, the Bible calls for partnership and stewardship, not domination.

1 Timothy 5:8 delivers a scathing verdict on those who neglect the material needs of their family: "But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever." Read that again. Worse than an unbeliever. A person who controls the finances to the point where the family suffers, or the spouse has no autonomy, has denied the very essence of the Christian faith. The faith is about giving, sharing, and empowering. Hoarding and controlling are the antithesis of the Gospel.

The Proverbs 31 woman is a beautiful picture of financial autonomy within a marriage. She considers a field and buys it; with the fruit of her hands she plants a vineyard. She trades, she invests, she manages the household. Her husband trusts her. He does not micromanage her. He does not give her an allowance like a child. Financial abuse infantilizes the victim. God calls you to maturity and stewardship. If you are being prevented from stewarding resources or caring for your needs, that is not biblical headship; it is financial captivity. If this message inspires you, don't forget to subscribe for more Bible insights every week.

God is a Provider. He is Jehovah Jireh. When a human being tries to block your access to provision or uses money as a weapon to punish you, they are interfering with God's provision for your life. You are not commanded to accept a life of manufactured poverty or financial slavery. Wisdom seeks independence and stability so that you can fulfill your God-given purpose, not beg for crumbs from a tyrant's table.

Number 5: Sexual Coercion and Objectification

There is a dangerous teaching that says a spouse (usually the wife) has no right to say "no" to sex. This is often based on a distortion of 1 Corinthians 7:4, "The wife does not have authority over her own body, but the husband does." Abusers stop reading there. They ignore the next half: "Likewise the husband does not have authority over his own body, but the wife does." This passage teaches *mutuality*, not slavery. It teaches that we belong to one another in love, not that one owns the

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other as property.

Sex in the Bible is designed to be an act of "knowing" (Genesis 4:1)—a deep emotional and spiritual connection that reflects the relationship between Christ and the Church. Christ never forces Himself on His Bride. He waits for an invitation. He woos. He loves. Coercion, guilt-tripping, or forcing sexual acts that violate the conscience or comfort of the spouse destroys the very image of Christ and the Church. It turns a holy act into an act of using. It reduces a person to an object.

Love "does not insist on its own way" (1 Corinthians 13:5). If sexual intimacy is being demanded without regard for your feelings, your health, or your willingness, it is not love; it is lust. It is selfishness. God does not command you to submit to being used. Your body is the temple of the Holy Spirit. It is holy ground. You have the right to protect that ground from violation.

Furthermore, the command to "honor the marriage bed" (Hebrews 13:4) means keeping it pure from the degradation of pornography, adultery, or perverse demands. If you are being pressured to participate in things that grieve the Holy Spirit or violate your dignity, you are under no obligation to comply. Your body belongs to the Lord first. Obedience to God's standard of purity always overrides obedience to a spouse's demand for perversion.

Number 6: Chronic Neglect and Abandonment

Abuse is not always what is *done* to you; sometimes it is what is *withheld* from you. Chronic neglect—the withholding of affection, attention, conversation, and emotional support—is a form of abandonment. We are created for connection. God said, "It is not good that the man should be alone" (Genesis 2:18). To be married and yet completely alone is a unique kind of torture. It is a violation of the "one flesh" imperative.

Husbands are commanded to "love their wives" (Ephesians 5:25) and live with them in an understanding way (1 Peter 3:7). Wives are commanded to love their husbands. Love is an action verb. It requires presence. If a spouse is physically present but emotionally entirely absent—refusing to engage, refusing to connect, treating you like a piece of furniture—they are breaking the covenant vows. They are abandoning the relationship while staying in the house.

The Bible allows for freedom in cases of abandonment (1 Corinthians 7:15). While Paul speaks specifically of an unbeliever departing, the principle of abandonment goes deeper than just geography. A person can desert you emotionally and spiritually while eating at your dinner table. You are not commanded to accept a "ghost marriage." You are not commanded to wither on the vine from lack of love.

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God is a God of relationship. He desires intimacy. When you are starved of emotional connection by the one person who vowed to cherish you, it damages the soul. It is not "selfish" to need love; you were designed by God to need it. Acknowledging that you are being neglected is the first step toward healing. You are worth being seen. You are worth being heard. You are worth being loved.

Number 7: Gaslighting and Deception

Gaslighting is a psychological term for a very ancient sin: Deception. It is when someone manipulates reality to make you doubt your own sanity, memory, or perception. They deny things they said. They blame you for their reactions. They twist the truth until you don't know which way is up. This is the nature of the serpent in the Garden of Eden: "Did God really say?" Satan questioned reality to confuse Eve.

Jesus called Satan "a liar and the father of lies" (John 8:44). When someone habitually lies, twists the truth, and manipulates reality, they are acting in the nature of the enemy. God is the God of Truth. Psalm 51:6 says, "Behold, you delight in truth in the inward parts." You cannot have a relationship with someone who does not live in reality. Trust is built on truth. Without truth, there is no relationship, only a delusion.

You are not commanded to accept lies. You are not commanded to pretend that the sky is green just because they say it is. 1 John 1:6 says, "If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth." Walking in the light means dealing with reality. It means calling a spade a spade. If you are being gaslit, the Holy Spirit—the Spirit of Truth—will often give you a "check" in your spirit. You will feel that something is off. Trust that.

Do not let anyone talk you out of your sanity. God gave you a sound mind (2 Timothy 1:7). Protecting your mind from the confusion of gaslighting is spiritual warfare. You have the right to say, "That is not what happened," or "I do not agree with your version of reality." Standing in the truth is an act of worship to the God of Truth.

Number 8: Isolation from Community

The final form of abuse is Isolation. This is when an abuser cuts you off from your support system—your family, your friends, and even your church. They might say, "Your mom interferes too much," or "Your friends are a bad influence," or "I just want you all to myself." Slowly, your world shrinks until the abuser is the only voice you hear. This is a strategic military tactic: divide and conquer. A soldier cut off from his platoon is easy prey.

Proverbs 18:1 warns, "Whoever isolates himself seeks his own desire; he breaks out against all

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sound judgment." Isolation is contrary to the design of God. God sets the solitary in families (Psalm 68:6). He created the Church as a Body because we need one another. We need the "multitude of counselors" for safety (Proverbs 11:14). Anyone who tries to cut you off from the Body of Christ is acting against the Head, which is Jesus.

The enemy wants you alone because in isolation, you lose perspective. You start to believe the lies. You lose your strength. Ecclesiastes 4:12 says, "And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken." You need cords of connection. You need people who can speak into your life, who can see the abuse for what it is, and who can remind you of who you are.

If you are being isolated, fight for your connection. It is a lifeline. Reach out. Go to church. Call your family. Do not let the enemy pen you in. God is a God of community, of fellowship, and of light. We walk in the light *as He is in the light* by having fellowship with one another (1 John 1:7). Isolation is the darkroom where the enemy develops his negatives. Step out of the darkroom. Reconnect with the people of God.

Conclusion

We have looked at eight heavy chains: Physical Violence, Emotional Cruelty, Spiritual Abuse, Financial Control, Sexual Coercion, Neglect, Gaslighting, and Isolation. If you saw your life reflected in any of these points, please hear me: This is not God's heart for you. Scripture does not command you to accept the unacceptable. It commands you to love, yes. It commands you to forgive, yes. But it also commands you to be wise as serpents. It commands you to guard your heart. It commands you to walk in the light.

You are a daughter or a son of the Most High King. You are royalty. Royalty does not belong in bondage. Jesus came to set the captives free—not just from sin, but from every form of oppression. He wants you whole. He wants you safe. He wants you flourishing.

If you are in danger, please seek help. Talk to a trusted pastor, a counselor, or a friend. There is no shame in seeking safety; there is only wisdom. The God who led Israel out of the house of slavery is ready to lead you out of your house of bondage. He is the Way-Maker. Trust Him. Take His hand. And step toward the freedom that He died to give you.

Before you go, make sure to subscribe, like this video, and share it with someone who needs encouragement today. And join us next time as we uncover another powerful truth from God's Word.