

DEVOTIONAL

Hollywood Prayer Network

DOMESTIC VIOLENCE

We chose to tackle this difficult issue because, "Domestic violence affects one in three women and one in four men, globally." We are praying you can get free from being a victim of domestic violence, or you will help a loved one get free. Please forward this to any friend or family member whom you know may need help!

DEVOTIONAL

*I still wake up with your name stuck in my throat sometimes
Where it caught between your hands when you squeezed
I still wake up in fear most nights, your eyes follow me from every shadow,
every loud noise crowding the edges of my memory.
I still wake up.*

-AMBER KONEVAL, SURVIVOR

If you are in an abusive situation, please call either the U.S. National Domestic Violence Hotline at 1-800-799-7233 or call your local domestic violence hotline for help. You can find them by searching online under "domestic violence hotline" or go to [TheHotline.org](https://www.thehotline.org)!

DAY 1

NO UNWHOLESOME TALK

“THE SCARS FROM MENTAL CRUELTY CAN BE AS DEEP AND LONG-LASTING AS WOUNDS FROM PUNCHES OR SLAPS BUT ARE OFTEN NOT AS OBVIOUS. IN FACT, EVEN AMONG WOMEN WHO HAVE EXPERIENCED VIOLENCE FROM A PARTNER, HALF OR MORE REPORT THAT THE MAN’S EMOTIONAL ABUSE IS WHAT IS CAUSING THEM THE GREATEST HARM.”
-LUNDY BANCROFT

New International Version

Ephesians 4:29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

DAY 1

PRAY: Lord, I don't want to have any unwholesome talk come out of my mouth, and I don't want to be the victim of others talking to me with words that cut me down, hurt me, or demean me. Show me how I may be allowing my spouse, parent, child, or anyone in my home, to speak to me with words that are not beneficial to me. Make sure that the words in my home are helpful for building others up according to our needs and that they will benefit those who listen! Thank You for Your help, wisdom, and discernment. Amen.

REFLECT: Words are a powerful tool of the enemy to steal, kill, and destroy lives. Ponder how people closest to you are speaking to you. Is it with love and respect, or with resentment and ridicule? Are the conversations in your home benefitting everyone involved? Are you in the habit of tearing down your loved ones rather than building them up? Verbal domestic abuse can be just as damaging as physical or sexual abuse. "Sticks and stones may break my bones, but words will never hurt me" is a lie!

ACT: Get on your knees and ask the Lord to reveal if you are allowing anyone in your home to speak to you with unwholesome talk. Ask Him for direction on how to stop allowing any disparaging words and instead fill your home with words of love and grace. God can open your eyes right now to reveal any level of abuse or mistreatment from anyone in your home - even you. Take steps to stop any form of abuse RIGHT NOW.

DAY 2

DO NOT BE OVERCOME BY EVIL

"YOU HAVE A RIGHT AGAINST ANY FORMS OF DOMESTIC VIOLENCE. PROTECT YOUR LIFE. PROTECT YOUR FAMILY AND LOVED ONES. MUTUAL RESPECT AND LOVE ARE THE MAIN KEYS TO AVOID VIOLENCE."

-ANGELICA HOPES

New International Version

Romans 12:21

Do not be overcome by evil, but overcome evil with good.

DAY 2

PRAY: Dear Lord, I do not want to be overcome by evil. I want to overcome evil with good. I need You to give me a bigger perspective on my situation and help me to act wisely, with strength and yet with truth and goodness. I need You to protect me from evil so that I am not overwhelmed. Give me Your grace to respond with dignity and discernment, so I can get out of danger. That is only possible with You. I pray this in Jesus' name. Amen.'

REFLECT: Have you noticed that when you are overwhelmed and not in control, you are more tempted to do evil—just like someone in your house may be doing? We need the Lord to overcome evil with good. We need encouragement and hope! And we need Him to guide us, strengthen us, and give us wisdom, discernment and self-discipline, so we can be empowered with a confidence only He can give us, even as our spouse or family member is acting in evil. That's a delicate balance when we're in the midst of adversity. But with God, nothing is impossible!

DAY 2

ACT: Are you being mistreated by anyone, in any way? Are you overcoming evil with good or are you tempted to lash back or do something wrong to stop the wrong that's being done to you? Write down what your spouse or someone has said or done to you in full detail and add anything that threatens your well-being. If children are involved, write that down as well. Then immediately get help from a mature Christian, a parent, friend, or a professional, so that you won't respond with evil in your state of feeling overwhelmed. You need protection and wise, scriptural, emotional or even legal counsel. Showing someone safe what you've written is one way you can respond to evil with good. To help you take strong action, get help today.

DAY 3

THOSE WHO LOVE VIOLENCE

“DOMESTIC VIOLENCE IS ANY BEHAVIOR INVOLVING PHYSICAL, PSYCHOLOGICAL, EMOTIONAL, SEXUAL OR VERBAL ABUSE. IT IS ANY FORM OF AGGRESSION INTENDED TO HURT, DAMAGE, OR KILL AN INTIMATE PERSON.”

-ASA DON BROWN

New International Version

Psalms 11:5

The Lord examines the righteous, but the wicked, those who love violence, his soul hates.

DAY 3

PRAY: LORD, please examine my heart and my spirit as I endure persecution and abuse. I want to stay in You, through ALL situations and in ALL circumstances. Your Word says You hate with a passion those who love violence. I also hate the wicked, evil, and abusive actions of the person who commits violence. Please deliver me from evil, and bring me to the place where Your safety, peace, and protection abound. Thank You for Your love, Jesus... I will trust in You and in Your mighty Name and glorious will. Amen.

REFLECT: Have you allowed the Lord to examine your heart? As a victim, you can only do so much, but you can pray for God's protection and admit when you do not agree with what the abuser is saying, even if you can't talk about it with them. Acknowledging your needs to God and to yourself will clarify your fear or guilt. We need the Lord to examine the righteous, the wicked and us, so that we see the truth in our own hearts and minds of not only who we are but also whose we are and how we ought to be treated. You must protect yourself because it's not possible for a violent, hateful person to protect you. What would it take for you to face the truth and take actions to stop, or walk away from any violence and hate in your home?

DAY 3

ACT: Examine your current living situation right now. You can even write on a piece of paper what's good and what's bad about your life, your marriage, and your home. If the bad side includes any abuse, sin, or evil, then it must stop now. Ask the Lord for wisdom and then muster the strength to reach out for help in order to change your situation. None of us deserves to be abused in any way, shape, or form. Ask God to show you the evil that's happening and to reveal the correct action to take or to show you the way out – immediately!

DAY 4

EXPOSE THE DEEDS OF DARKNESS

"IT TAKES IMMENSE COURAGE TO COME TO THE REALIZATION THAT YOU'RE BEING ABUSED. AND ANOTHER LEVEL OF COURAGE TO FINALLY TELL SOMEONE. IF SOMEONE APPROACHES YOU WITH THE UNFORTUNATE NEWS THAT THEY ARE BEING ABUSED, ASK HOW YOU CAN HELP. DON'T QUESTION THEM."

-CAMREN BICONDOVA

New International Version

Ephesians 5:11

Have nothing to do with the fruitless deeds of darkness, but rather expose them.

DAY 4

PRAY: Heavenly Father, You tell me to have nothing to do with fruitless deeds of darkness. The fruits of the Spirit are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Anything else must be exposed. Lord, please turn my abusers' heart to abhor their actions, repent from them and heal. Protect me from the fruitless deeds done against me in domestic violence. Show me how to expose these deeds according to Your Word. This is so hard God, but direct me and help me. In Jesus' name. Amen.

REFLECT: Paul was great at naming the people for whom he was thankful, but he also called out the names of trouble-makers. He believed in exposing the darkness so that others would be protected, and the truth would come into the light. In 2 Timothy 4:14 Paul says, "Alexander the metalworker did me a great deal of harm. The Lord will repay him for what he has done." He wasn't afraid to let everyone know who was disobeying God, in word or in deed. Why don't you boldly expose the fruitless deeds of darkness in your home and your life?

DAY 4

ACT: Right now, commit to exposing the fruitless deeds of darkness and call out the names of anyone who is treating you with disrespect, anger, evil, or abuse. Tell the Lord who they are, and then tell others. Make a plan to have nothing to do with dark deeds and words. Talk to someone about your abuser and expose the truth of their fruitless deed of darkness. The Lord will give you the strength as you take one step at a time into the light. Do it right now!

DAY 5

NO WEAPON FORGED AGAINST YOU WILL PREVAIL

“PERPETRATORS OF ABUSE OFTEN MAKE THEIR VICTIMS BELIEVE THAT THEY ARE SOMEHOW RESPONSIBLE FOR THEIR OWN ABUSE. SUCH MISPLACED NOTIONS SHIFT THE BLAME OF THE ABUSE FROM THE ABUSER TO THE ABUSEE.”

-MALLIKA NAWAL

New International Version

Isaiah 54:17

No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me,” declares the Lord.

DAY 5

PRAY: Lord, I stand firm on Your truth that no weapon forged against us will prevail and that You will refute every tongue that accuses us. Nothing will prevail against Your plan because it is perfect, and Your truth is my heritage as a servant of Yours. Increase my faith to believe that there is vindication for me, and for people in Hollywood, for You declare it! The enemy hates it when his lies and plans are thwarted, but You rejoice Lord! Selah and Amen.

REFLECT: We're reminded here that nothing is stronger than God and He will vindicate anyone who suffers from Satan's evil weapons. Are you living as if you really believe it? There is a terrible problem of abuse in the entertainment industry. And yet it's all hidden because the abusers don't want the public to discover their evil deeds. There are verbal, physical, and emotional weapons being forged against many people in Hollywood whom the public thinks are living perfect lives. But God punishes the attackers, and He refutes every tongue that accuses. There is vindication for the victims. And there is hope for healing and change!

DAY 5

ACT: Would you read Isaiah 54:17 out loud as a proclamation and then pray for the protection and healing for all victims of domestic violence, including those in the entertain-ment industry. Pray that the Lord will stop every tongue that accuses them. And plead with God to stop every weapon that is forged against them. Just as we desire this in every home, we want the hidden evil to come to the surface in Hollywood and for the Lord to offer a new heritage for the people who are creating our entertainment and shaping our culture.

DAY 6

THE HIDDEN WILL BE MADE KNOWN

"AN ABUSER ISN'T ABUSIVE 24/7. THEY
USUALLY DEMONSTRATE POSITIVE
CHARACTER TRAITS MOST OF THE TIME."
-MIYA YAMANOUCHI

New International Version

Luke 12:12

For the Holy Spirit will teach you at that
time what you should say.

DAY 6

PRAY: ABBA Father, we humans want to keep things secret that are not glorifying to You. But You want NOTHING concealed or hidden. You want to disclose the truth so that it will come into the light and be made known. Please make sure that my every act, every word, every relationship I have is open and honest, so that nothing will be hidden. Please disclose everything going on in my home or in the homes of the people I love; my work acquaintances, friends and neighbors, so that You can come in with Your healing hand. I need You Lord, to make the truth known in all of my relationships and in my world! Amen and Amen.

REFLECT: Have you thought about the power of secrets? Reflect on anything in your life that you haven't told anyone. Or maybe it's an issue or experience that you have told one person not to tell anyone else. Think about the things in your home that are concealed, hidden, and never talked about. Are those things of the Lord? Are they representing love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, or self-control? If not, then those things can't remain secrets any longer.

DAY 6

ACT: Ask the Holy Spirit to teach you and reveal to you what you should say, right now. Then list anything in your life that you consider a secret. Pray about the right people to tell, so no dangerous thing remains hidden anymore. Now is the time to reveal the truth of any concealed thoughts, words, situations, or issues that you have been afraid to face or talk about. Today is the sixth day of healing for you and your home!

DAY 7

THE LORD SAVES

"IT'S HARD AT FIRST...REALLY HARD. YOU MAY EVEN QUESTION IF LEAVING WAS THE RIGHT DECISION. IT WAS THE RIGHT DECISION. AFTER THE SHOCK, WHEN THE FOG LIFTS, THINGS WILL START TO GET EASIER."

-DOMESTIC VIOLENCE SURVIVOR

New International Version

Genesis 50:20

You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.

DAY 7

PRAY: My dear Father, thank You that You can turn even the worst of things into good. And even if my abuser intended to harm me, I know that You did not cause it, but You've allowed it only to accomplish what is now being done in my life. Save my life, Lord! And stop the sin and evil that's been going on in my home. I need You to accomplish Your good plans and purposes and yet I feel helpless and afraid. Only You can save me Jesus. Amen.

REFLECT: Throughout the Bible men do terrible things to others and yet God allows it, then turns them into circumstances for good in order to accomplish His purposes. Joseph's brothers betrayed him, tried to kill him, and then sold him off into slavery, only later to find out that he was alive and actually rose to the highest level of government and now had authority over his brothers! Read this story in Genesis 37:39-47. Joseph's brothers tried to get away with abuse and murder and yet God used their evil deeds for good in order to put Joseph in a place and location to accomplish His plan to save many lives. Praise God for protection and healing and for all the good that He intends for you, including saving your life and many other lives!

DAY 7

ACT: God allows things to happen for reasons that we don't always understand, but we still have to make every effort to stop being harmed. If you and your abuser can go to counseling, then do that immediately. If you are in danger, call 911 or leave your home now. If you have kept the abuse a secret, then you must tell safe people. You must act, and as you do, ask the Lord to accomplish what He has planned and to empower, protect, and heal you in the process. Trust in Him, then take action so that He can save many lives – including yours!