



# Outreach Posters

## March 2014

I once met a very old man who was sexually abused in terrible ways. It happened a long time ago in a religious institution from his adoption as a baby up until he was 14 years old.

Despite the years passing, he still grieves. Each day there are memories and musings about injustice and what might have been. Although he was handsome and played sport at a high level, anxiety stopped him from asking out girls. He told me that he has never experienced an intimate relationship with a woman. Year after grinding year he's been a 'hard man' working in a factory – a heavy drinker bottling his rage and trying to forget.

Yet this man made it clear that he has no issue with Jesus. It's going to a local church that's the struggle. He just can't trust a church. What if his church is abusing little children?

Like it often is, trust is the issue. But how can we if those who raised us were so cruel? For people who have suffered abuse in an institution, trusting similar institutions will always come hard.

If you're feeling shattered by something terrible that's been done to you then there really is only one person you can absolutely trust and that's God. He made you and loves you and really does care for you right now.

In the Bible Jesus says:

*"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle*



*and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."*

It is such a wonderful relief to give to God all that is hurting and painful inside. Although God never says that all the pain will disappear in this life, Psalm 34 in the Old Testament does promise that:

*The LORD is near to the brokenhearted and saves the crushed in spirit.*

So, can you ever be completely fixed? Yes! When you start to trust in Jesus He brings healing to your heart. And the Bible's clear promise is that in heaven we will be completely transformed and renewed! And the unbearable memories? There's another promise God makes through the prophet Isaiah:

*... behold, I create new heavens and a new earth, and the former things shall not be remembered or come to mind.*

Prayer: Dear God, I feel sad and broken. Please help me to trust in Jesus to heal me.

Bible verse: The LORD is near to the brokenhearted and saves the crushed in spirit. (Psalm 34:18)