

Broken Families, Abuse, and Divorce

To be honest, my story involves more brokenness than anyone should ever have to experience in a lifetime, much less by their junior year of college. But I don't want to exalt the sin and pain and brokenness and thereby risk you missing the beauty of God's redemption of the brokenness. Therefore I want to walk you quickly through the pain and hurt so I can point you to the comforter and healer in whatever it is that you may be walking through.

Divorce. Drug and alcohol abuse. Affairs. Sexual addiction. Physical abuse. Sexual abuse. Verbal abuse. Financial despair. Fights (words and fists). These are all things that my dad, through generational sin has walked in just like his father before him, brought on my family.

My mom having Stage 4 cancer was worked into the midst of all of this. Hate built up in my heart to my dad. I went through my own unhealthy and broken responses to my home life and to the world my dad's sin had created around me.

That's a lot of heaviness and turmoil very briefly summarized, it was miserable in so many ways but let's just stop and take a breath and pause for a bit. That's where I was. I was consumed by hate and addiction. I shut myself out from my world and my faith. I put all my priorities in the wrong places in an attempt to somehow, someway, forget the past decade even existed.

BUT here's the amazing thing. Jesus, the author and perfecter of our faith, the Alpha and the Omega, the perfect and loving son and father in one, promises that ALL THINGS work together for good for those that love him. And man, I'll tell you what, did he ever change my family forever.

My father hurt us beyond belief. But that hurt and that pain that my dad caused us, it caused us to turn to Jesus and realize that we are unable to ever live this life without him. As awful as our struggles were, it brought my sister to a real relationship with Jesus. It brought me back to Jesus. It led me to a church that brought me Christian community, and the realization that a life spent chasing after Jesus with everything in me is the best way to live.

God is so good. And even when it's hard and it seems like you can't go on, like there is nothing that you can do, when it seems that God has forsaken you, HE IS CLOSER THAN YOUR SKIN!

God promises us that he will never leave us, never forsake us, and that he will NEVER stop loving us. God is bigger than our struggles, bigger than our pain, and bigger than our circumstances, no matter how insurmountable that they seem to us.

You may be carrying the baggage of broken families, abuse, and pain from the people that are supposed to love you the most. I've given you the good news about how Jesus is so much bigger than whatever you could be walking through. I want to encourage you to seek Him! Be willing to open up to Him and others. Sin and struggles thrive in darkness.

But I'd also like to encourage you to take action. First, COUNSELING IS A BLESSING! As a guy, I thought counseling was weak, for those who couldn't handle life. I was wrong. Good, Christian counseling is incredibly helpful and I cannot recommend it enough. Second, be willing to be honest with those around you. Surround yourself with Christian community.

Most importantly, cling to our Father. Be open. He isn't afraid of your anger or hurt. He wants to hold you and help you. Too often, we're too ashamed or embarrassed to be open with God about things like this. God wants to hold us and guide us.

Learn to be okay saying that you are not okay. There is a void left in the lives of people who have been deeply hurt, a void that people try to fill with everything but Jesus. He is the only thing that can heal the wounds left by our family and he is the only one that can fill the emptiness that is left by those that hurt us.

BUT...there is HOPE! That's what I want you to know, more than anything. God is not done with you and not done with your family yet. There is love, hope, and healing in the name of Christ and you will be AMAZED to see how God moves through circumstances that you once considered unbearable.

You might not be okay right now. I know that I wasn't. But I promise you this, YOU WILL BE! Our God heals and comforts and leads us to comfort others (2 Cor 1:3-4).

God is not done with you yet.

He is only beginning.

Once Broken, Now Healed

If you would like to reach out to talk with someone, please send a message to strugglewell@allthingsministries.com

This account is only accessed by our full time staff at All Things Ministries. Our staff has a combined experience of walking with college students through issues like this for well over 20 years. They look forward to either walking through this with you to help you "struggle well" in it or connecting you to someone with greater experience than themselves in the specific area you are struggling with. They will not connect you to anyone else or share any of your information without your direct consent.