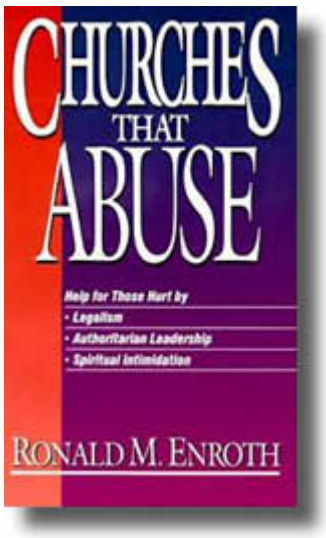
Abusive Churches

What characterizes abusive churches is their cultic method of ministry. Although outwardly orthodox in their theology, these churches use abusive and mind control methods to get their followers to submit to the organization. In this article Dr. Pat Zukeran covers eight characteristics of abusive churches.

This article is also available in Spanish.



We are all familiar with traditional cults such as the Mormons and the Jehovah's Witnesses. There are, however, other groups with cultic characteristics that do not fit the same profile as the traditional cults. Sometimes called "abusive churches" or even "Bible-based cults," they appear outwardly orthodox in their doctrinal beliefs. What distinguishes these groups or churches from genuine orthodox Christianity is their abusive, cultic-like methodology and philosophy of ministry.



In his book *Churches That Abuse*, Dr. Ronald Enroth carefully examines several of these churches throughout the United States. He reveals the cultic methods these groups use and points out several distinguishing marks of abusive churches. At this point I will briefly introduce each of these characteristics and some of my own. Later, I'll discuss all these characteristics in detail.

First, abusive churches have a control-oriented style of leadership. Second, the leaders of such churches often use manipulation to gain complete submission from their members. Third, there is a rigid, legalistic lifestyle involving numerous requirements and minute details for daily life. Fourth, these churches tend to change their names often,

especially once they are exposed by the media. Fifth, denouncing other churches is common because they see themselves as superior to all other churches. Sixth, these churches have a persecution complex and view themselves as being persecuted by the world, the media, and other Christian churches. Seventh, abusive churches specifically target young adults between eighteen and twenty-five years of age. The eighth and final mark of abusive churches is the great difficulty members have in getting out of or leaving these churches, a process often marked by social, psychological, or emotional pain.

Those involved in a church that seems to reflect these characteristics would be wise to evaluate the situation thoroughly and leave the church if it is appropriate. Staying may increase the risks of damaging your family relationships and multiplies the likelihood of losing your perspective. Members of such churches often develop a distorted view of reality, distrust everyone, and suffer from stress, fear, and depression. Some former members even continue to experience these things after escaping from an abusing church. There are also several documented cases in which associating with an abusive church has led to the deaths of individuals or their relatives.

Some of these groups have networks of many sister churches. In some cases these groups have split off from more mainstream denominations. Occasionally the new groups have even been denounced by the founding denomination. Such groups often disguise themselves by frequently changing the name of their organization, especially following adverse publicity. This practice makes the true nature of these organizations more difficult to determine for the unsuspecting individual. Some abusive churches have college ministries all across the country. On some university campuses such student movements are among the largest groups on their respective campuses.

It is important that Christians today know the Bible and know

how to recognize such churches so as not to fall into their traps. In order to help people become more aware of churches which may be abusing their members, I now want to go through in more detail the eight characteristics I mentioned earlier.

Control-Oriented Leadership

A central feature of an abusive church is control-oriented leadership. The leader in an abusive church is dogmatic, self-confident, arrogant, and the spiritual focal point in the lives of his followers. The leader assumes he is more spiritually in tune with God than anyone else. He claims insight into Scripture that no one else has. Or, he may state that he receives personal revelations from God. Because of such claims, the leader's position and beliefs cannot be questioned; his statements are final. To members of this type of church or group, questioning the leader is the equivalent of questioning God. Although the leader may not come out and state this fact, this attitude is clearly seen by the treatment of those who dare to question or challenge the leader. The leader of the movement often makes personal decisions for his followers. Individual thinking is prohibited; thus the followers become dependent on the leader.

In the hierarchy of such a church, the leader is, or tends to be, accountable to no one. Even if there is an elder board, it is usually made up of men who are loyal to, and will never disagree with, the leader. This style of leadership is not one endorsed in the Bible. According to Scripture all believers have equal access to God and are equal before Him because we are made in His image, and we are all under the authority of the Word of God. In 1 Thessalonians 5:21 believers are directed to measure all teachings against the Word of God. Acts 17:11 states that even the apostle Paul was under the authority of the Bible, and the Bereans were commended because they tested Paul's teachings with the Scriptures. Leaders and laity alike are to live according to Scripture.

Manipulation of Members

Abusive churches are characterized by the manipulation of their members. Manipulation is the use of external forces to get others to do what someone else wants them to do. Here manipulation is used to get people to submit to the leadership of the church. The tactics of manipulation include the use of guilt, peer pressure, intimidation, and threats of divine judgment from God for disobedience. Often harsh discipline is carried out publicly to promote ridicule and humiliation.

Another tactic is the "shepherding" philosophy. As practiced in many abusive churches this philosophy requires every member to be personally accountable to another more experienced person. To this person, one must reveal all personal thoughts, feelings, and discuss future decisions. This personal information, is not used to *help* the member, but to *control* the member.

Another means of control is isolation. Abusive churches may cut off contact between a new member and his family, friends, and anyone else not associated with the church.

How different this style of leadership is from the leadership of Jesus, the Good Shepherd who lovingly, gently, humbly, and sacrificially leads His sheep.

Rigid, Legalistic Lifestyle

The third characteristic of abusive churches is the rigid, legalistic lifestyle of their members. This rigidity is a natural result of the leadership style. Abusive churches require unwavering devotion to the church from their followers. Allegiance to the church has priority over allegiance to God, family, or anything else.

Often members are required or pressured to attend Bible studies five, six, or seven days a week. There is a

requirement to do evangelism; a certain quota of contacts must be met, and some churches even require members to fill out time cards recording how many hours they spent in evangelism, etc. Daily schedules are made for the person; thus he is endlessly doing the church's ministry. Former members of one church told me they were working for their church from 5:00 am to 12:00 midnight five days a week.

Members of such churches frequently drop out of school, quit working, or even neglect their families to do the work required by the church. There are also guidelines for dress, dating, finances, and so on. Such details are held to be of major importance in these churches.

In churches like these, people begin to lose their personal identity and start acting like programmed robots. Many times, the pressure and demands of the church will cause a member to have a nervous breakdown or fall into severe depression. As I reflect on these characteristics I think of Jesus' words concerning the Pharisees who "tie up heavy loads and put them on men's shoulders, but they themselves are not willing to lift a finger" (Matt. 23: 4). What a contrast from the leadership style of Jesus who said, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you. . . .For my yoke is easy and my burden is light" (Matt. 11:28-30).

Frequent Changing of Group/Church Name

A fourth characteristic of abusive churches is a pattern of constantly changing the name of the church or campus ministry. Often a name change is a response to unfavorable publicity by the media. Some abusive churches have changed their name several times in the course of a few years.

If you are in such a church, one that has changed its name several times because of bad publicity, or if you feel unceasing pressure to live up to its demands, it is probably

time to carefully evaluate the ministry of the church and your participation in it.

Denouncing All Other Churches

Let us now take a look at the fifth characteristic: abusive churches usually denounce all other Christian churches. They see themselves as spiritually elite. They feel that they alone have the truth and all other churches are corrupt. Therefore, they do not associate with other Christian churches. They often refer to themselves as some special group such as, "God's Green Berets," "The faithful remnant," or "God's end-time army." There is a sense of pride in abusive churches because members feel they have a special relationship with God and His movement in the world. In his book *Churches That Abuse*, Dr. Ron Enroth quotes a former member of one such group who states, "Although we didn't come right out and say it, in our innermost hearts we really felt that there was no place in the world like our assembly. We thought the rest of Christianity was out to lunch." However the Bible makes it clear, that there are no spiritually elite groups or churches. Ephesians 4:36 states, "Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope, when you were called, one Lord, one faith, one baptism; One God and Father of all."

The Christian church universal is united by the same God, the same Holy Spirit, and the fundamental beliefs of the Bible which include such things as the Trinity, authority of the Bible, the death and resurrection of Jesus, the deity of Christ, justification by faith alone, and so on. In these central truths we stand united. A church which believes itself to be elite and does not associate with other Christian churches is not motivated by the spirit of God but by divisive pride.

Persecution Complex

The sixth characteristic follows naturally. Because abusive churches see themselves as elite, they expect persecution in the world and even feed on it. Criticism and exposure by the media are seen as proof that they are the true church being persecuted by Satan. However, the persecution received by abusive churches is different from the persecution received by Jesus and the Apostles.

Jesus and the Apostles were persecuted for preaching the truth. Abusive churches bring on much of their negative press because of their own actions. Yet, any criticism received, no matter what the source—whether Christian or secular—is always viewed as an attack from Satan, even if the criticisms are based on the Bible. This makes it difficult to witness to a person in such a church for he will see your attempt to share the gospel with him as persecution. Often in cases like these, when I am accused of persecuting, I simply reply, "I am here talking to you with the Word of God which you say you believe. How can this be persecution?" This approach often helps in continuing the dialogue with a member of an abusive church who has been brainwashed to believe that all opposition is persecution.

Targeting Young Adults

The seventh characteristic of abusive churches is that they tend to target young adults ages 18-25 who are in the middle class, well educated, idealistic, and often immature Christians. Young adults are the perfect age group to focus on because they are often looking for a cause to give their lives to, and they need love, affirmation, and acceptance. Often these churches will provide this, and the leaders frequently take the role of surrogate parents.

Painful Exit Process

The eighth characteristic is a painful and difficult exit process. Members in many such churches are afraid to leave because of intimidation, pressure, and threats of divine judgment. Sometimes members who exit are harassed and pursued by church leaders. The majority of the time, former members are publicly ridiculed and humiliated before the church, and members are told not to associate in any way with any former members. This practice is called shunning.

Many who leave abusive churches because of the intimidation and brainwashing, actually feel they have left God Himself. None of their former associates will fellowship with them, and they feel isolated, abused, and fearful of the world. One former member of a particular campus ministry said, "If you leave without the leadership's approval, condemnation and guilt are heaped upon you. My pastor told me he thought it was satanic for me to leave and wondered if I could continue my salvation experience."

Let me conclude this discussion by sharing some practical ways of reaching those who are involved in abusive churches. First, we must begin with prayer. Witnessing to those brainwashed in abusive churches is often intimidating and difficult. Often leaders will not allow an individual member to meet with an outsider unless accompanied by an older, more experienced person who is trained in debating and/or intimidation. Therefore, we must pray (1) for a chance to speak with the individual{1} and that he would be open to what we have to share.{2}

Second, lovingly confront the person and surface some biblical issues. Often, abusive churches have a bizarre teaching or a theological error that can be pointed out. In his book *Churches That Abuse*, Dr. Ron Enroth documents several examples of this. For instance, the leader of one church had strange teachings based on his claims of extra-biblical revelations

from God.{3} These included dietary laws, sexual behavior, home decorations, and others. The leader of another group called doctors "medical deities." He also claimed medicines had demonic names and if taken, opened a person up to demonic influence.{4} Pointing out errors, inconsistencies, and bizarre beliefs may open the individual's mind and prompt him to begin asking questions.

Third, share articles you may find in the newspaper or in magazines on the particular church under discussion. The book that I have often quoted from, *Churches That Abuse*, is an excellent resource. The key is to get the individual to start asking questions and research answers for himself. Tell him to test everything with the Scriptures and not to be afraid to ask questions. If the leader is afraid or hesitant to answer a member's honest questions, the maturity of that leadership may be suspect.

Jesus, however, said that truth is a means of freedom, not bondage. He said, "You shall know the truth, and the truth shall make you free" (John 8:32).

Notes

1. Ronald Enroth, *Churches That Abuse* (Grand Rapids, Mich.: Zondervan, 1992), p. 118.

2. Ibid., p. 181.

3. Ibid., p. 128.

4. Ibid., p. 170.

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“Another Story of a Couple’s Heartbreaking Experience with an Abusive Church”

For the second time since joining a church which I now realize is abusive, our twenty six year old son has had what we term as a nervous breakdown. This time he spent three weeks in hospital. Our daughter who is twenty four has also been a member of this same church for three years. Neither of our children are married.

I could not believe what I was reading in your article Abusive Churches. It described to a tee, the church that our children attend. This church is called the _____ Christian Center and is in _____, BC. A year ago, the Lord answered a mother’s prayer and standing on Ps 37:4, my husband and I were transferred to British Columbia from Ontario, Canada. We have seen such a pulling away from parents and during my son’s recent hospitalization, I went to be near him and stayed in his apartment which is below and owned by people from their church. I was shunned by the whole church and most especially by our daughter. My husband joined me there until our son was well enough to come home from the hospital.

I made many attempts to meet with the church ministry and most attempts were futile. I have never felt so alone in my whole life. Praise God that when we have Jesus, we are never alone. My husband and I eventually met with one of the pastors and the senior pastor’s wife and were able to voice all our fears. Of course they had answers for all our questions. As an example, I voiced my concern about a phone call from our daughter where she told us that the pastor’s wife called her in for a “counseling appointment.” During this appointment the pastor’s wife told my daughter that she was not flirting enough and should change her hair and the way she wore her

clothes to appear more sexy to the young men in the church. She went on to say that the Lord showed her that our daughter and a young man named Peter would make a wonderful couple and that she could see them as missionaries in Germany (which seems to be a country of great focus in this church. Our son took a year of German at college). The pastor's wife said she did not remember a man named Peter (he has since left the church) however she did have a vague memory of telling our daughter that she should do something with her hair (our daughter is a senior at SFU and has been working part time at a bank for the past three years). She was somewhat taken back when I pardoned myself and asked who she thought she was to think to tell our daughter how to do her hair.

This is just an example of what is going on there. Our son who was an outstanding student five years ago, is now an impoverished basket case. The police can do nothing even though our son was drugged and sexually molested (praise God our son was able to get away before he was actually raped) by a older man from the church, who is still there. Our son refuses to go to the police as he says the whole matter should be handled through prayer and forgiveness. This has been done but still our son recounted the experience in detail during his recent hospitalization.

Our children refuse to listen to us, so we are holding the whole situation up in prayer. Can you offer any pointers? Is there anything we can do to prevent this church from damaging other young people? We need help but we don't know where to turn.

Thank you for sharing your story with us. We pray others will learn from your pain, and that God will show your children the truth.

“What Advice Would You Give Someone Leaving an Abusive Church?”

We now realize that our church is abusive. What advice can you give us?

I would advise you read a few books that will help during the difficult transition. *Recovering from Churches that Abuse* by Ron Enroth, *Healing Spiritual Abuse* by Ken Blue, and *The Grace Awakening* by Charles Swindoll. Often, there is a lot of hurt and bitterness. These books can help you overcome the pain and keep from becoming a bitter individual.

Second, I would advise you join a support group from a good church. There are very few support groups for spiritually abused victims but if you can find one, great. If not, a group to share your experience and pray with is a great help.

Third, many abused victims want to inform members who remain at the abusive church. This can be very frustrating and time consuming. I do not recomend spending a lot of your energy doing this. It is best to leave it all behind and begin a new chapter in your life.

Finally, enjoy your new freedom. Visit churches and fellowships. You will realize that the body of Christ is a lot bigger than you can imagine and this is refreshing to see. In the process, you will meet a lot of neat Christians who may become your new family in Christ.

Patrick Zukeran

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“Does ‘Touch Not the Lord’s Anointed’ Mean that Abusive Pastors Can’t be Challenged?”

I have read your article, “Abusive Churches: Leaving them Behind.” It is loaded with useful information, esp. for me as I have been in an abusive church. Before I left I had a series of meetings with the pastor in which I confronted him on a number of things I thought were not right in the church, only to be labelled a troublemaker. The pastor used to say to me that even if he did anything wrong, I was not the one to “judge” him because as the Lord’s annointed he was only accountable to God and not man or any authority.

He used to draw attention of the church to a scripture that says that Saul had backslidden and sought to take the life of David, but the latter could not do anything about him because he was the Lord’s anointed. (1 Sam. 24:1-15)

My question to you is: Was David right in saying that he could not touch Saul even if Saul was his enemy just because Saul was the Lord’s anointed? Can the Lord’s anointed threaten lives and no action be taken? Does anointing give one immunity from punishment for wrong-doing? How do you answer this question of David and Saul?

The context of that verse is that David’s soldier was looking to kill Saul since he was there in a very vulnerable situation. That is very different from confronting a leader with regard to sinful behavior. Nathan confronted and rebuked David on his sin with Bathsheba (1 Sam. 12). So did General Joab, who confronted David on his sinful conduct after the death of his son Absalom (2 Sam. 19:5-8). Many abusive leaders

misuse that verse to say they are above criticism, but that is a misuse of that text to keep themselves accountable to no one.

Pat Zukeran
Probe Ministries

"The Story of a Couple Who Left an Abusive Church"

Dear Patrick Zukeran,

My wife and I are going through a bad experience in Church at the moment and your Abusive Churches: Leaving Them Behind article has/is really helping us. Thank you.

We are from a city in England called _____.

Three years ago we planted a church with another family, for about two years everything was going well and the church grew in numbers.

My wife and I were elders and my wife was also praise and worship leader. We gave our all to promoting the church even to the point of exhaustion, we were out at least four to five nights per week and as our Pastor taught we were sacrificing everything for the Church.

We met in a community centre and every Sunday we would be the first in setting up all the relevant equipment up, sound equipment etc. We would also be the last out after tidying up etc.

Our Pastor would at times bring us a teaching which was often

a rebuke for not doing things according to what he thought was right. We would voice our concerns and opinions and be labelled unteachable and told everything he was saying was in the word of God and we should use it as the final authority in our lives. If we did not then we were rebelling against God.

We would often feel a heaviness in the atmosphere when in his presense. My wife would be told that it was up to her and her worship team to usher in the presence of God and would often be told that there was no anointing on her voice. She would often come home and end up in tears because she could not give anymore.

She led the service once with a broken elbow, another time with a collar around her neck she had pulled her muscles, we were always told we had to sacricfice family time for the church as this was honourable to God and we would be rewarded for our works.

Anyway after almost three years we decided to step down from our positions as elders, we just could not give anymore!!

We were told that we were breaking a spiritual covenant with the pastor and the first lady of the house (his wife) and this had to be done in a way that would cause the least amount of pain and disruption to the church.

I addressed the church and said that we were stepping down from Eldership because God had blessed our business and we did not have the time to serve them any longer, we told them that we did not want to hinder what God was doing and wanted to step aside so that God could raise up new elders to help carry the vision forward, it was very tearful and emotional because we had planted this church and were about to step down from our position. It was also emotional because we were hurting for everything that we had been through, the constant rebukes etc. The Church applauded us for our service and on the outside everything looked ok, one the inside we felt/feel for

the rest of the church and for the well being of the Pastor because he will not take any counsel and the church are absorbed by his character.

On one occasion in a meeting with my wife and me, he walked out because my wife and I said that we felt that the church as a body was not growing because everyone in our church, apart from two people were already Christians and we should concentrate on the lost. We were told that we were so insensitive and how could we hurt his feelings so much.

Anyway enough of our problems and experiences I expect you have heard all this before, again we would like to thank you for helping us through your writings.

See Also: "Probe Answers Our E-Mail":

- "What Advice Would You Give Someone Leaving an Abusive Church?"
- Another Story of a Couple's Heartbreaking Experience with an Abusive Church
- "Does 'Touch Not the Lord's Anointed' Mean that Abusive Pastors Can't be Challenged?"

Abusive Churches: Leaving Them Behind – A Biblical Perspective

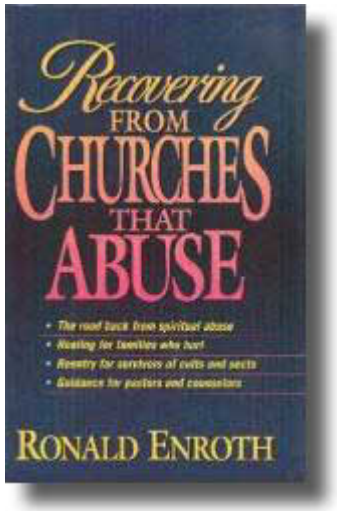
Dr. Pat Zukeran looks at positive steps one can take to recover from an abusive church situation. Looking at the

problem from a biblical perspective, he considers recovery from abusive churches and abusive leaders. He also looks at how abusive churches can begin the process of changing into an affirming, positive congregation.

This article is also available in Spanish.

Painful Exit Process

In a previous article Abusive Churches, I discussed the characteristics of abusive churches.{1} As a result of the questions and feedback I have received, I felt it might be helpful to share some positive steps to recovery from an abusive church experience.



Leaving an unhealthy church situation can leave some very deep scars. One example of the collateral damage is a very painful exit process. Those who leave an unhealthy church situation suffer isolation, bitterness, embarrassment, grief, and anger. This is coupled with confusion and wondering how God could let this happen. They also chide themselves for getting into such a group and staying in the organization as long as they did.

One man who left an unhealthy situation stated, “I am confused over the emotions I feel. At times, I am glad to have left the organization. I enjoy the new freedoms I have in Christ and relief from the burdens I was carrying for many years. At other times I suffer the pain over the lost years and lost friendships. It’s like experiencing a death in the family.” The Ryans, who left an abusive situation, state, “Spiritual abuse is a kind of abuse which damages the central core of who you are. It leaves us spiritually disorganized and emotionally cut off from the healing love of God.”{2}

Since so much of their identity was based on their status and relationships in the church, many exiting members have difficulty readjusting to daily life in society. Many suffer from what sociologists label "role exit." Their purpose was so connected to the church that many suffer from the anxiety of not knowing where they fit in or what their future will be. They are in a "vacuum." In severe cases, former members were so dependent on the church that they even had to relearn daily tasks like opening and managing their own bank accounts.

Many end up forsaking the church or religion. One ex-member wrote, "I know that when people finally decide on their own to leave, they are so beaten down and confused that they don't know what is true to hold on to versus what is false to discard. Many quit seeking God and give up on the church all together."{3}

In his book, *Recovering from Churches that Abuse*, Dr. Ronald Enroth states that victims of church abuse suffer post-traumatic stress disorder.{4} Many are unable to trust anyone—including God—which complicates the process, since developing healthy relationships is essential to the recovery process.

Although exiting is difficult, recovery is not impossible. There is hope! Keep in mind the healing process is not the same for each person. For some, healing may take years; for others it may happen in a few months. Some will be able to recover through the help of a mature Christian community while others may need professional Christian counseling.

Discerning Good from Abusive

How do we discern a healthy church from an abusive church? Unfortunately, abusive churches can exist in evangelical and mainline denominations. They are not just fringe churches on the outer circle of evangelicalism. Churches that can be

labeled “spiritually abusive” range from mildly abusive—churches with sporadic abusive practices—to the severe cases of being manipulative and controlling. Here are some questions that can help show if you are in an unhealthy situation.

First, does the leadership invite dialogue, advice, evaluation, and questions from outside its immediate circle? Authoritarian pastors are threatened by any diverse opinions whether from inside or outside the group. Group members are discouraged from asking hard questions. The rule is, don’t ask questions and don’t make waves. A healthy pastor welcomes even tough questions, whereas in an unhealthy church disagreement with the pastor is considered disloyalty and is virtually equal to disobeying God. Spiritual language is used to disguise the manipulation that is going on. Questioners are labeled rebellious, insubordinate, and disruptive to the harmony of the body. Attempts are made to shut them down. The only way to succeed is to go along with the agenda, support the leaders, scorn those who disagree.

Second, is there a system of accountability or does the pastor keep full control? Authoritarian pastors do not desire a system of accountability. They may have a board but it consists of yes-men whom he ultimately selects.

Third, does a member’s personality generally become stronger, happier, and more confident as a result of being with the group? The use of guilt, fear, and intimidation is likely to produce members with low self-esteem. Many are beaten down by legalism, while assertiveness is a sign that one is not teachable and therefore not spiritual.

Fourth, are family commitments strengthened? Church obligations are valued more than family ones. Although many may verbally acknowledge the family as a priority, in practice they do not act like it. My colleagues at Probe, Don and Deanne, know of a mother who needed to gain special permission

from her church to attend her son's wedding because it conflicted with a church event. The church made her feel guilty because she was choosing family over God. In another case, I know of women who missed their son and daughter's prom night to attend a church meeting which was held twenty minutes from their homes. The mindset is loyalty to God means loyalty to his church. One's spiritual quality is determined by one's allegiance to the church.

Fifth, does the group encourage independent thinking, developing discernment skills, and creation of new ideas? Abusive churches resort to using pressure to have followers conform, and there is a low tolerance for any kind of difference in belief (of a non-essential nature) and behavior. There is a legalistic emphasis on keeping the rules, and a need to stay within set boundaries. Unity is defined as conformity. These leaders evaluate all forms of Christian spirituality according to their own prescribed system.

Sixth, is the group preoccupied with maintaining a good public image that does not match the inner circle experience?

Seventh, does the leadership encourage members to foster relations and connections with the larger society that are more than self-serving? Abusive churches thrive on tactics that create total dependence on the church while protecting and isolating themselves from the "sinful" world.

Finally, is there a high rate of burnout among the members? In order to gain approval or prove you are a "true disciple," abusive churches require levels of service that are very taxing.

If these are character traits of the group you are attending, you may be in an abusive church and should consider leaving the organization.

Profile of an Abusive Leader

Philip Keller gave us a stern warning in his book, *Predators in Our Pulpits*: "The greatest threat to the church today is not from without but from our own leadership within."{5} Often an abusive church is built around the leader who practices some unhealthy forms of shepherding. Many such leaders come from churches that were abusive or have an unmet need for significance. Many may have begun with noble intentions, but their unresolved personal issues cause them to become dependent on their ministry to meet their needs. In his book, *Healing Spiritual Abuse*, Ken Blue does an outstanding job identifying unhealthy leadership. Here are a few characteristics of an abusive leader.

Abusive leaders use their position to demand loyalty and submission. Ken Blue states, "I have heard many pastors say to their congregations, 'Because I am the pastor, you must follow me.' Their demand was not based on truth or the God-directedness of their leadership but on their title. That is a false basis of authority . . . any appeal to authority based on position, title, degree or office is false. The only authority God recognizes and to which we should submit to is truth." {6} Other leaders use titles such as "God's man" or "the Lord's anointed" so that others will treat them with special reverence and keep themselves above accountability that others in the congregation are held to. "If by appealing to position, unique claims or special anointings, leaders succeed in creating a hierarchy in the church, they can more easily control those beneath them. They can also defend themselves against any who might challenge them."{7}

One of the lessons from the Bible is that all men and women are fallible. Therefore, all people, especially leaders, need some form of accountability. Although pastors are called to lead their congregations, they are under the authority of God's Word. When they act in a manner contrary to Scripture

they need to be confronted, and improper behavior needs to be corrected. In 2 Samuel 22, the prophet Nathan confronted King David about his sin. In Galatians 2, Paul confronted Peter, the leader of the Apostles, for not acting in line with the truth. “Paul declared by this action that the truth always outranks position or title in the church. Truth and its authority are not rooted in personality or office. It is derived from the word of God and the truth it proclaims.”{8} Blue continues: “Paul taught that the body of Christ is a nonhierarchical living organism.”{9}

Instead of feeding and caring for the flock, these pastors feed off the flock and use them to meet their needs for significance. Ken Blue gives an example of a “pastor whose church has not grown numerically in twelve years. Frustrated by his manifest lack of success, he turned to the congregation to meet his need. He has laid on them a building program in hopes that a new, larger, more attractive facility will draw more people. The congregation has split over this issue. Many have left the church, and those who remain are saddled with the debt.”{10}

I know of other pastors who have chastised their staff and congregation when they did not show up at a church function. Many members were busy with family commitments, work, and needed personal time for rest, but were pressured to attend the numerous church events. These leaders saw their success in the numbers that attended their functions and needed their turnout to satisfy their sense of worth.

True spiritual leaders are defined by Christ’s example. “Whoever wants to be great among you must become the servant of all” (Matt. 20:26). Christ-like leadership is servanthood.

True leaders gain the loyalty of the sheep because of the quality of their character and their attitude of servanthood. The members freely submit to Christ-like leadership and do not have to be coerced to follow. Good shepherds lighten the load

of the sheep while false leaders add to the load on the sheep.

Should you find yourself in such a situation, the first thing to do is pray for the leader. Second, in a loving and graceful way confront the leader, addressing what you see as unhealthy practices in his leadership. It may take a while for your words to sink in, so be patient. However, as in many cases, the leader may get defensive and reject your advice and in turn make accusations against you. In such cases realize you were obedient to God, and now you must let the Lord work on the leader's heart. James 3:1, Ezekiel 34, and other passages bring stern warnings that God will judge shepherds who use the sheep to fulfill their needs and not shepherd God's flock as a steward. It is best to leave the situation and let God deal in His way with the leader and his organization.

The Road to Recovery

As we discussed earlier, exiting an abusive or unhealthy church situation is a very painful process, but recovery and healing is possible. Dr. Ronald Enroth in his book, *Recovering from Churches that Abuse,* and Stephen Arterburn and Jack Felton in their book, *Toxic Faith,* provide some very helpful steps to recovery.

When you realize you are in an authoritarian church, it is best to leave and make a complete break. Many members remain, thinking their presence will help change the situation, but this is highly unlikely. In fact, remaining may perpetuate the existence of the organization.

Acknowledge that abuse has taken place. Denying this will only stall the recovery.

Next, develop relationships with mature Christians who will listen to your story and support you in the healing process. In a safe and supporting environment you will be able to share your feelings, experiences, hopes, and struggles. Although it

may be difficult, understand that recovery rarely happens in isolation. You must learn to trust again, even if it is in small, tentative stages.

Expect to wrestle with some difficult emotions. Recognize that you will go through a grieving process-grief for lost years, lost friends, and the loss of innocence. You may also feel guilt, shame, and fear. It is natural to feel foolish and experience self-doubt. These are actually healthy emotions that should not be bottled up inside. Regret over poor decisions is a sign of growth, and you will eventually leave those emotions behind. Therefore, it is crucial to find people who will be supportive and help you address hard feelings. For some people, professional Christian counseling is necessary. Seek out a counselor who understands the dynamics of abusive systems and can provide the care and warmth needed.

Renew your walk with God again. Admit that you acquired a distorted picture of Him, and focus on regaining the proper biblical understanding of His attributes and character. Don’t give up on the true church despite its imperfections. In fact, I encourage you to visit numerous healthy churches. It is refreshing to see how diverse the body of Christ is, and that there are many different ways to express our love and commitment to Christ.

Then, relax! Enjoy your new-found freedoms. Take time for physical recreation, art, music, and just plain fun. After leaving, ex-members may feel guilty for not serving God in a church but this is incorrect. The Lord knows that we need time to grieve, reflect, and heal from our loss.

Finally, remember forgiveness is crucial to recovery. Forgiveness is often more for the benefit of the one giving it than for the one receiving it. Healing takes time, so be patient with the process you are going through.

Becoming Stronger Through the Experience

Although exiting an abusive church can leave us scarred mentally and emotionally, there is hope for recovery and wholeness. In fact, this fiery process can strengthen our faith and understanding of God and what it means to walk with Him. Here is some counsel that may help you overcome the past experience of spiritual abuse.

One of the ways we can grow from this experience has to do with a proper understanding of God's character. While in an authoritarian organization, our view of God becomes distorted. God becomes viewed as one who loves us because of what we are doing for Him. Anytime we miss a Bible study or fail to win converts, God somehow becomes displeased and we must work harder to regain His approval.

In contrast to this false image, 1 John 4:8 states that "God is love." In other words, God accepts us unconditionally. He only asks that we receive the gift of grace He has provided for us, His Son Jesus Christ. Once we receive His Son, our acceptance is never based on our works but on our position as His sons and daughters. For many who have lived under a false image of God, coming to grips with God's grace and love can be a renewing experience.

Related to this is the addiction to church activities. Many equate business at church with spiritual maturity. However, this business actually keeps us from dealing with the pain and real issues in our lives. Our addiction to religious activity becomes a barrier to an authentic relationship with God.

Another valuable lesson to learn is that our identity is in Christ, not the organization or relationships in the group. Many of us find our significance in our ministry, our church status, the dependence others have on us, or the respect we gain from others we minister to. Once these are taken away, we feel empty, even without purpose. This is an opportune time to

realize that our value and self-worth is secure because of our relationship with Christ. This helps us become more dependent on Christ and less on others.

Finally, the Bible teaches that God can bring good out of a bad situation. Romans 8:28 states that “in all things God works for the good of those who love him, who have been called according to his purpose.” This promise applies even for those who have been spiritually abused. Through the pain and healing process, God can mold us to become more like Him. In Genesis 50, despite all the evil that Joseph’s brothers did to him, he is able to say in the end, “You intended to harm me, but God intended it for good.” If we draw closer to God in our time of need, we can be healed and overcome our painful past.

Can Abusive Churches Change?

Those who find themselves in authoritarian churches often remain despite the difficulties because there is an underlying hope that the church can change. Even after they leave they often remain keenly interested in the affairs of the former church because they hope restoration will still occur.

Can abusive churches change? Although with God all things are possible, it is my opinion that it is highly unlikely that this will happen. Although a few have, they are the exceptions.

Why is change in these organizations so difficult? One reason is that change usually begins in the leadership. However, the leadership structure is designed so that the leader has control over the personnel. Although there may be a board, the individuals on the board are ultimately selected by the authoritarian leader. He selects men and women loyal to him, who do not question him, or hold him accountable. Therefore, he insulates himself from dealing with difficult issues or addressing his unhealthy practices.

Dysfunctional leaders also resist change because it is an admission of failure. In order for a genuine change of heart, leaders must first acknowledge a problem and repent. However, a leader who considers himself "God's man" or the spokesman for God will rarely humble himself to confess his shortcomings. Spiritual wholeness and renewal cannot be achieved until unhealthy behavior is recognized and dealt with. Unless this behavior is confronted, the likelihood of real change is diminished.{11}

In most cases, the leadership focuses the blame on others. Those who left the church were not committed, were church hoppers, etc. Stephen Arterburn writes, "Anyone who rebels against the system must be personally attacked so people will think the problem is with the person, not the system."{12} It is often useless to point out flaws because an abusive church lives in a world of denial. Many of the leaders are themselves deceived. Although sincere in their efforts, they may have no idea their leadership style is unhealthy and harmful. They are usually so narcissistic or so focused on some great thing they are doing for God that they don't notice the wounds they are inflicting on their followers.{13} These leaders often twist Scripture to justify their unhealthy behavior. Most members will go along with this because they assume their pastors know the Bible better than they do.

Lastly, authoritarian churches make every effort to ensure that a good name and image is preserved. Therefore, the leadership often functions in secrecy. Disagreeing members are threatened and told to remain silent or are quietly dismissed.

For these reasons, it is my opinion that it is best to leave an abusive or unhealthy church. Learn to let go and let God deal with that group. Only He can bring people to repentance. Although painful, leaving an unhealthy church and joining a healthy body of believers will begin the healing process and open new doors of fellowship, worship, and service for you.

Notes

1. Pat Zukeran, "Abusive Churches," 1993, Probe Ministries.
2. Ken Blue, *Healing Spiritual Abuse,* (Downer's Grove, Ill.: InterVarsity Press, 1993), 15..
3. Ronald Enroth, *Recovering From Churches that Abuse,* (Grand Rapids, Mich.: Zondervan Publishing, 1994), 26.
4. Ibid., 39.
5. Philip Keller, *Predators in our Pulpits,* (Eugene, Ore.: Harvest House, 1988), 12..
6. Blue, 27-28.
7. Ibid., 29.
8. Ibid., 30.
9. Ibid., 34.
10. Ibid., 65.
11. Enroth, 152.
12. Arteburn, Stephen. *Toxic Faith* (Nashville, Tenn.: Oliver Nelson Publishing, 1991), 260.
13. Blue, 13-14.

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The Boston Church – An Abusive Church

Former Probe staffer Russ Wise shows that the Boston Church Movement has all the marks of a dangerous, controlling cult. It departed from its roots to become legalistic and abusive.

Church Background and History

The International Church of Christ, also known as "The Boston Church," began in Gainesville, Florida, under the leadership

of Chuck Lucas in 1971. It was known then as the Crossroads Church of Christ, and Lucas was the pastor. Chuck Lucas was also involved in "Campus Advance," an outreach program at the University of Florida in Gainesville. It was there that he met Kip McKean who later became the founding evangelist and prime influence of the movement. Lucas trained McKean in discipleship based on Robert E. Coleman's book, *The Master Plan of Evangelism.*

In 1976 McKean and other young men under Pastor Lucas's influence were sent to other Churches of Christ with close proximity to university campuses to establish similar ministries. Kip was sent to Heritage Chapel Church of Christ and Eastern Illinois University in Charleston. His success brought scrutiny to his method of discipleship and many in the church questioned his use of manipulation and control to reach new disciples. McKean's aggressive form of discipleship is both the source of the movement's growth and its source of controversy.

In 1979 McKean was moved to the Boston area and the Lexington Church of Christ. It was in Boston that his methodology of subtle manipulation and mind control took its effect on great numbers of people. The church literally exploded in membership from 30 to over 1,000 members.

In 1983 the church changed its name to the "Boston Church of Christ." In the early 1980s the church sent disciples across the United States and around the world to establish its ministry of discipleship, and thereby, to disciple the world.

Because the leadership believed that the biblical model for naming churches was to name them after the city where they were established, they named them the Stockholm Church of Christ or the Dallas-Ft. Worth Church of Christ, etc. They authorize one church per city. According to figures in 1997, the International Churches of Christ has planted churches on every continent,is currently active in 115 countries, has 292

congregations around the world, and has a membership of 143,000. The church has been embarrassed in recent years by the departure of thousands of members who no longer could live under the smothering control of the church. Ex-members confide that as many people are fleeing the church's bondage as are joining.

According to a *Time* magazine article, 16 May 1992, the Boston Church utilizes a "control system" that is designed to focus all the energies of the member on bringing new people into the church. Mark Trahan, a former member in New York, said, "All you think about is recruiting." It becomes a way of life inside the group.

Trahan goes on to say that once members leave the church, they become "marked" people and are shunned by members who are directed to no longer have any contact with them.

As we continue our examination of the Boston Church Movement, we will see how it embraces legalism. Legalism often opens the door to another gospel—a gospel, in this case, that ultimately says the cross is not enough to gain our salvation.

Church Teaching and Belief

On the surface the Boston Church is much like other Churches of Christ in relationship to their teaching and doctrine. Both teach the necessity of water baptism by immersion, the innocence of infants, the invalidity of original sin, and that musical instruments are not to be a part of worship.

However, the Boston Church and the mainline Church of Christ differ on several counts. The Boston Church utilizes a hierarchical structure of church organization rather than one that reflects the independent nature of the local church. The Boston Church further differs from the mainline body in its controlling method of discipleship which represents the most serious concern about the church.

Discipleship, Boston Church style, is a requirement for the believer. There are no options. Each member has a discipler and is held accountable to the church by that individual. Disciples are not allowed to make basic decisions on their own, but must conform to the wishes of the discipler and ultimately the church.

Disciples are given direction on every aspect of their lives, from church attendance and giving, to dating habits or personal relationships, from where to live to their sex lives, and a multitude of decisions in between. The lives of disciples are closely regulated and controlled. The leadership maintains that this is all done for the glory of God.

In an article by Stephen F. Cannon, *The Boston Church of Christ- -Has Mind Control Come to Beantown?*, the author gives us an insight into how the discipling program is structured. "New converts are discipled by older converts. The older converts are discipled by Bible talk leaders. The Bible talk leaders are discipled by zone evangelists. The zone evangelists are discipled by Kip McKean and the elders."

McKean is the absolute leader. He determines "how far a congregation will go in obeying the Scriptures by how consistently he corrects mistakes, rebukes sin, encourages obedience and by impartially carrying out the instructions of God . . . the Evangelist must know where the church is in the eyes of God, where it is headed and what it will take to get where God wants it to be."

This type of authoritarian leadership is not supported by Scripture. Rather, mutual servanthood was the model given to us by Jesus and Paul (Mark 10:42-45; Luke 22:24-27; 1 Thess. 2:5-12; 2 Tim. 2:24-26). Scripture is clear in its teaching regarding to whom we are to be accountable: 1 Timothy 2:5 states that Jesus is our mediator, not man.

Baptism equals salvation. As mentioned earlier, the Boston

Church agrees with the mainline Church of Christ on basic doctrine. Generally, the Boston Church is in agreement that the member must be baptized by the Church of Christ by immersion to receive his or her salvation. However, the Boston Church goes one step further and says that the member must be a disciple in order for his or her baptism to count for salvation.

In other words, for the Boston Church, faith in Christ and His death for our sins is not enough for the believer to be acceptable before God; he must also be baptized by the "true" church as a disciple. The Bible, however, offers the unbeliever a simple option: believe on (trust in, have faith in, rely on) Christ and you will be saved; that is, the penalty of sin is wiped away and the person is spiritually adopted (born again) into God's family (Rom. 10:9). God does not place restrictions on us as sinners; He only asks us to believe and exercise our faith.

Abusive Behavior in The Church

There are many ways for abuse to become a controlling element in a church body. Later we will look at specific ways one can avoid deception. But for now, let's look at a few ways that we can discern abusive behavior in the church.

Excessive Control. A key element almost always found in abusive churches is a leadership that is excessive in controlling its members. Pat Zukeran, an apologist and an authority on The Boston Church Movement, says this about control-oriented leadership: "The leader in an abusive church is dogmatic, self- confident, arrogant, and the spiritual focal point in the lives of his followers. The leader assumes he is more spiritually in tune with God than anyone else. He claims insight into Scripture that no one else has. Or, he may state that he receives personal revelations from God."

Personal Interpretation of Scripture. Another element of abuse

that usually accompanies this style of leadership is the insistence on a personal interpretation of the Scriptures, and in some cases, even re-writing the Scriptures to underscore personal ideas and hobbyhorses. This level of manipulation opens the door to a subtle control that affects how one thinks and pulls the member more deeply into the web of deception.

The Bible challenges us to seek its counsel rather than that of men. We are to measure all teachings against the Word of God. We find an example of this counsel in Acts 17:11 where the Apostle Paul places himself under the authority of the Scripture.

Manipulation of Church Membership. Psychological manipulation is another element of abuse that may be found in abusive churches. It is most always very subtle and is usually a highly skilled method of control. The use of unwarranted guilt, intimidation, peer pressure, threats of divine judgment from God for disobedience, and confessional are among the methods employed to manipulate the member.

Stephen F. Cannon, mentioned earlier, says that “the chief tool to keep the flock in line seems to be the doctrine of personal confession to one’s discipler.” Cannon continues by quoting Rev. Buddy Martin, of Cape Cod Church of Christ, who claims that “almost everyone in the Boston Church of Christ tells their secrets.” Martin further confirmed that “those secrets are often used against the person if they don’t follow the party line’ and do what the elders want them to do.”

This kind of manipulation is foreign to our Lord, who sacrificially gave of Himself for others. Jesus’ example is one of humility and service, not the dogmatism and arrogance found in those who would abuse their followers.

One True Church. Another characteristic of an abusive church is that it often establishes itself as being the only “true” church. In their methodology all other churches are wrong or

practice false doctrine. The Boston Church, like other churches with abusive traits, do not allow for any outside teaching that may be contrary to their interpretation of "truth."

Unquestioning Submission. The abusive church demands undying allegiance to its leadership and its doctrinal positions. It becomes authoritative on every element and aspect in the life of the believer. There is no room for another position to be considered.

Understanding Thought Reform

Abusive churches such as the Boston Church Movement and others use thought reform as a standard element in their program of recruitment. The key to their success is the ability to keep the subject unaware of being manipulated and controlled.

Mindbending or thought reform is carried out in a sophisticated program that incorporates three elements to bring the desired result. First, those who use thought control endeavor to convince their subjects that their past is wrong and that it has negatively influenced their present life. Second, abusive leaders make every effort to gain control over the personal wills of their subjects by introducing mind-altering activities into their normal routine. Third, the goal of such groups is to alter their trainees' normal thought processes and bring them to a neutral, non-resistant state of mind so that the minds of the trainees can be effectively reprogrammed.

All thought reform cults use this type of mind control. The methods used include meditation techniques, pray-reading, chanting mantras, sleep deprivation, and other techniques that alter one's conscious awareness of reality.

Once the group has gained control of the new convert's mind, an intensive time of reprogramming or indoctrination is begun

to establish the group's goals and to begin the reinterpretation of "truth" or other beliefs. The key to this process of thought reform is to keep the subject unaware of the manipulation that is taking place in his or her mind.

How does thought reform work? Listed below are some of the tactics used by thought-reform programs according to Margaret Thaler Singer, clinical psychologist and emeritus professor at the University of California, Berkeley, and author of *Cults In Our Midst—The Hidden Menace In Our Everyday Lives.*

The first tactic is to "destabilize a person's sense of self." In essence, cultivate an environment of community in the individual that eliminates his or her personhood, thereby creating an identity crisis within the individual.

The second tactic is to move people to radically reinterpret their life history, dramatically alter their worldview, and wholeheartedly embrace a new conception of reality.

And the third tactic used by the group is to "develop in the person a dependency on the organization, and thereby turn the person into a deployable agent of the organization."

Dr. Singer offers six conditions that are employed to gain the desirable results of thought reform. The first condition that must be accomplished is to keep the new seekers "unaware that there is an agenda to control or change" them.

The second is to control their "time and physical environment." Converts are denied an opportunity to interact with family or friends, and they are subjected to a schedule that utilizes every minute of their day without giving them a chance to find time alone.

The third condition is to "create a sense of powerlessness, fear, and dependency." The group systematically eliminates the individual's support system. The organization may implement a system of rigid control that dictates where people work or

live, how they spend their spare time, and other aspects of personal freedom, consequently increasing their sense of powerlessness.

The fourth condition is to “suppress old behavior and attitudes.” By creating the right environment, new recruits’ prior ideas about right and wrong become irrelevant as the group continues to define the approved agenda of thought.

The fifth condition that must be met is to “instill new behavior and attitudes” so the new converts will readily assimilate into the organization. A system of rewards and punishment is instituted to further control. The goal is for the seekers to accept the new philosophy without question.

The sixth, and last condition that Dr. Singer offers, is to “put forth a closed system of logic” that deters any ability to question the authority of the leadership. Such a program allows no opportunity to express doubt or offer any kind of contradiction that would bring into question the veracity of the organization. The individual is always wrong in such a case and the organization is always right.

These six conditions are utilized to varying degrees by all groups that attempt to reform a new convert’s thought. It is no less than subtle brainwashing, and it is destructive in the long term.

If we are to guard our minds from the enemy and renew them as the Scriptures challenge us to do, then we must remain vigilant. We must not allow ourselves to be deceived.

Avoiding Deception

Previously we have dealt with the Boston Church and its abusive nature. We have also looked at thought reform and how the cults can use it to control their membership. In our last segment we are going to look at practical ways that we, as Christians, can avoid being deceived by those who would entrap

us by false teaching.

Deception is a mainstay of thought reform cults and groups. It is a subtle form of manipulation that erodes the personal freedom of individuals. In an age that has produced the Jonestown and Heaven's Gate cults, it has become imperative for us to protect ourselves and our loved ones from those who would deceive and abuse us. Here are several practical ways we can prevent deception in our lives.

ONE: Be careful who you share your problems and spiritual struggles with. On the one hand, you should be open and accepting of others. On the other hand, you need to be cautious around people you do not know personally because devious individuals could use the information you share to take advantage of you. However, if people want to discuss their problems or their spiritual life with you, keep the focus of such discussions on them and off of you. (This approach will not allow someone, who may be out to solicit you into an aberrant group, to seduce you in a time of vulnerability.)

TWO: Be aware of Bible studies or meetings that are offered outside of known Christian groups or organizations. If you are unsure about a particular group, check it out by asking your pastor or other legitimate spiritual authorities.

THREE: Sincerity does not equal truth. If someone uses Christian terminology and is accommodating they may be camouflaging their true intent—deception—by meeting your social and personal need to belong. Remember legitimate groups are up front and more than willing to identify who they are and what they are about.

FOUR: Avoid groups that do not allow you to question their teaching or authority. Non-Christian groups attempt to mislead the individual regarding their true beliefs and goals by not allowing the prospective member to ask needed questions.

FIVE: Avoid groups that (1) do not allow you time to reflect on what you have been taught or (2) encourage you to become overly involved in "church" activity or (3) refuse to grant you the time and freedom you need to make unhurried and unpressured decisions about your spiritual life.

SIX: Be aware of groups that attempt to limit or sever your relationship with your family, your church, and long-standing friends in the faith—people who are, in effect, your support net.

SEVEN: Be aware of groups that supplant individuality and personal freedom with a communal identity.

EIGHT: Make an effort to discover what kind of authority the group operates under. Do members have leeway in making decisions about their present and future, or are they manipulated to do what the group desires?

Scripture warns about those who would bring dissension into the church. Romans 16:17 states, "I appeal to you, brethren, to take note of those who create dissensions and difficulties, in opposition to the doctrine which you have been taught; avoid them."

2 Peter 2:1 tells us that, "false prophets also arose among the people, just as there will be false teachers among you, who will secretly bring in destructive heresies . . . and in their greed they will exploit you with false words."

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