

“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 recommend 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.

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