



## Healing.

Healing is a work of God in which He brings us to those He has prepared to help. A path toward healing is necessary to a fulfilled life. The Family Resource Center exists to promote a culture of life. Sexual trauma would be at the top of the list of those things that damage life the most. Indeed, it seems to be increasingly prevalent in our sexually charged culture. It is so damaging because the sexual capacity God gave us to reproduce His inborn image, when misused, only defiles it. In our sinful, fallen world, it happens (every 2 minutes in the United States) and healing is the way through it.

Perhaps you have experienced some form of sexual trauma (rape, abuse, incest, etc.) in your past, and more and more you understand your need for healing and resolution.

## 8-Week Study.

We offer an 8-week Bible Study, *The Path to Sexual Healing*, by Linda Cochrane, in the private, secure and confidential offices of the Family Resource Center. You may choose the option of either individual or small group sessions. We have volunteer Christian Peer Counselors available who we believe God has equipped to help you find the power of God to overcome.

**FOR I AM THE LORD YOUR GOD  
WHO TAKES HOLD OF YOUR  
RIGHT HAND AND SAYS TO YOU,**

**DO NOT  
fear;  
I WILL HELP YOU.**

**isaiah 41:13**

This Bible study looks at the spiritual consequences of sexual trauma and sexual sin. The goal is to allow the window of our soul, with all its pain and impurities, to be opened to God. In Scripture we find our God is one who longs to heal our wounds and purify our defilement. This study is for the victim of another's sexual sin as well as for the one who has committed sexual sin. It is for anyone who has ever gone his or her own sexual way and is now ready to go God's way. --  
-It is my prayer that this study will deepen your knowledge of the perfect plan God has for your life. May you know the conviction and the comfort of the Holy Spirit, the forgiveness of our Savior Jesus Christ, and the healing offered through his Word.

*-The Path to Sexual Healing  
by Linda Cochrane*

# Have Effects of Sexual Sin Wounded Your Soul?

## *Do You...*

- ...have difficulty expressing yourself sexually?
  - ...avoid times of intimacy?
  - ...struggle with lust?
- ...feel unworthy of being loved or cared for?
  - ...feel powerless to assert/protect yourself against sexual harm?
- ...struggle with eating too much or too little?
  - ...feel ashamed of your body?
- ...view your body as dirty, ugly or bad?
- ...have difficulty believing your body is a home for the Holy Spirit?
- ...have any self-punishing behaviors?
- ...have a general mistrust of men or women?
- ...struggle with memories of past sexual sin?
- ...have habitual and progressively worsening destructive sexual habits?
- ...have areas of your sexuality that are outside of God's plan?

## *Have you ever...*

- ...needed drugs or alcohol as an emotional pain reliever?
- ...needed drugs or alcohol to be able to express yourself sexually?
- ...chosen sexual partners outside of God's plan?  
*(God's plan is no sexual partner until marriage and then your spouse as your only sexual partner until death)*
- ...been a victim of another person's sexual sin?
- ...been tempted with sexual perversions?
- ...gone to the extremes of promiscuity or frigidity?

Regardless of how you've been wounded, God can restore your soul. He specializes in repairing soul damage. Even if you answered "yes" to all of these questions, there is help. No matter what has been done to you or what you have done, God can bring you to a place of purity and healing.

*Family Resource Center of Zion*



THE PATH TO SEXUAL HEALING

*a Bible Study for those  
who have experienced Sexual Trauma*

We invite you to call the  
*Family Resource Center of Zion*  
to answer any questions you may have  
and to begin your tomorrow today.

Phone: 847.731.8360  
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