

# TABOO

HOW TO TALK ABOUT THE STUFF  
WE DON'T WANT TO TALK ABOUT

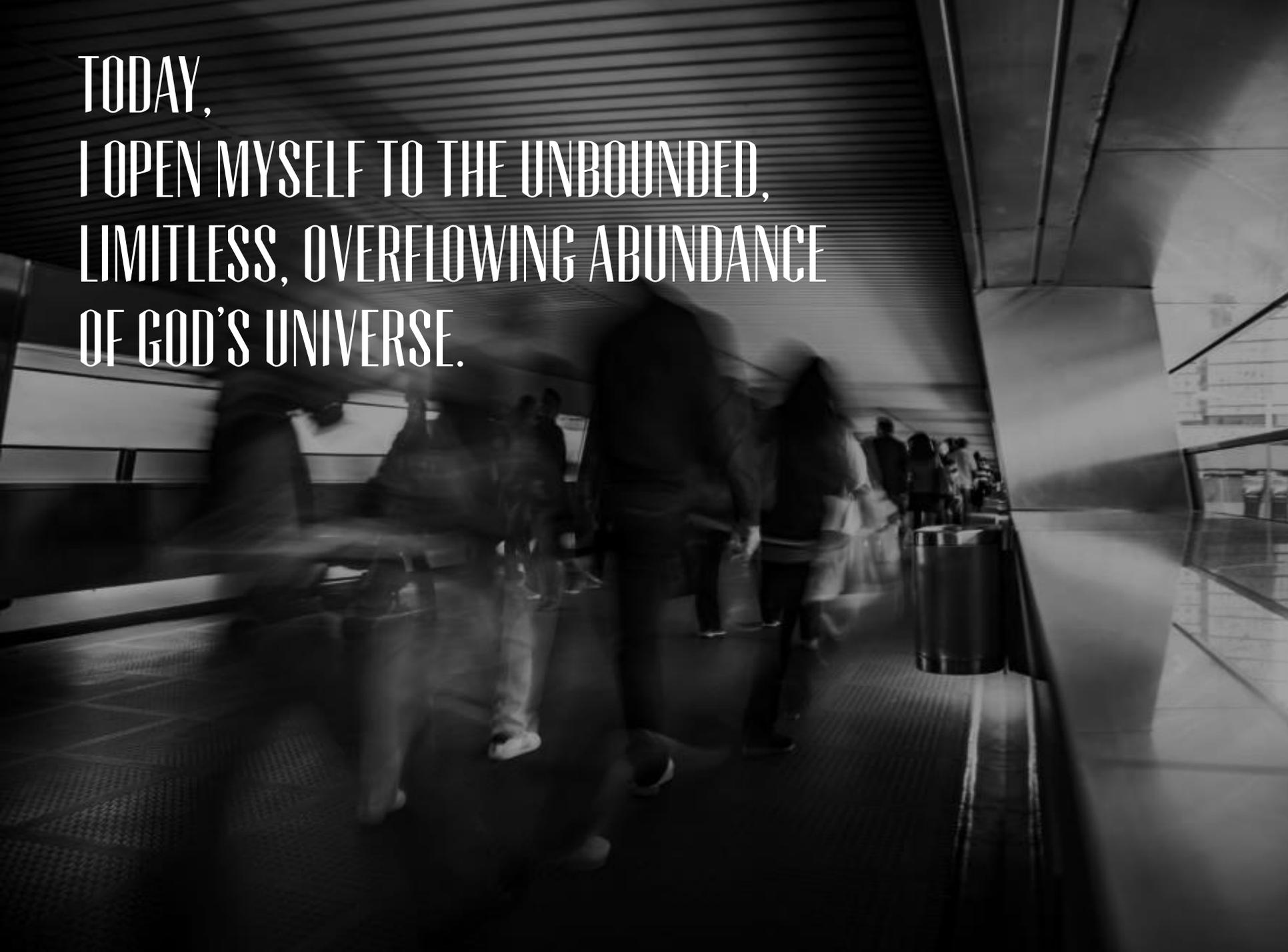
A black and white photograph of a hand, palm facing forward. The hand is positioned in the center-right of the frame. On the left side of the palm, there is a distinct, dark, bruised area. The background is dark and out of focus, showing the faint outline of another hand or arm. The overall mood is somber and evocative.

**TALK 2 / ABUSE**

TODAY,  
I RECEIVE ALL OF GOD'S LOVE FOR ME.



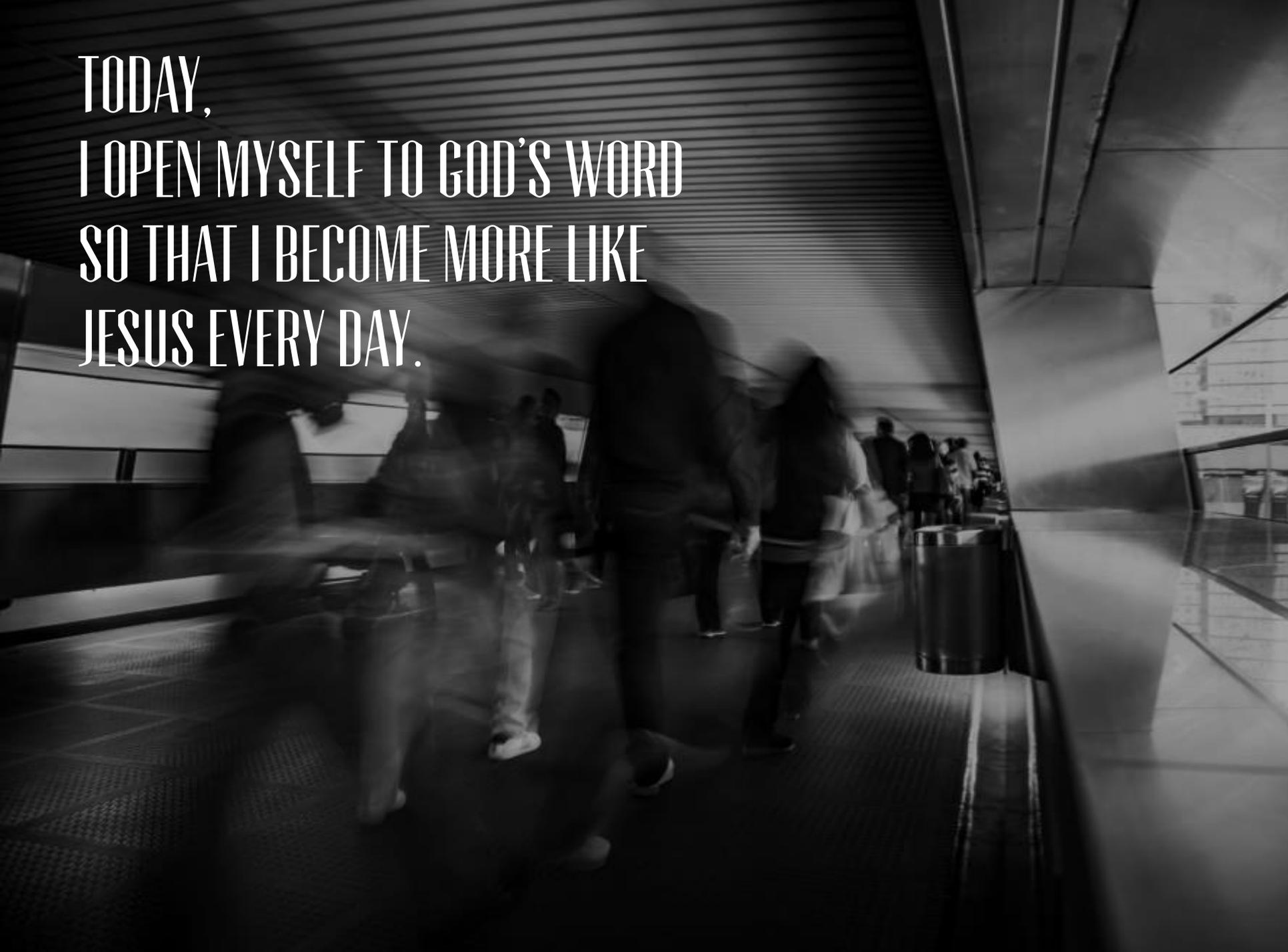
TODAY,  
I OPEN MYSELF TO THE UNBOUNDED,  
LIMITLESS, OVERFLOWING ABUNDANCE  
OF GOD'S UNIVERSE.



TODAY,  
I OPEN MYSELF TO GOD'S BLESSINGS,  
HEALING, AND MIRACLES.



**TODAY,  
I OPEN MYSELF TO GOD'S WORD  
SO THAT I BECOME MORE LIKE  
JESUS EVERY DAY.**



TODAY,  
I PROCLAIM THAT  
I AM GOD'S BELOVED.



I AM GOD'S SERVANT.  
I AM GOD'S POWERFUL CHAMPION.



EXODUS 20:13 NIV

**YOU SHALL NOT MURDER.**

MATTHEW 5:21-22 TLB

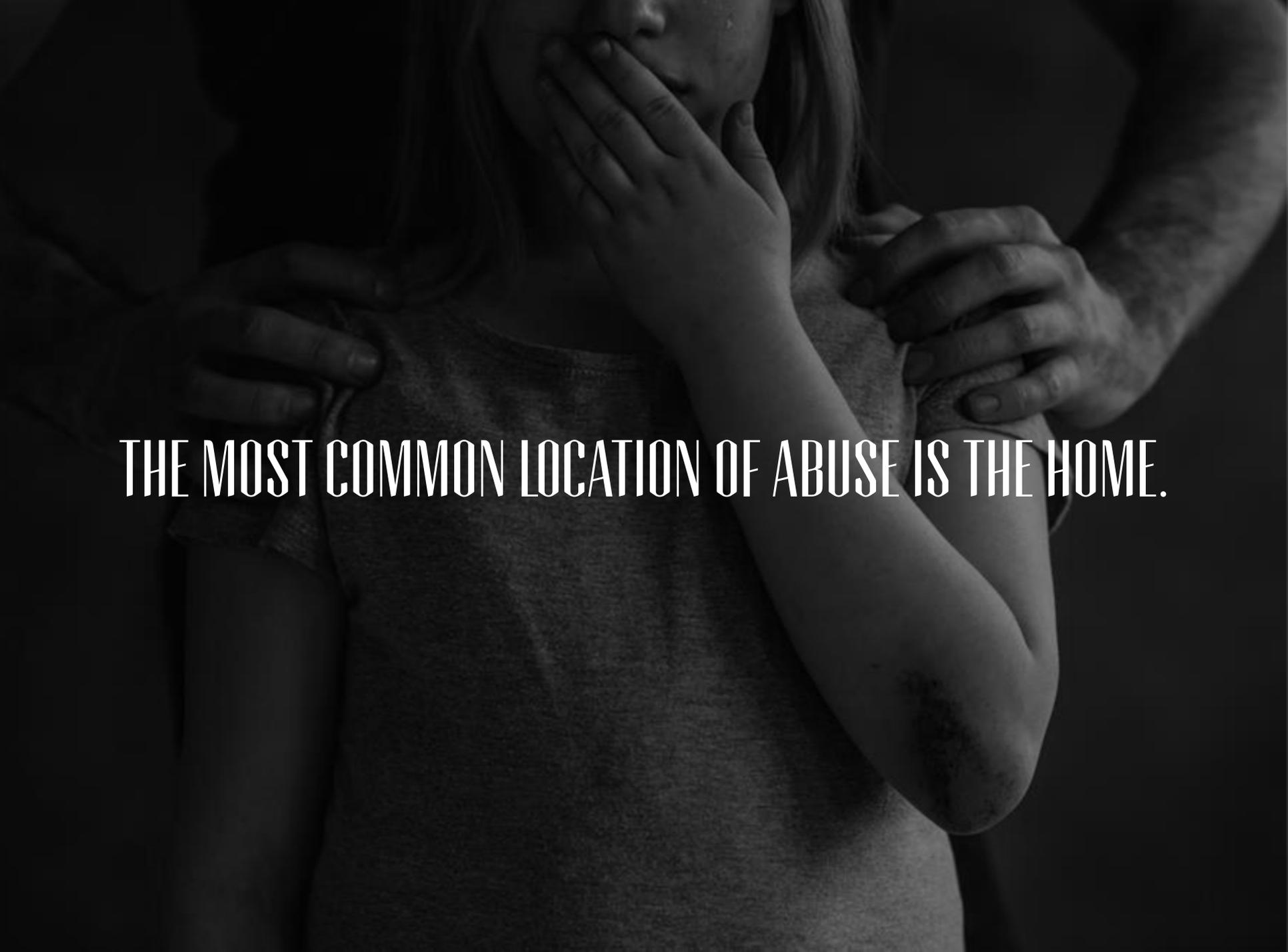
UNDER THE LAWS OF MOSES THE RULE WAS, 'IF YOU MURDER, YOU MUST DIE.'  
BUT I HAVE ADDED TO THAT RULE AND TELL YOU THAT IF YOU ARE ONLY ANGRY,  
EVEN IN YOUR OWN HOME, YOU ARE IN DANGER OF JUDGMENT!  
IF YOU CALL YOUR FRIEND AN IDIOT, YOU ARE IN DANGER OF BEING BROUGHT  
BEFORE THE COURT. AND IF YOU CURSE HIM, YOU ARE IN DANGER  
OF THE FIRES OF HELL.



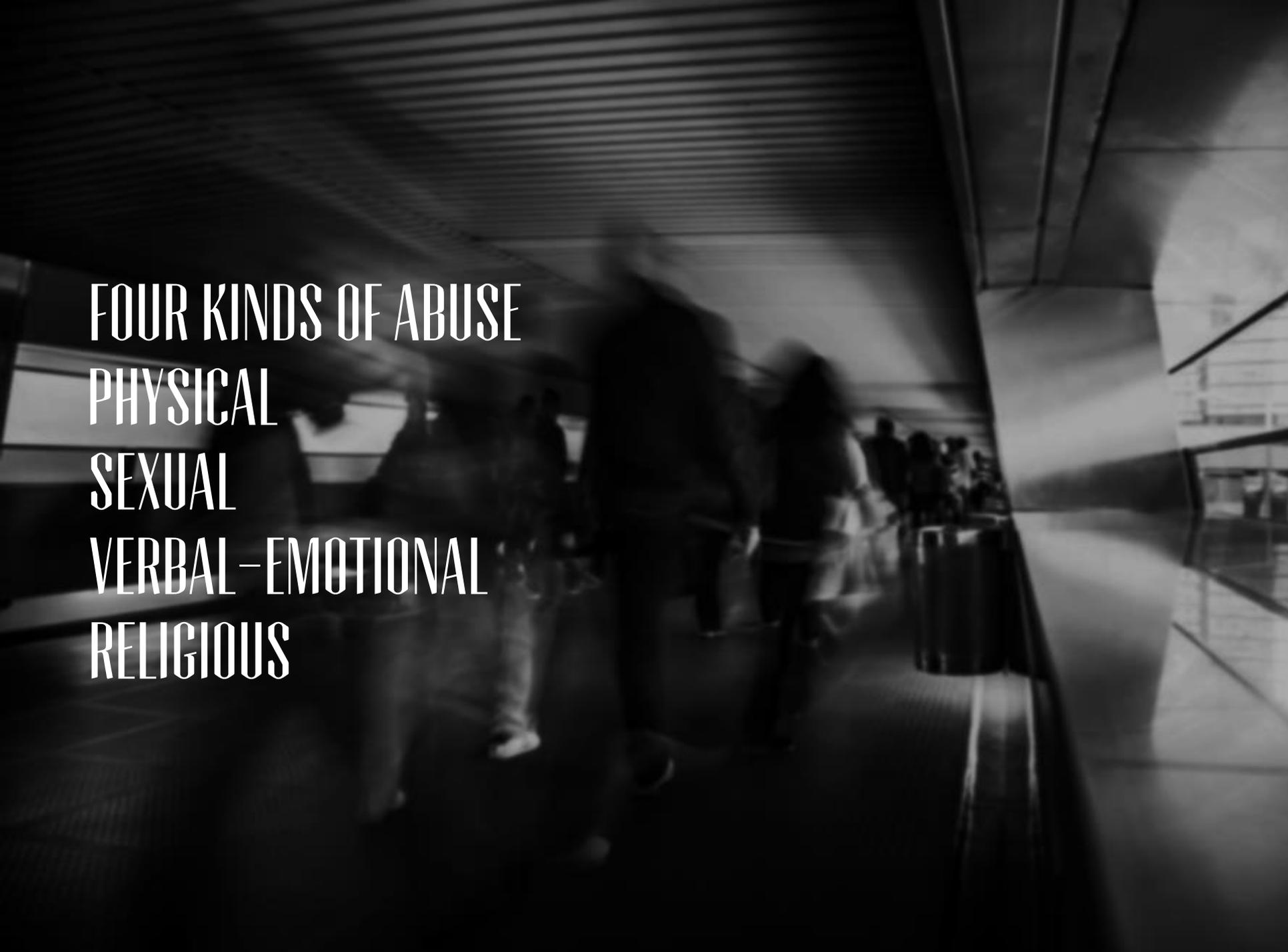
**TAKE CHARGE OF YOUR WORDS!**

PROVERBS 18:21 NAB

DEATH AND LIFE ARE IN THE POWER OF THE TONGUE.



**THE MOST COMMON LOCATION OF ABUSE IS THE HOME.**

A black and white photograph of a crowded subway train. The image is heavily blurred, showing the silhouettes and forms of many people packed together in a narrow space. The lighting is dramatic, with strong highlights and deep shadows, creating a sense of movement and a somewhat somber or claustrophobic atmosphere. The text is overlaid on the left side of the image.

# FOUR KINDS OF ABUSE

PHYSICAL

SEXUAL

VERBAL-EMOTIONAL

RELIGIOUS

# PHYSICAL ABUSE



A dark, blurry black and white photograph of a woman in a hallway, possibly being followed or in a state of distress. The image is out of focus, with the woman's figure appearing as a dark shape against a lighter, indistinct background. The lighting is dramatic, with strong highlights and deep shadows, creating a sense of tension and mystery. The overall mood is somber and unsettling.

**EVERY 16 MINUTES, A WOMAN IS BATTERED.**

A dark, blurred black and white photograph of a woman in a hallway, possibly in distress, with text overlaid.

1 OUT OF 5 WOMEN EXPERIENCED PHYSICAL ABUSE.



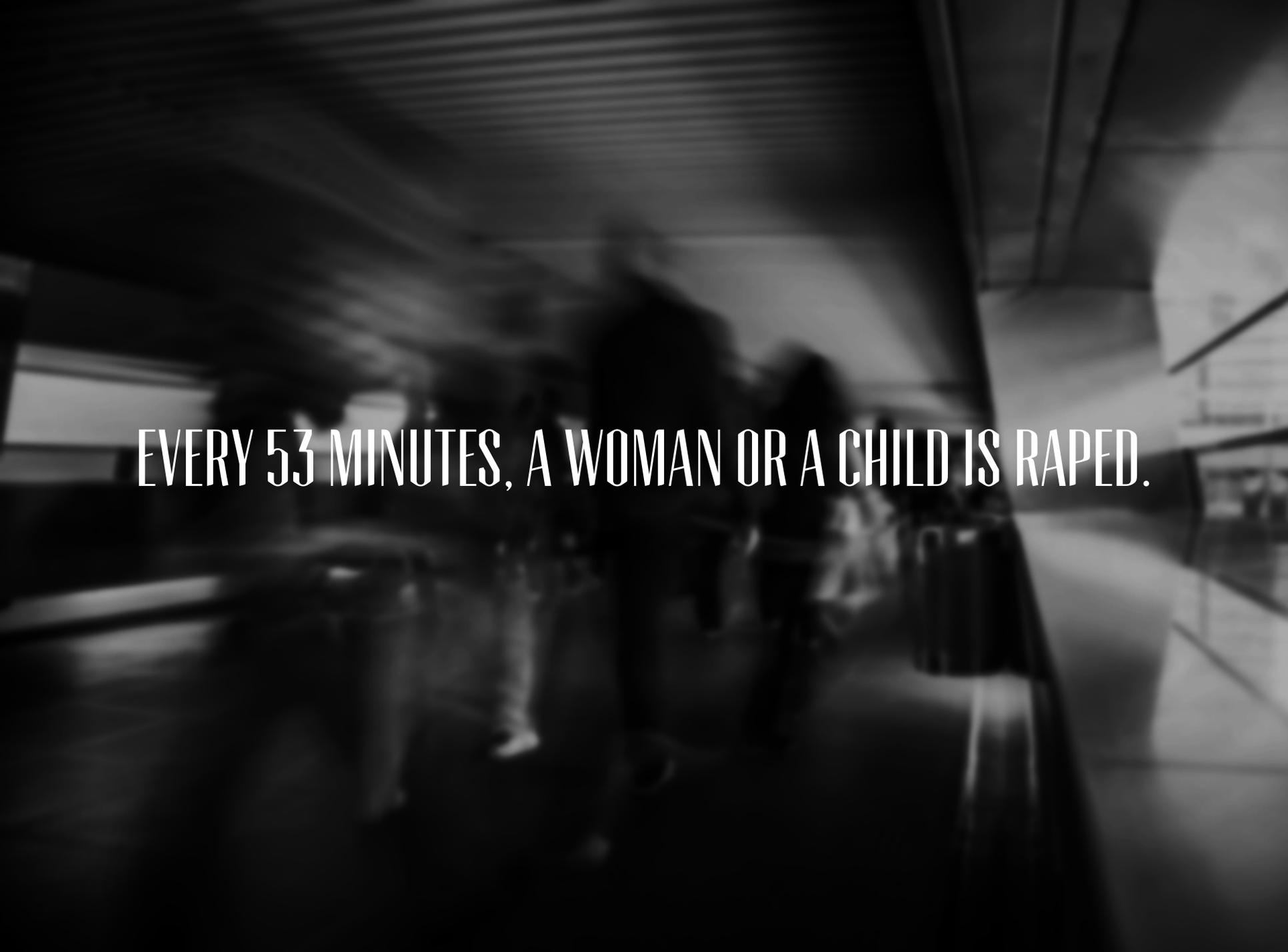
**3 OUT OF 5 CHILDREN EXPERIENCE PHYSICAL ABUSE.**



**14.4% OF WIVES EXPERIENCED PHYSICAL VIOLENCE  
FROM THEIR HUSBANDS.**

# SEXUAL ABUSE





**EVERY 53 MINUTES, A WOMAN OR A CHILD IS RAPED.**

A dark, blurry black and white photograph of a person in a hallway, possibly a child, with a hand visible in the foreground. The image is heavily blurred, creating a sense of movement and a somber atmosphere. The lighting is low, with some highlights on the ceiling and walls, suggesting an indoor setting like a school hallway. The overall mood is one of mystery and concern.

**7 IN TEN VICTIMS OF RAPE ARE CHILDREN.**



**1 OUT OF 10 WOMEN EXPERIENCED SEXUAL VIOLENCE.**



1 OUT OF 5 CHILDREN EXPERIENCE SEXUAL VIOLENCE.

A black and white photograph of a baby in a hospital crib. The baby is lying in the crib, which has a metal railing. On the wall behind the crib, there is a large cartoon mural featuring several smiling faces. The text "GRACE TO BE BORN FOUNDATION" is overlaid in the center of the image in a white, bold, sans-serif font.

**GRACE TO BE BORN FOUNDATION**



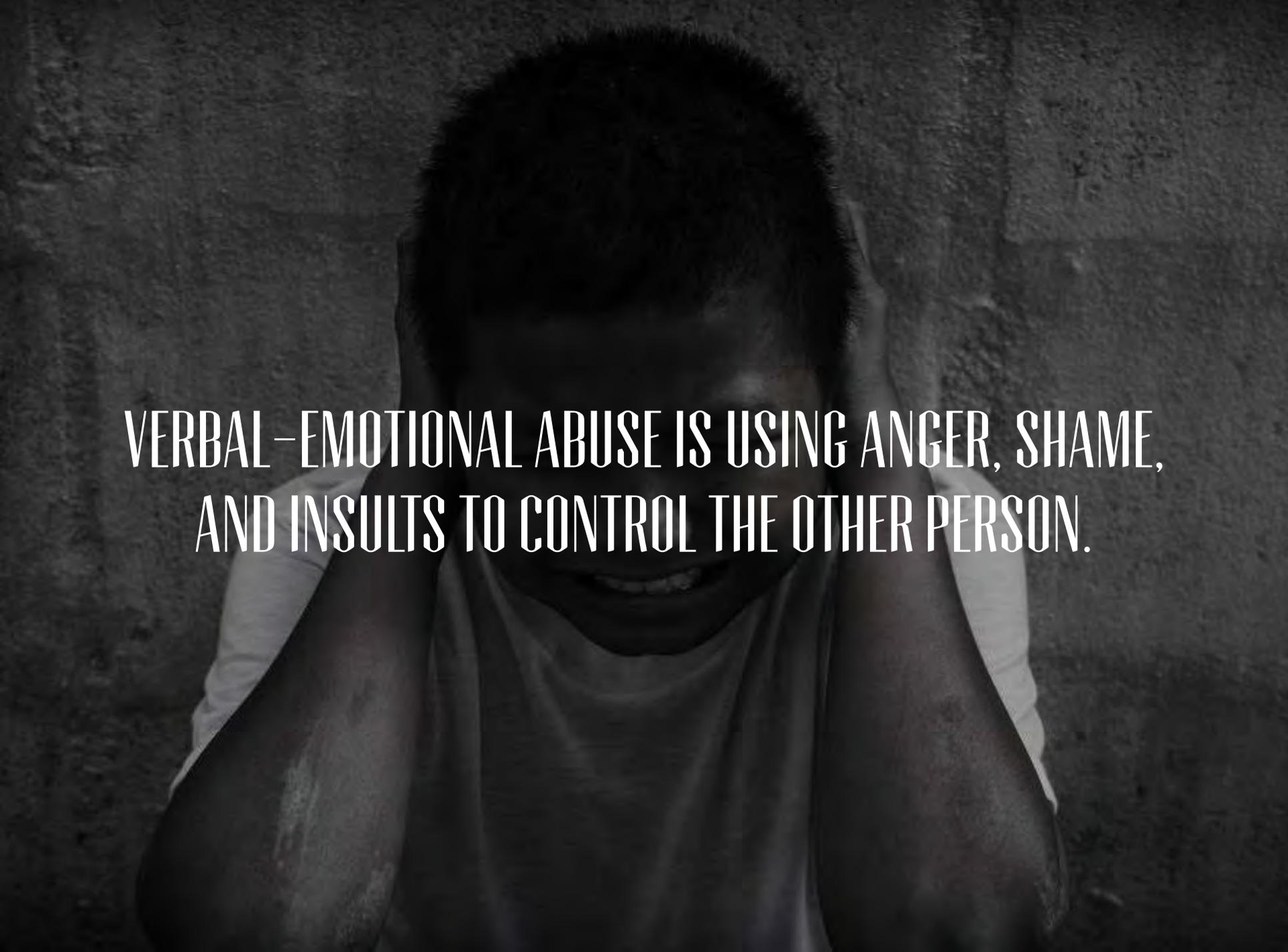
JEREMIAH FOUNDATION

# VERBAL-EMOTIONAL ABUSE



A black and white, blurred photograph of a crowded public transit station. The scene is captured from a low angle, showing people walking on a platform. The background is out of focus, emphasizing the movement and density of the space. The lighting is dramatic, with strong highlights and deep shadows, creating a sense of depth and atmosphere. The overall mood is one of a busy, somewhat anonymous urban environment.

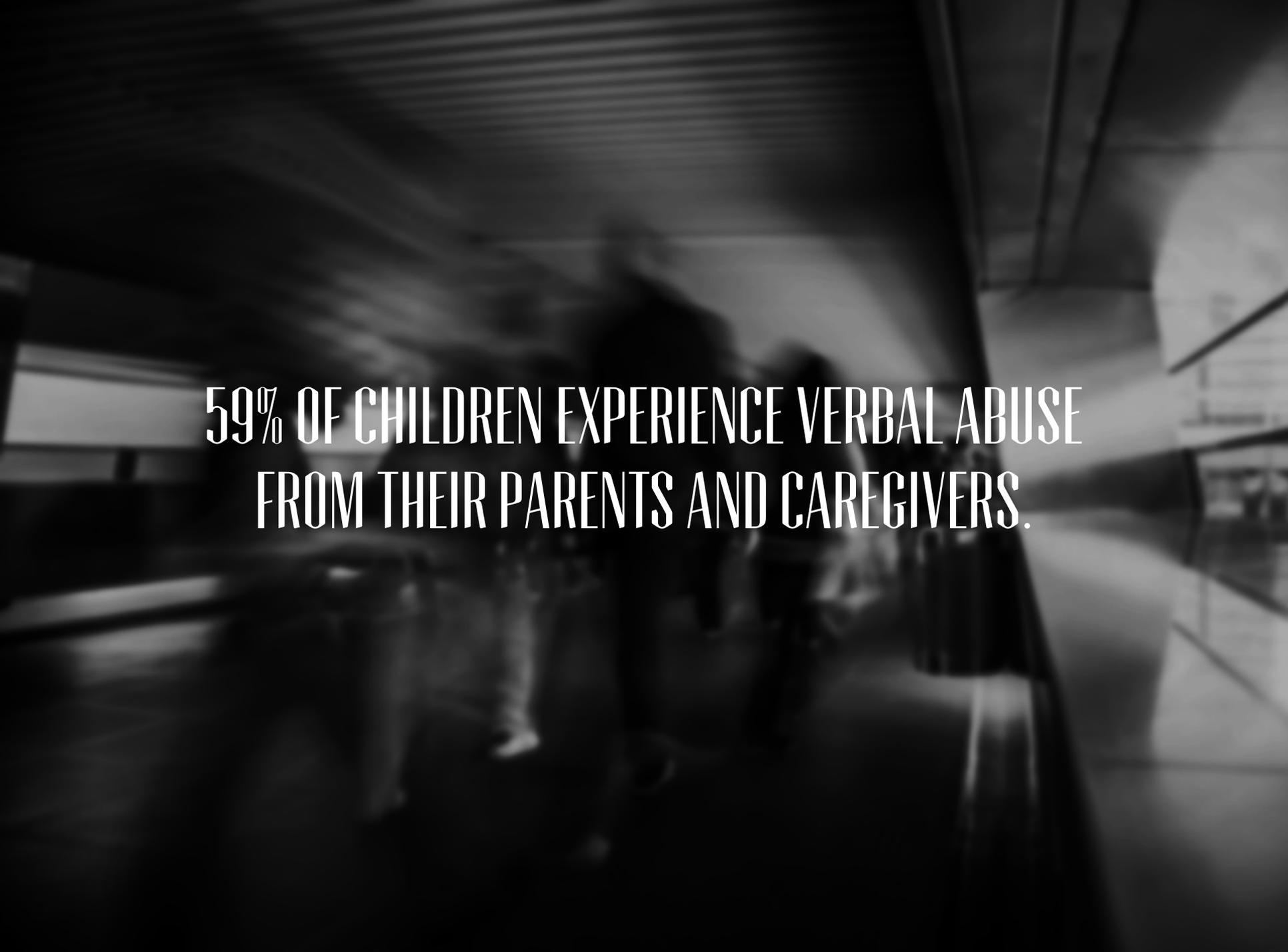
**MOST HIDDEN ABUSE**

A black and white photograph of a person with their hands covering their face, suggesting a state of emotional distress or shame. The person is wearing a light-colored t-shirt. The background is a textured, slightly mottled grey.

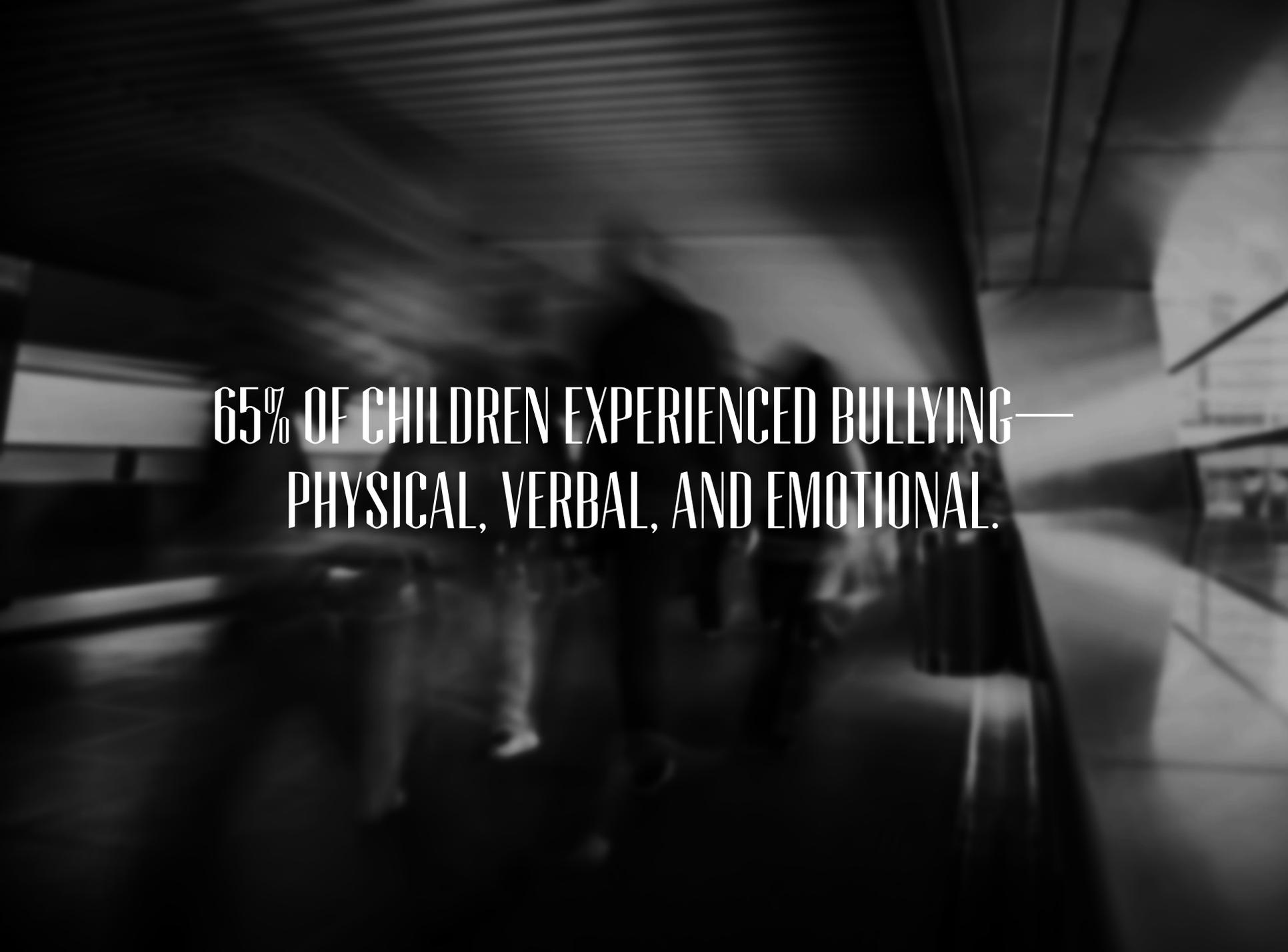
**VERBAL-EMOTIONAL ABUSE IS USING ANGER, SHAME,  
AND INSULTS TO CONTROL THE OTHER PERSON.**

A blurred black and white photograph of a man and a woman in a hallway. The man is on the right, wearing a dark jacket, and appears to be shouting or shouting at the woman on the left. The woman is wearing a dark top and light-colored pants. The background shows a hallway with a tiled floor and a ceiling with recessed lighting. The overall mood is tense and dramatic.

**26% OF WIVES EXPERIENCE VERBAL ABUSE  
FROM THEIR HUSBANDS.**

A blurred black and white photograph of a person, likely a child, in a hallway. The person is in the center-right of the frame, with their hand near their face, possibly covering their eyes or mouth. The background shows a hallway with a tiled floor and a ceiling with recessed lighting. The overall mood is somber and distressing.

**59% OF CHILDREN EXPERIENCE VERBAL ABUSE  
FROM THEIR PARENTS AND CAREGIVERS.**



**65% OF CHILDREN EXPERIENCED BULLYING—  
PHYSICAL, VERBAL, AND EMOTIONAL.**

# RELIGIOUS ABUSE





**TAKE CHARGE OF YOUR LIFE.**

JOHN 5:1-3, 5 GNT

AFTER THIS, JESUS WENT TO JERUSALEM FOR A RELIGIOUS FESTIVAL. NEAR THE SHEEP GATE IN JERUSALEM THERE IS A POOL WITH FIVE PORCHES; IN HEBREW IT IS CALLED BETHZATHA. A LARGE CROWD OF SICK PEOPLE WERE LYING ON THE PORCHES—THE BLIND, THE LAME, AND THE PARALYZED. A MAN WAS THERE WHO HAD BEEN SICK FOR THIRTY-EIGHT YEARS.

**JOHN 5:6-7 GNT**

**JESUS SAW HIM LYING THERE, AND HE KNEW THAT THE MAN HAD BEEN SICK FOR SUCH A LONG TIME; SO HE ASKED HIM, “DO YOU WANT TO GET WELL?” THE SICK MAN ANSWERED, “SIR, I DON’T HAVE ANYONE HERE TO PUT ME IN THE POOL WHEN THE WATER IS STIRRED UP; WHILE I AM TRYING TO GET IN, SOMEBODY ELSE GETS THERE FIRST.”**

JOHN 5:8-9 NKJV

JESUS SAID TO HIM, “RISE, TAKE UP YOUR BED AND WALK.”  
AND IMMEDIATELY THE MAN WAS MADE WELL,  
TOOK UP HIS BED, AND WALKED.

A black and white photograph of a man with wet, dark hair, looking down and slightly to the left. He is wearing a light-colored, possibly wet, shirt. The background is dark and out of focus. A white rectangular box is overlaid on the center of the image, containing the text "RISE UP" in a bold, white, serif font.

RISE UP



**TAKE UP YOUR BED.**

# LIGHT OF JESUS PASTORAL CARE CENTER

(02) 7259999

LOJPASTORALCARE@GMAIL.COM



**WALK**

A black and white photograph of a modern office interior. The scene is dimly lit, with light streaming in from windows on the right, creating a dramatic atmosphere. In the center, a white rectangular frame contains the text "TAKE CHARGE." in a bold, white, serif font. The background shows blurred figures of people in an office setting, suggesting a busy, professional environment.

TAKE CHARGE.