

Victory Over Darkness by Neil T. Anderson

CHAPTER 11

Healing Emotional Wounds From Your Past

Dan and Cindy were a fine, young Christian couple preparing for ministry on the mission field. Then tragedy struck. Cindy was raped by an ugly stranger in the parking lot at night after work. The police were unable to find the rapist, and Cindy had a hard time bringing any closure to the nightmare experience. The trauma was so severe that they moved away from the community where it happened. As hard as she tried to get back to normal life, Cindy couldn't shake the horrible memories and feelings from her experience.

Six months after the rape Dan and Cindy attended a church conference where I was speaking. During the conference, Cindy was in tears as she called me.

"Neil, I just can't get over this thing. I know 'God causes all things to work together for good to those who love God' (Rom. 8:28), but how is He going to make rape a good thing? Every time I think about what happened I start to cry."

"Cindy, I think you are misunderstanding the verse,"

I said. "God will work this out for your good, but He doesn't do it by making a bad thing good. What happened to you was sick and evil. God will enable you to come through this crisis a better person."

"But I just can't separate myself from my experience and let it go," she sobbed. "I've been raped, Neil, and I'll be a victim of that all my life." "Cindy, the rape was a terrible tragedy and it has temporarily altered your plans, but it hasn't changed who you are, nor does it have to control your life. But if you only see yourself as a rape victim for the rest of your life, you will never get over your tragedy. You're a child of God. No event or person, good or bad, can rob you of that."