



Coaching Tool:

How Satan Exploits Our Vulnerability

Your brokenness and the people around you are the reason for your pain. There is no "Satan" trying to harm and destroy you.	Vs.	There is an enemy of our soul, Satan, seeking to leverage our hurts and the lies we believe in order to draw us away from God.
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Examples Of What The Enemy Wants You To Think:

- I am my own problem.
- I'm worthless.
- I'm hopeless because I am just a defective person.
- My mess can't ever be fixed.
- There is no "God" to redeem me.
- There is no way to improve my future.
- I am only as worthy as my worst experience.
- I am only as worthy as my last experience.
- How people treat me determines my value.
- There is nothing beyond what I see and feel every day.
- How I feel about myself is the truth.

God's Truth Says:

"It would be better for him if a millstone were hung around his neck, and he were thrown into the sea, than that he should offend one of these little ones." – Luke 17:2

Everyone can find security in Christ to prevent these three types of exploitation:

1) Physical

- a. "And masters, treat your slaves in the same way. Do not threaten them, since you know that he who is both their Master and yours is in heaven, and there is no favoritism with him." – Ephesians 6:9
- b. "'You shall not cheat your neighbor, nor rob him. The wages of him who is hired shall not remain with you all night until morning.'" – Leviticus 19:13



- c. We were designed to be the temple of the Holy Spirit. We have intrinsic value because we were created in God's image. We deserve to be treated with respect and value.
- d. When we're struggling physically, all the other problems tend to feel dramatically worse. Satan will kick us while we're down. He wants to take advantage in every area he can.

2) Emotional

- a. "Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." – Philippians 4:6-7
- b. We need to claim the resources we have available in Christ to guard us and fight back when Satan is attacking. Run to God with your negative emotions. Reach out to safe counselors, pastors, sponsors, or life coaches.
- c. There is hope for improvement. Improvement may take a range of support or intervention depending on the severity of the damage we're dealing with.
- d. Emotions affect us, but they do not define us. We need to feel, be aware, recognize, process and choose the direction we go regardless of our emotions.

3) Spiritual

- a. God's heart is LOVE, healing, redemption, hope and joy. If the spiritual interaction is pushing you away from God rather than lovingly drawing you towards Him, there may be a problem.
- b. Cults and spiritual abusers will use scripture to put you down, control you, and separate you from the love and grace found in a relationship with God through Christ. Cults suck you in so they can control and use you. This can be very damaging.
- c. Beware of scripture being used out of context, or used without the heart and theme of God behind it. Jesus came to set you free, not so you could be silenced, controlled, or shamed.
- d. One of the more frequently misused scriptures is the text: "wives submit to your husbands." (Eph. 5:22) Remember, God asks married couples first to "submit yourselves one to another." (Eph. 5:21)
- e. Respect your elders or authority figures, but not at the cost of who you are as a child of God. You obey and follow God first. Always.
- f. "But when I saw that they were not straightforward about the truth of the gospel, I said to Peter before them all, "If you, being a Jew, live in the manner



of Gentiles and not as the Jews, why do you compel Gentiles to live as Jews?”
– Galatians 2:14

- g. Many times, man will take God’s guidelines and add to them in ways that are heavy and controlling. Like the Jews making the Sabbath an overloading requirement, but Jesus said that the Sabbath was made for man, not man for the Sabbath.
- h. The fruits of the spirit in scripture will give you the balance to the commandments.

Listen To This Song:

Priceless by For King And Country

Questions To Help You Process This Concept:

1. Have you ever been physically exploited? At work? At home? At church? Where you’ve had no feeling of control over what you HAD to do? The work you had to perform?

2. Have you ever been emotionally exploited? Has a narcissist ever emotionally or mentally manipulated or controlled you? Has anyone kept you on an emotional roller coaster?



3. Have you ever been sexually exploited? By a boyfriend? Spouse? A friend, neighbor, or stranger? Were you ever touched inappropriately? Groped or grabbed without your consent? Coerced to have sexual contact when you weren't actually wanting it?

4. Have you ever been spiritually exploited? Told that you had to do stuff to qualify for God's love or redemption? Told that if you didn't serve someone or the church a certain way that you were not going to heaven or that God would be upset with you? Was performance a requirement for eternal salvation?

5. Have you ever felt that others took advantage of you when you were weak or sick? When you froze and couldn't say "No?" Have you felt like you couldn't set boundaries because they were never respected?



Exercise:

1. Write down the people who you can't say "no" to.
2. Write down the situations where you feel like you're always obligated to do what's requested regardless of how you feel.
3. Write down the ways you've been told that you have to earn your salvation or submit to a person to be loved by God—including behavior, dress, activities, etc.
4. If you've answered any of these questions with a person, situation or way, we recommend that you borrow or buy the book "Boundaries" by Dr. Henry Cloud and Dr. John Townsend. This book will help you see your choices and freedom more clearly and explain how you can set boundaries that will be respected.