

Our Devotion: “Opening Up Part Two” by Lindsey Metzger of Indianapolis, Indiana, a professional writing student at Taylor University in Upland, Indiana.

“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.” 2 Corinthians 12:9-10 (ESV)

I hate being vulnerable.

God has challenged me to open up more about my anxiety and loneliness with a small group of friends I have at school. While I’ve been able to do that, I found it was time to talk to them about something that has plagued me for almost three years.

I hadn’t opened up about the things that transpired in my past romantic relationship for a year and a half. When I talked about it before, I didn’t feel heard, so I assumed it wasn’t important and I needed to let it go. My ex-boyfriend dumped me, so I should have moved on by now. It shouldn’t still be bothering me after all this time. I thought I’d forgiven him in my heart. So why was I still hurting?

When I told my friends everything that had happened during and after that relationship ended, they told me something that made me understand why my heart still hurt.

I had been in an abusive relationship. And the things my ex-boyfriend said and did during the relationship carried on long after he ended it.

It’s still hard to accept, and there are times when I get upset or angry because something triggers memories from my past. It’s icky, I know, but through it all, God had me go through that so I could share my story with others who might be going through the same thing.

Abusive relationships are not easy things to accept and grapple with, and not all abuse is physical. It helps to talk to people you trust and confide in God for what steps you need to take next in your recovery process. God truly is in control, so let Him lead you through this.

Prayer: Father, I pray You lead me through this valley. Help me to lean into You through it all. Amen.