

## 第五章:『家庭暴力 Domestic Violence』

「原來不是仇敵辱罵我·若是仇敵、還可忍耐·也不是恨我的人向我狂大·若是恨我的人、就必躲避他。不料是你、你原與我平等、是我的同伴、是我知己的朋友。我們素常彼此談論、以為甘甜·我們與會眾在 神的殿中同行。」詩 55:12-14

「Ps 55:12-14

12 If an enemy were insulting me, I could endure it; if a foe were raising himself against me, I could hide from him.

13 But it is you, a man like myself, my companion, my close friend,

14 with whom I once enjoyed sweet fellowship as we walked with the throng at the house of God. (NIV)」

### 1. 認識他們危機與來因:

性攻擊 Sexual Assault

強暴 Rape

惡性攻擊 Aggravated Assault

婚姻的惡待: 結婚的/ 離婚的/ 同居的

男性受害者

女性受害者

言語的凌虐與暴力

### 2. 危機所帶來的衝擊與影響:

在連續的言語及肉體的虐待之後受害者多半會有:

自卑與低自我形象 Inferiority and low self-esteem: 《Ref: The Search For Significance: We can build our self-worth on our ability to please others, or on the love and forgiveness of Jesus Christ, by Robert McGee/ Rapha Treatment Center》

恐懼 Fear: Fears may be in reaction to imagined or real circumstances. They can be acute or chronic. Many fearful people tend to infect others with their anxieties and tensions.

The Christian counselors and helpers must demonstrate love and attempt to discover causes for the fears, offering spiritual help. There may be no easy or instantaneous solutions to the total problem, but we can suggest a proper relationship to Jesus Christ, dependence up the Holy Spirit, and the centering of his life in the word of God as necessary steps to eventual solution.

孤立 Isolation: 自願地或非自願地孤立自己期望使問題不至惡化.

寡斷 Inability to make their own decision: Lost the sense of will and power to judge right from wrong. In some cases, it is the worsen circle of abusive behavior. Any decision would be wrong anyway, thus no decision is always better than any.

自憐 Self-blame and apologetic habit

假性罪疚感 Holding themselves responsible for their partners or spouse's abusive behavior

嚴重的情緒漲跌 Severe mood swings

無助感 Helplessness

罪惡感 Guilt: Guilt feelings are often associated with emotional illness stemming from negative experiences, many times in childhood. Even Christians who have the assurance that God has forgiven them and that they are His children continue to suffer from false guilt. Such persons usually have a very low self-image, feeling of inadequacy(They can not do anything right or can not measure up), suffer from depression, etc. They can not seem find freedom from guilt even though they seek it.

The guilt feelings of those who thus suffer will sometimes manifest themselves in different and complex ways:

- ◎ Deep depression from constant blaming themselves.
- ◎ Chronic fatigue( weakness or weariness) and headache, or other illness.
- ◎ Extreme self-denial and self-punishment
- ◎ Constant criticism of others for their own sins and shortcomings.
- ◎ Because of defeatist attitude, actually sinking deeper into sin in order to feel more guilty.

羞恥 Shame

許多的受害者會經驗急性的身體反應,如頭痛,胃痛或胃出血,急性皮膚紅疹及失眠(Insomnia)還有心理的反應如沮喪,暴食或厭食,有些更嚴重的家庭暴力會導致自殺與無疾而終(台:驗無傷)

### 3.你如何幫助他們:

3.1. 教會對聖經真理及其實踐方面應多提供結合與平衡的教導以免造成宗教性的虐待(Religious abuse) 或道德規範的錯用(Manipulation of moral implication).

3.2. 鼓勵受害者為保護自己與其兒女並使暴力者負責而作一個決定性的選擇.

3.3. 安全第一也不可替她作決定,反而提供一些可用的作法.

3.4. 暫時的分開:

3.5. 為何不容易快刀斬亂麻?

- ◎ \$財務\$的問題
- ◎ 家醜不可外揚
- ◎ 沒有辦法自己解決的失敗感

3.6. 基督徒/教會當如何精神與實際的幫助:

3.7. Do and Don't:

\* :Be willing to enter into the pain of the victims, looking for specific ways to help bear the burden, rather than advising from the sideline. Remember because their low esteem and the feeling of helplessness, victims of abuse often have trouble making and acting upon wise decisions in their own behalf. Therefore, the helper will be easily tempted to make the decision for the victims. It will then easily become transference of dependency. The result will most likely ends in secondary victimization.

\* . Be prepared to confront the problem of pain and evil: 「一位慈愛的上帝在那裡?」「為甚麼弱者都是吃虧?」「公理在那裡?」「我為甚麼會有這樣的命運?」

\* 不要把「被苦待」理想化以為就好像基督耶為所愛的人受盡苦害.當知道「甘心情願」的受苦與「被迫」的苦難是有很大的區別.當然有一些基督徒選擇犧牲個人的利益為了使他人得到更有價值的幫助如宣教師們為把福音傳到偏遠之處甘心忍受一切不便甚至犧牲性命也在所不惜.但是「家庭暴力」的犧牲者多半不是如此,他她們是罪的副產品.即使那些願意繼續留下來在苦境中熬下去的人多半是因為她們沒有看到其它可行的權宜之計.

#### 4.有益的話語及行動:

「你能把你的痛苦講出來真是勇敢,也謝謝你願意信得過我,把你的心事告訴我」

「我可以想像這是肯難開口的事,你儘管慢慢地說沒有關係」

「這不一定是你的錯,你不必要為你先生虐待的行為負責的」

「我很難過聽到這樣的事發生在你的身上.虐待與暴力並不是神為婚姻所安排的」

「你的安全是我所掛慮的事.我當怎樣幫你忙使你會覺得比較安全呢?」「你需要我幫你找一個安全的地方嗎?」

※ 必要時幫她找到一個解決財務方面的方法但不是要使她養成依賴性.

### 5. 有害的言語及作法:

「你若繼續愛他並為他禱告,神一定會聽你的禱告,來改變他的」

「你有沒有儘你作妻子的本份呢? 若你已經作到了,其於的就交給神就好了」

「最重要的是守住你的家庭!」

「你要本身有好的見證,活出基督的性情,這樣他才會受你的感動.所以要不斷地忍耐,不斷地饒恕.....」

### 6. 相關可用的經文:

「耶和華阿、謙卑人的心願、你早已知道・〔原文作聽見〕你必豫備他們的心、也必側耳聽他們的祈求。為要給孤兒和受欺壓的人伸冤、使強橫的人不再威嚇他們。」詩 10:17-18

「因為窮乏人呼求的時候、他要搭救、沒有人幫助的困苦人、他也要搭救。他要憐恤貧寒和窮乏的人、拯救窮苦人的性命。他要救贖他們脫離欺壓和強暴・他們的血在他眼中看為寶貴、」詩 72:12-14

「〔大衛的詩、交與伶長。〕耶和華阿、我投靠你・求你使我永不羞愧、憑你的公義搭救我。求你側耳而聽、快快救我、作我堅固的磐石、拯救我的保障。」詩 31:1-2

### 7. 帶受害者一起的禱告文參考:

「Dear Lord Jesus, help me to trust you in all things, especially in the despairing time of my life. Help me when I am tempted to act out of fear rather than out of faith in you. Thank you that you understand my pain because you suffered, too. You know what is like to be betrayed by someone you love, to be unjustly beaten, to feel alone and abandoned. Thank you for promising that you will never abandon me and that I can always come to you to find love and compassion. It is not your will that a man beat his wife, though men may twist your word to justify their violence. Give me the strength, courage, and wisdom to respond effectively to my husband's abusive behavior-- in a way that will honor and uphold your righteousness. In Jesus' name, Amen」

### 《個案研究與討論》

『善君如與顧天道在認識與交往六個月之後就步入紅毯開始共織屬於他們的夢。「我第一次認識他的時後就喜歡他,他看起來十分正直,有原則.但更重要的是他是一位認真的基督徒,後來我們交往不久,我就決定與他終生為伴」君如回憶地說.

但是君如的美夢在他們結婚幾個月之後就變成一場不醒的惡夢.天道天天用

暴力與威嚇來制服她。他常揪她的頭髮,用她的頭撞牆只因為她「不順服」或是與朋有在電話中講太久,或是煎蛋不滿他的意,買了太貴的菜,襯衫燙的線條不直或是沒有在四點三十分正準備好晚餐等...

「我覺得我根本不是人...我沒有辦法為自己想過任何一件事」君如深鎖的眉頭夾雜在沒有盼望語調一字一字地說。

在他們結婚二十二年後的一個冬天裡,天道狠狠地毒打她並用刀割她的臉,還用枕頭悶她的頭不准她叫出聲.幸好君如趁機逃走到隔壁的鄰居求救.一年之後,法院判決天道謀殺未遂與蓄意虐待罪名判處徒刑.

君如至今還餘悸猶存並覺得因她背叛出賣丈夫感到萬分的歉疚.「家應該是一個最安全的地方,而我卻在我自己的家中被強暴,我的丈夫應該是最得寵愛的人,但我卻被他虐待與施暴....」君如無奈地說。

天道雖已於三天前被判刑並於當場收押送刑,但仍無一絲悔意並拒絕放棄他對君如的絕對「主權」,在一封從監獄寫來的信中,他寫著:「這些日子來我的主權一點點地被剝奪去但我還是一家之主,是我妻子的頭.我有神所賜的屬靈權柄,作為一家屬靈的領導.我愛妳所以我要訓練妳直到妳遵行神的命令完全順服你的丈夫,如同順服主,我將會執行到底我屬靈的權柄....」

君如與她的丈夫在過去十年來一直都在你的教會服事,天道是一位『超級基督徒』,他對於事奉總是主動參與並且給人一種敬虔長者的印象.君如卻很安靜,不常開口與人交談,平常也都是她的丈夫作主與人聯絡. 天道夫婦於一年前開始參加家庭小組,小組聚會中的他們的情行多半一樣,她多是緘默不言的.所以弟兄姊妹也認為是她的個性使然.

你們是與君如同一團契小組的成員,今天君如單獨來參加這小組聚會,在分享中,她神色暗然地說出她的遭遇....』

- 1.請說一說當你聽到她的處境時,你的感受如何?
- 2.你們應該如何幫助她呢?請列出行動的步驟: