Women of Africa Care Pty Ltd

WOAC On Air – 18 July 2024
Episode 105
Inspiration brought to you by Women of Africa Care

Topic: OvercomingThe Trauma of Rape

Taste and See that the Lord is Good

2 Sam 13.5-21 - The rape incident and impact on the victim and her family
Amnon is love sick over his sister, and has a chat to his "crafty friend Jonadab who counsels him into temptation that results in him raping his sister.

Amnon said to him, "I love Tamar, my brother Absalom's sister."

5So Jonadab said to him, "Lie down on your bed and pretend to be ill. And when your father comes to see you, say to him, 'Please let my sister Tamar come and give me food, and prepare the food in my sight, that I may see *it* and eat it from her hand.' " 6Then Amnon lay down and pretended to be ill; and when the king came to see him, Amnon said to the king, "Please let Tamar my sister come and make a couple of cakes for me in my sight, that I may eat from her hand."

7And David sent home to Tamar, saying, "Now go to your brother Amnon's house, and prepare food for him." 8So Tamar went to her brother Amnon's house; and he was lying down. Then she took flour and kneaded *it,* made cakes in his sight, and baked the cakes. 9And she took the pan and placed *them* out before him, but he refused to eat. Then Amnon said, "Have everyone go out from me." And they all went out from him. 10Then Amnon said to Tamar, "Bring the food into the bedroom, that I may eat from your hand." And Tamar took the cakes which she had made, and brought *them* to Amnon her brother in the bedroom. 11Now when she had brought *them* to him to eat, he took hold of her and said to her, "Come, lie with me, my sister."

12But she answered him, "No, my brother, do not force me, for no such thing should be done in Israel. Do not do this disgraceful thing! 13And I, where could I take my shame? And as for you, you would be like one of the fools in Israel. Now therefore, please speak to the king; for he will not withhold me from you." 14However, he would not heed her voice; and being stronger than she, he forced her and lay with her.

15Then Amnon hated her exceedingly, so that the hatred with which he hated her *was* greater than the love with which he had loved her. And Amnon said to her, "Arise, be gone!"

16So she said to him, "No, indeed! This evil of sending me away *is* worse than the other that you did to me."

But he would not listen to her. 17Then he called his servant who attended him, and said, "Here! Put this *woman* out, away from me, and bolt the door behind her." 18Now she had on a robe of many colors, for the king's virgin daughters wore such apparel. And his servant put her out and bolted the door behind her.

19Then Tamar put ashes on her head, and tore her robe of many colors that *was* on her, and laid her hand on her head and went away crying bitterly. 20And Absalom her brother said to her, "Has Amnon your brother been with you? But now hold your peace, my sister. He *is* your brother; do not take this thing to heart." So Tamar remained desolate in her brother Absalom's house.

21But when King David heard of all these things, he was very angry. 22And Absalom spoke to his brother Amnon neither good nor bad. For Absalom hated Amnon, because he had forced his sister Tamar

Verse 23-38 Absalom murders Amnon and flees from his Father's Kingdom to his the Aramean Kingdom. Geshur was an independent Aramean kingdom, and David married Maachah, a daughter of Talmai, king of Geshur (2 Samuel 3:3, 1 Chronicles 3:2). Her son Absalom fled to his mother's native country after the murder of his half-brother and David's eldest son, Amnon.

WOAC On Air is ministering to 2 groups of people on this programme:

1. The victim - who has been violated - You feel like Tamar and have taken off your robe of royalty and dignity and chose to put on a garment of trauma and mourning.
2. The family of the victim - Those who feel like Absalom (bitterness in the heart)

1.1 **For the listener that was violated** we encourage you subscribe to G4G Podbean and download the following pod beans that will help you overcome your trauma: remember "hurting-people-hurt-people." WOAC On Air have produced empowerment in the following Podbeans by the inspiration of the Holy Spirit to help you become better so that you build better relationships and not bitter relationships.

- ✓ Episode 89 - Forgiveness
- ✓ Episodes 96 - Trapped in Trauma & Mistrust
- ✓ Episode 90 - Addressing Unforgiveness - wiping the slate clean
- ✓ Episode 99 - Let Go "Erika's statement on this show is "fear paralyses you, but Letting Go causes you to Thrive"
- ✓ Episode 104 - Coping with Singleparenting P2 - Inner Healing and Deliverance from Trauma of Rape - Addressing Rejection and a Bitter Heart
- ✓ Episode 101 - Building trusted friendships after mistrust

2.1 **For the families that are feeling the wounds of the their loved one being exposed to sexual violation** we have the following Episodes to help you move forward in grace so that you don't live in hatred and bitterness towards society like Absalom and Simeon and Levi in Genesis 34-35 did when their sisters were violated. They were cursed due to their bitterness.
Genesis 49 "Simeon and Levi are brothers—
their swords [a] are weapons of violence.
6Let me not enter their council,
let me not join their assembly,
for they have killed men in their anger
and hamstrung oxen as they pleased.
7Cursed be their anger, so fierce,
and their fury, so cruel!
I will scatter them in Jacob
and disperse them in Israel.

- ✓ Episode 95 - Finding Rest in God
- ✓ Episode 81-85 - Benefits of the fruits of the Spirit (image we must aspire to in renewing our minds from the strongholds of rejection and bitterness which produces evil fruit such as rage, anger, violence, addictions, murder, schizophrenia, hated etc.
- ✓ Episode 80 - Your Roots matter - evil versus good
- ✓ Episode 93- A wise woman builds (Mothers listen to help your daughter and the communities)
- ✓ Episode 92- Humility is a strength not a weakness
- ✓ Episode 87 - Women Gird up your Loins
- ✓ Episode 102 - Leaders God's grace is suffiicient for you.

Jeremiah 17.9 "The heart is deceitful above all things, And desperately wicked; Who can know it? 10I, the Lord, search the heart, I test the mind, Even to give every man according to his ways, According to the fruit of his doings.

Psalm 34.8 - David encourages us…
Taste and see that the Lord is good;

blessed is the one who takes refuge in him

Listeners it is difficult to Taste and See that the Lord Is Good if you don't allow your heart to be healed. "It is well with my soul" is an imperative okay?

Jeremiah 17.7 Thus says the LORD:

"7"Blessed *is* the man who trusts in the LORD,
And whose hope is the LORD.
8For he shall be like a tree planted by the waters,
Which spreads out its roots by the river,
And will not fear when heat comes;
But its leaf will be green,
And will not be anxious in the year of drought.