



Lead with Love

DOMESTIC VIOLENCE AWARENESS MONTH
2022

Objectives

Domestic Violence is **Not Someone Else's Problem**

Break the Cycle: Role of the Family unit

Lead with Love Toolbox

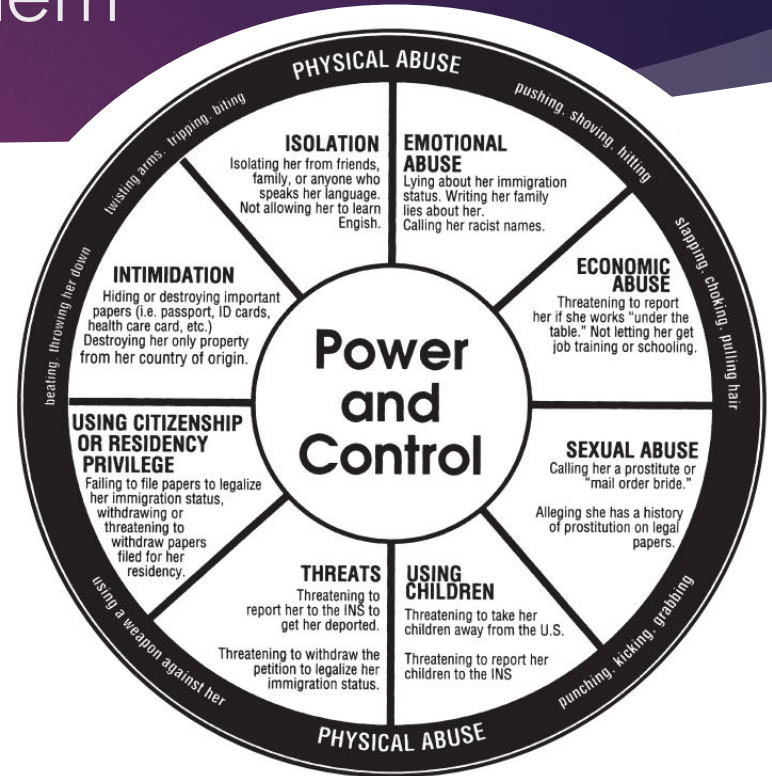
What is Domestic Violence?

- ▶ Domestic violence and sexual assault are **pervasive, life-threatening crimes** affecting millions of individuals across our nation regardless of age, gender, economic status, race, religion, or education level.
- ▶ More than **1 in 4** women and **1 in 9** men have experienced severe domestic violence in their lifetime.



Not Someone Else's Problem

- ▶ **Common in India:** 35 % of women have experienced domestic violence at least once
- ▶ **Common in Kerala:** 15.3 % of Kerala women have experienced physical violence at the hands of their husbands.
 - ▶ Christian Kerala Women – 14%
- ▶ **Common amongst Immigrants to USA:** abuse rate range from 30% to 50%
 - ▶ Economic, Social, Emotional Abuse



Not Someone Else's Problem

- ▶ **1 in 15 children are exposed to intimate partner violence each year**, and 90% of these children are eyewitnesses to this violence
- ▶ 45% of children have experienced at least one adverse childhood experience (ACE)
- ▶ 50% of Asian Indian Emerging Adults in the US (2021) reported > 1 ACE, 26.9% > 3 ACE's.
 - ▶ 26.9% Emotional Abuse
 - ▶ 24.6% Emotional Neglect
 - ▶ 19.2% Physical Abuse

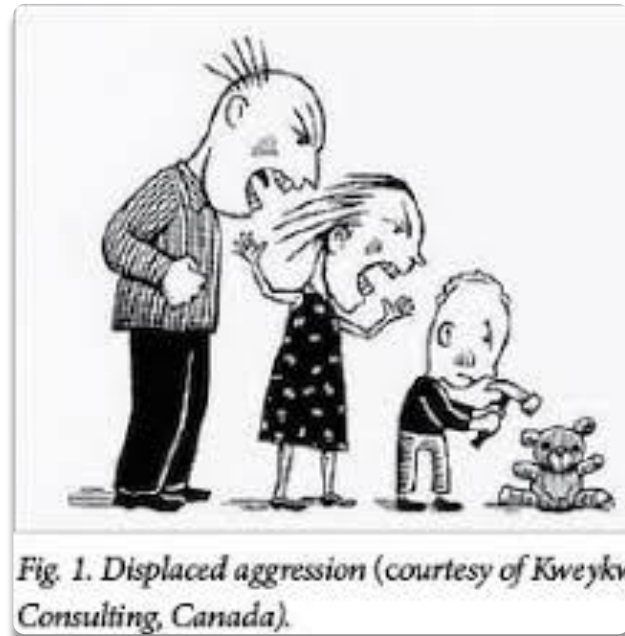
ADVERSE CHILDHOOD EXPERIENCES INCLUDE:



ADVERSE CHILDHOOD EXPERIENCES HAVE BEEN LINKED TO:



Intergenerational Cycle of Violence



Childhood Resilience

**I pulled myself up,
Not by a bootstrap,
But by the hand of
someone who cared
enough to look down
And not leave.**

► Factors that Contribute to Childhood Resilience

- **1 Positive Stable relationship with a caring adult.**
- **Being part of a faith community or a cultural tradition**
- **Development of problem solving skills, self regulation skills.**



Family Matters

“The home... is the lens through which we get our first look at marriage and all civic duties, it is the clinic where, by conversation and attitude, impressions are created with respect to sobriety and reverence; it is the school where lessons of truth or falsehood, honesty, or deceit are learned; and it is the mold which ultimately determines the structure of society”

– Peter F Webb.

Biblical Importance of the Family

- ▶ The family is a fundamental institution of human society. Genesis 2:20-25
 - ▶ ²⁰ So the man gave names to all the livestock, the birds in the sky and all the wild animals. But for Adam^[a] no suitable helper was found. ²¹ So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs^[b] and then closed up the place with flesh. ²² Then the LORD God made a woman from the rib^[a] he had taken out of the man, and he brought her to the man.
- ▶ Marriage is a picture of the relationship of Christ to the church. Ephesians 5: 22-32
 - ▶ ²² Wives, submit yourselves to your own husbands as you do to the Lord. ²³ For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. ²⁴ Now as the church submits to Christ, so also wives should submit to their husbands in everything. ²⁵ Husbands, love your wives, just as Christ loved the church and gave himself up for her ²⁶ to make her holy, cleansing^[a] her by the washing with water through the word, ²⁷ and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. ²⁸ In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. ²⁹ After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— ³⁰ for we are members of his body. ³¹ “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.”^[b] ³² This is a profound mystery—but I am talking about Christ and the church.

Christian Leadership in the Family

- ▶ **“Leadership is the act of influencing/serving others out of Christ's interests in their lives so they accomplish God's purposes for and through them” – Bill Lawrence**
- ▶ Leadership is NOT Lordship
 - ▶ Influencing vs Demanding
 - ▶ Relationships vs Distance
 - ▶ Servanthood vs. Ruling

*“You know that the rulers of the Gentiles lord it over them, and those who are great exercise authority over them. Yet it shall not be so among you; but whoever desires to be come great among you, let him be your servant. And whoever desires to be first among you, let him be your slave just as the **Son of Man did not come to be served, but to serve**” (Matt. 20:25-28).*

Lead with Love: Start with Prayer

.....So Father, give me the strength
To be everything I'm called to be
Oh, Father, show me the way
To lead them
Won't You lead me?

To lead them with strong hands
To stand up when they can't
Don't want to leave them hungry for love,
Chasing things that I could give up

I'll show them I'm willing to fight
And give them the best of my life
So we can call this our home
Lead me, 'cause I can't do this alone

Father, lead me, 'cause I can't do this alone.... (Sanctus Real, Lead Me)

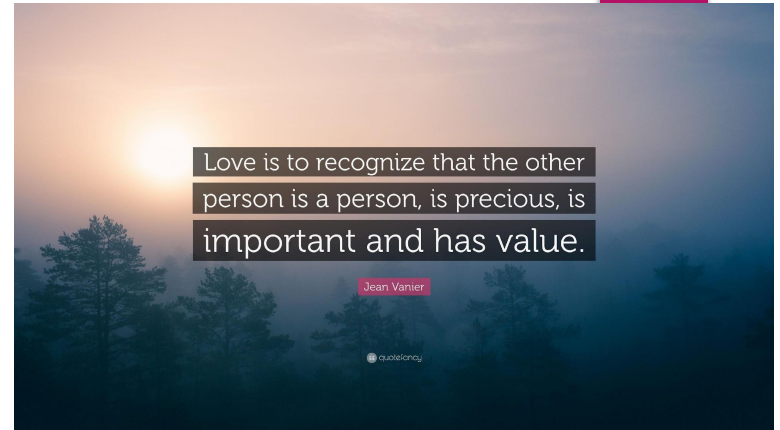
Lead with Love: Law of the Farm

- ▶ Farmer will have a good harvest only if works diligently over his farm
- ▶ **Think with the end in mind:** what would determine a successful Harvest for your family life?
- ▶ **Are you sowing the seeds for that today?**
- ▶ **Are you maintaining the farm everyday?**



Lead with Love: Keep your marriage healthy

- ▶ Love is to recognize the value in the other person.
- ▶ Decide on a deep commitment to each other and to the relationship
- ▶ Be intentional about cultivating this relationship



Lead with Love: Spend Meaningful Time Together

- ▶ Prioritize first things first
- ▶ Put the most important things to your life on your schedule first.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 BUSY!	2 BUSY!	3 BUSY!	4 BUSY!	5 BUSY!
6 BUSY!	8 BUSY!	9 BUSY!	10 BUSY!	11 BUSY!	12 BUSY!
14 BUSY!	15 BUSY!	16 BUSY!	17 BUSY!	18 BUSY!	19 BUSY!
21 BUSY!	22 BUSY!	23 BUSY!	24 BUSY!	25 BUSY!	26 BUSY!
28	29	30	31		

Lead with Love: Communicate with Love

- ▶ Listen to understand.
- ▶ Communicate appreciation, love, and gratitude
- ▶ Gottman Ratio Positives and the Negatives: 5:1

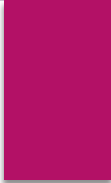
Relationships THRIVE with a

5:1

positivity ratio

Lead with love: THINK before you speak

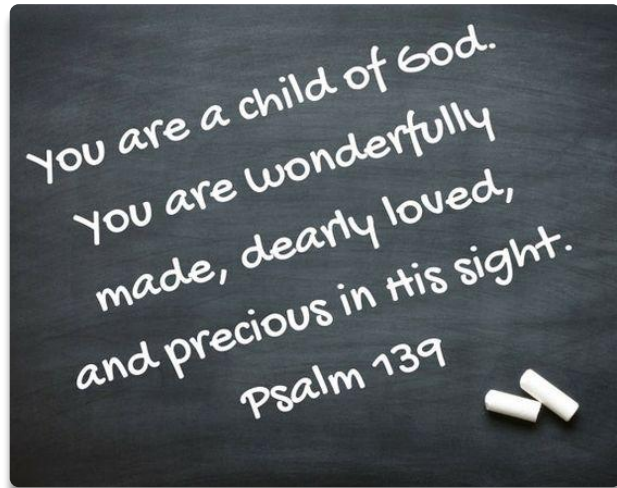
- ▶ Is it **T**True?
- ▶ Is it **H**elpful?
- ▶ Is it **I**nspiring?
- ▶ Is it **N**ecessary?
- ▶ Is it **K**ind?



Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Ephesians 4:29

Lead with Love: Lead yourself with love

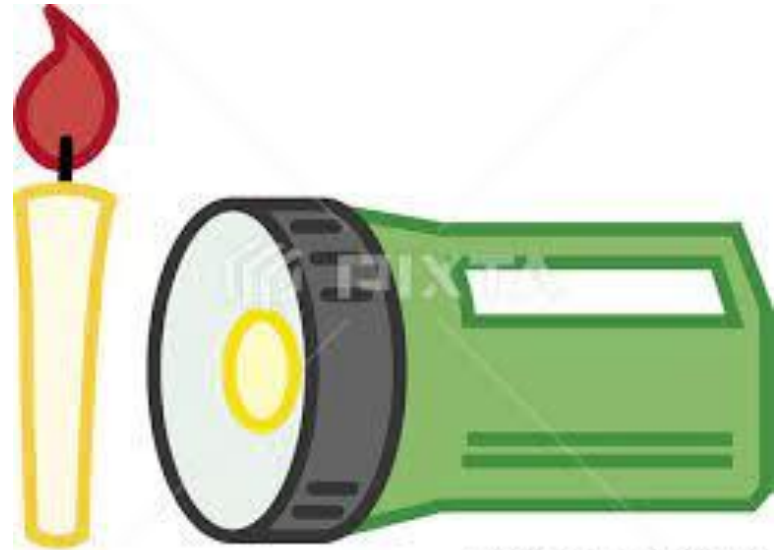


The hardest person to lead is yourself

- ▶ **Recognize & Accept Your Value:** Healthy relationships start with having a healthy relationship with yourself

Lead with Love: Lead yourself with love

- ▶ **Increase your value** – invest in yourself, develop tools to overcome prior bad habits
 - ▶ **Self awareness** - What do you believe about yourself. What labels have you held onto?
 - ▶ **Self Development** - How can I grow ?
 - ▶ **Self Care** –You are called to be the light, choose to be the flashlight and recharge, not the candle that burns out.



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Summary

Domestic Violence is **Not Someone Else's Problem**

- Everyone Knows Someone
- Common in our communities too

Break the Cycle: Role of the Family Unit

- Strong Family relationships create environments that foster resilience
- Christian Leadership in the Family

Lead with Love Tool Box

- Start with Prayer
- Law of the Farm
- Keep your marriage healthy
- Spend Meaningful Time Together
- Communicate with love, Gottman Ratio,
- THINK before you speak
- Lead yourself with love first



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