

Shhhh ...

*Don't
Say a Word
About This!*

*Exposing and
Confronting
Sexual Perversion*

Dr. Loren Due

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This book is intended as a general guide to the topics discussed; it is not intended and should not be used as a substitute for professional advice. You should consult a competent doctor, therapist or licensed counselor with specific issues, challenges or questions you may have.

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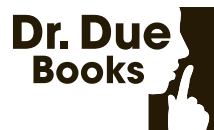
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Introduction

Moving from Denial to Hope

But among you there must not be even a hint of sexual immorality...

—Ephesians 5:3

We live in a world where too many people and institutions, even the church, have tried for too long to avoid the subject of sexual abuse and perversion, a problem of monumental proportions. Out of denial of ugly truth, fear of exposure, avoidance of pain or just naiveté, many have wrongly counseled or even threatened, “Don’t say a word about this,” when the subject is raised.

However, denial has never been the answer to anything. Sweeping an ugly and painful situation under the rug has never brought resolution.

It is time to expose the painful subject of sexual perversion and to confront it for the very real, very prevalent, very dangerous topic that it is and always has been.

If you, or someone you love, are part of the countless number of people whose lives have been adversely affected

by sexual abuse, you may have felt hopeless in a world that tries to hide the reality of the situation.

Nevertheless, there is hope! Welcome to the rest of your life.

The journey we are about to embark on is one of spiritual healing and deliverance from the horrific scars left by sexual perversion, sexual abuse and incest, many of which were inflicted in family and social settings.

This is a guidebook to explore sexual perversion, sexual abuse and incest, and to find hope at the end of the journey. The presentation here analyzes information that God gives us in the Holy Bible and contrasts that found in secular books.

Those of us who have experienced sexual perversion, sexual abuse and incest know that the psychological scars are extremely sensitive and damaging. Even though much of our

You can be set free from sexual perversion, abuse and incest if you give your total self to God.

society is skeptical, this book offers living proof that healing from sexual perversion, sexual abuse and incest is possible—and that salvation and deliverance are the only sure ways to recover from this trauma. With God, all things are possible!

Truths to Escape the Pain

It is doubtful that anyone abused during any stage of his or her life will simply forget the trauma. The memories become a pain that is like the bite of a knife, but causing wounds invisible to the naked eye. Many may have repressed the memories, but repression of the memory of sexual perversion, sexual

abuse and incest trauma causes only continuing behavioral challenges.

During my research, I discovered truths that illustrated ways to escape this pain.

By taking a broad and clear view of sexual perversion, sexual abuse and incest, the reader will be able to recognize the symptoms and make, as well as help others to make, the choice to overcome the experience rather than continuing to live with the trauma.

We will explore how accepting Christ and living by His Word, the Holy Bible, can end the torturous cycle brought on by sexual abuse.

A Problem that Permeates Society

Incidences of sexual perversion, sexual abuse and incest are on the rise, making the subject one of great concern to the public. Later in this book, we will, discuss, illustrate and try to find explanations for the reasons that these acts are increasingly common in all levels of society. The fact that sexual abuse occurs in both traditional and non-traditional families is clear evidence that the situation permeates our society.

Moreover, the statistics do not tell the whole story. Too often, reported incidences of trauma go unbelieved or unaccepted. In addition, researchers do not always thoroughly report the statistics.

In conducting my research, for example, I was shocked to realize that African-Americans and other minority groups were notably missing in the statistics. Yet even when writers fail to include people of color and other minorities as part of

their calculations, their statistics show a disturbing increase in the reports of sexual perversion, sexual abuse and incest published by local and national media.

It is disturbing in itself that the researchers chose not to include minorities. Sexual abuse issues affect *all* segments of society, yet the statistics leave out a huge portion of our population. The abuse problem is much greater and more widespread than the public realizes.

Uncovering Biblical Truths

One of the main sources of discussion in this book is the Bible. Both the Old and New Testaments of the Bible provide many stories applicable to our lives today. Various translations of the Bible, for example the King James Version, lay the foundation for sharing truths from the past that relate to the specifics of sexual perversion, sexual abuse and incest.

When explored in detail, the truths of the Bible provide clear tools for recognizing situations that lead to sexual perversion, sexual abuse and incest and offer ways to find deliverance from such ungodly behavior.

In addition to the Holy Bible and analysis of biblical examples, sources of research for this book include secular books, films and observations of human behavior — all of which are effective tools for learning about existing perverse behavior. We will review this research in detail and discuss solutions.

More than 150 secular books and several films provided the background for the non-biblical information discussed in this book. You will find a wide range of authors represented in the Bibliography.

Despite their varying observations, all of these authors agree on one main point: They all recognize sexual perversion, sexual abuse and incest as vicious crimes that affect the victims in negative and long-lasting ways.

I hope that this review of the subject of acts of sexual perversion will offer options on how to overcome the effects of these acts and give hope to those caught in their trap. Ours is an era in which sexual freedom flows through the culture because of a dark spirit of perverseness that influences the population with deception and lust.

We will explore examples and definitions of “sexual perversion.” Please note that “sexual abuse” and “incest” are terms that we will be using interchangeably with the term “sexual perversion.”

We will discuss these acts, using biblical illustrations, and will address successful ways to overcome their lasting effects.

Acknowledging the Facts

One reason I entitled this book “Don’t Say a Word *About This!*” is because of the approach many writers and ministers of the Gospel take when addressing this subject. They “walk on eggshells,” trying not to address the topic directly. This is largely because ministers and others mistake or misunderstand what the Apostle Paul said in *Ephesians 5:3*: “*But fornication, and all uncleanness, or covetousness, let it not be once named among you...*”

Paul was not saying not to voice the name of these spirits or not to talk about these issues. He in fact acknowledged that these perversions existed in the world, and perhaps had once even existed in the Ephesians’ own lives. However, he

was warning that once delivered from these spirits, they should never again be a factor in the people's lives.

Paul is admonishing the Ephesians to deal with the topic of sexual perversion without becoming ensnared or ensnared again. Discussion of sexual abuse (or any evil spirit) is hindered by a lack of knowledge or a fear of dealing with people who have allowed these dark spirits to dominate their life.

Acknowledging the Sad Truth

This entire subject requires a strong stomach. Some who read this book may not have been directly caught up in or abused by sexual perversion and therefore find it difficult to accept the fact that there are people who use children, even their own children, as “sex toys.”

It is important that everyone, from those not yet affected to the perpetrators and the victims, take an honest, hard look at the ever-present, ever-growing problem of sexual perversion, and then see beyond the horror to the hope of deliverance for all involved.

My approach throughout this work follows the pattern of a self-taught pianist playing uncharted pieces of music—skillfully, by ear; with clarity, dexterity, feeling and a depth of interpretation; with bold bravados and velvet-soft pianissimos, ending in an unforgettable finale.

By the time our journey is complete, dear reader, you will have the opportunity to feel like a new person. If you are a victim, you can grasp the need for forgiveness for yourself and the perpetrator, and accept the fact that God loves you and sees you as brand new, perfect and unspoiled. If you are a

perpetrator, you can choose to repent, cease your indulgence, and find the forgiveness and peace that only God can give.

Of course, in either position, you can refuse the opportunity to find salvation and deliverance. You can continue to wallow in sin, shame and degradation, choosing continual torment and eventual condemnation.

The choice is individual and personal.

Writing about the horror of sexual abuse and the hope of complete deliverance is like preparing a gourmet meal for a very close friend. I have used my experience and skill to provide something impressive and nourishing.

For those reading this book that are survivors, or will be future survivors, it is vital that you understand that I come from a position of not just research, but painful, personal experience. Unfortunately, I am someone who has personally suffered through sexual perversion, sexual abuse and incest.

Thankfully, I have overcome these experiences, by the grace of God.

In finding my own total healing, I developed the passion to share the truth of the bright future that lies ahead for all who will choose, as I did, to believe and to receive.



Section 1

*Covering
the Basics*

1

Defining Key Issues— Sexual Abuse, Rape and Incest

*The body is not meant for sexual immorality,
but for the Lord, and the Lord for the body.*

—1 Corinthians 6:13

It has been proven for centuries that any act of sexual perversion has the potential of doing the victim severe, even life-long damage. To survive and overcome unwanted sexual acts, both the perpetrator and the victim must develop an understanding of all aspects of sexual perversion. From that understanding, choices can be made to move on. In this chapter, we define three key issues: sexual abuse, rape and incest.

Sexual Abuse

Sexual abuse occurs when any person experiences unsolicited and unwanted sexual advances, heterosexual or homosexual, from another individual or individuals. For an

adult, sexual abuse can be explicit or implied advances, either verbal or physical, from a peer. For an underage child, sexual abuse usually comes from a trusted adult who uses that child as an object for sexual pleasure. Either way, sexual abuse is usually perpetrated by seduction or surprise. In addition, it commonly includes a form of threat or fear.

It is important to note that covert abuse is no less damaging than overt abuse. When one individual attacks another with words that are sexually inappropriate and causes fear or mental stress, which is a form of sexual abuse.

For an adult, the threat of abuse may take the form of, “If you want the promotion...” or “If you want the position... you will let me do what I want to you.” It might even be, “If you don't, I'll tell your husband (or wife) you did.” Either way, the victim loses.

Any sexual act in which there is not mutual consent prior to the act is sexual abuse.

After the abuse has occurred, the threat might be, “If you tell anyone, I'll see that you never work again” or “I'll be sure to let all the other parents at the PTA (or members of the club) know how easy you are.” In addition, those threats are often used to force the victim to continue to make himself or herself available for the same—or sometimes increasingly bizarre or severe—abuse.

For a pre-teen or teenager, peer pressure, playing on the insecurities of their age, offers a threat of its own. The perpetrator can say things such as, “What's the matter with you? Everyone else does it.” Alternatively, an untrustworthy person in a position of authority (i.e., a teacher, police officer, pastor, priest or church leader) can convince a naïve

teen by saying, “It is okay. I know you’re not a bad person, but after all, this is different. You’re going to have to experience it someday, so isn’t it better to do it with someone you trust. You can trust me.” There can be threats of consequences if the abuse is spoken of; for example, using the first occasion as insurance that the victim will continue to be available.

Sometimes the perpetrator will even try, “If you tell, I’ll be in trouble and I’ll have to kill myself. You don’t want to be responsible for that, do you?”

For a child, it is usually a case of the trusted adult (e.g., parent, relative, neighbor, family friend, babysitter, teacher, coach, pastor, Sunday school teacher) seducing the youngster with favors, promises of gifts or special attention first, to allow themselves private access. Then the perpetrator will often “sweet-talk” the child into “doing them a favor,” assuring them that, “After all, you know it’s okay because I love you and wouldn’t do anything to hurt you.”

Often, the perpetrator uses that same intimate relationship to convince the child that “It’s our special secret. We don’t want to share it with anyone.” If the child becomes aware that what they are doing is wrong, the abuser will then resort to threats that often include the following:

- ◆ “If you tell your mommy, she won’t love you anymore.”
- ◆ “You’re just a dirty little brat. No one else will want you if they know the truth, so you better be good to me or I’ll tell.”
- ◆ “I’ll hurt your mommy (or daddy, sister, brother) if you tell.”

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- ◇ “I’ll take you so far away that you’ll never see your sister and brother again.”

There are also extreme cases of sexual abuse in which the child (an infant or toddler) is too young to even know, understand or question what is being done to them, and the abuse is not discovered until physical damage or medical issues caused by the acts come to the attention of parents, doctors or authorities.

Rape

Rape occurs when one individual overpowers another by forcing them to engage in undesired and unsolicited sexual activities.

Sexual activity, even between adults or teenagers, becomes rape when one of the parties says “No,” and the other uses physical or emotional force to consummate the activity, an activity that then can definitely be termed “non-consenting.”

The same is true when a perpetrator seduces a child and resorts to physical violence when that child refuses to cooperate. In this case, when the act is clearly beyond sexual abuse, it becomes rape.

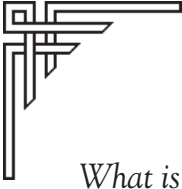
Incest

If closely related persons have sexual relations, those relations are considered incest. Sometimes incest is consensual. Incestuous relationships that include deception, surprise or threats of exposure are *sexual abuse*. Incestuous relationships that include force by physical or emotional violence are *rape*.

Settings that lack guidance are highly conducive to incest. Christian homes tend to have a time of devotion and to spend some time in discussion of what is happening with each family member. My experience and the studies of others show that incest is more likely to occur when a family does not display regular socialization, has little or no belief in a Higher Source or lacks true family love.

Summing Up

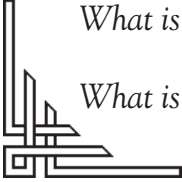
Sexual abuse, rape and incest all are complex and unique. Power, violence, fear and secrecy are woven throughout each.



Thoughts to Ponder



What is sexual abuse?



What is rape?

What is incest?



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The theme of this book is interwoven with information from actual counseling sessions and ministry studies. It is not practicable to cite, even in an abridged form, all the works consulted. The most important are listed below.

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Don't Say a Word About This! is the result of his extensive research, coupled with years of experience as counselor to both the abused and the abuser as well as his own experience overcoming childhood abuse.

Dr. Due and his wife, Arjeana, travel locally and across the country to minister to individuals, families and groups affected by sexual abuse.

They bring the message of hope and encouragement to the abused and abuser alike through public speaking engagements, church services and radio and television talk shows. They are available for seminars, conferences, workshops and individual and family counseling.

Dr. Due and his wife reside in Fort Collins, Colorado, and have two adult children and two grandchildren.

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LOREN C. DUE, Ph.D., wrote **Don't Say a Word about This** as the result of his extensive research, coupled with years of experience as counselor to both the abused and the abuser and his own personal experience of childhood abuse.

Dr. Due founded and serves as Evangelist and Teacher of JOY Christian Ministries in Colorado.

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