



Meeting Script

(*Read *italicized* portions*)

Welcome

My name is [insert name], and I'm a survivor. I've been healing for [#] years.

Introduction (approximately 5 minutes)

I want to welcome you all. I'm so glad you're here. Thank you for being **brave** and walking through those doors. I know everyone in this room is **afraid** – afraid of her past, afraid of her present, afraid of opening the wound even more by being here, afraid of more **pain**.

You are not alone. This group, Sex Abuse Survivors, SAS, is a Christian fellowship made up of women who have been sexually violated, and who are now gathered together to share our experiences, struggles, strength and hope, in order to:

- 1) know we are not alone,
- 2) heal from pain, and
- 3) experience joy and freedom.

The only requirement for membership is the desire to be well.

And finally, we intend these meetings to be totally confidential, but it is up to you, the members, to maintain this cherished anonymity.

Opening Prayer (approximately 5 minutes)

Let's begin with prayer. In the name of the Father, and the Son, and the Holy Spirit. Amen.

"Arise, my love, my beautiful one, and come away; for behold, the winter is past; the rain is over and gone. The flowers appear on the earth, the time of singing has come" (Song of Solomon 2:10b-12a)

Jesus, you see us this way, we are your beloved. Lift us up, heal our wounds, bind our oppressors, set us free – free to see ourselves the way you see us, precious and beautiful. Send your Holy Spirit to enter our wounds, and heal us from within. Jesus, seal us in your precious blood. Amen.

"Everyone [who has come here] will be in a different stage in their healing. Although there is no set beginning, middle, or end to the healing process, there are points when you're closer to the beginning (when you start to wonder if you were abused, when you first recognize the effects of abuse on your life, when you're unable to think about anything else) and other points that are much further along (when you've resolved the fact that the abuse took place, when your emotions start to level out, when you start to focus more on issues in the present)."
1 And if you are completely new to healing, I invite you to begin. If you embark on this journey, you will not be in the kind of pain you are now. You can have a full, joyful, safe, connected, empowered and free life.

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Testimony (approximately 30 minutes) Name _____

Here a testimony is given by a member or guest (preferred), or read from a book or website, or watched on a computer, tablet, etc.

Optional 5-7 minute break

Book Excerpt (approximately 10 minutes)

Volunteer(s) read(s) book excerpt either from a book suggested on resource list, or of her own choice.

Open Sharing (approximately 30-60 minutes)

The floor is open for anyone to comment on the reading, or share a particular struggle and/or victory from this past month. Perhaps you felt out of control of something and consequently anxious and afraid. Or perhaps you pushed through fear and overcame a painful situation...

Concluding Prayer (approximately 5 minutes)

In the name of the Father, and the Son, and the Holy Spirit. Amen.

From 2 Corinthians,

"...for we were so utterly, unbearably crushed that we despaired of life itself. Why, we felt that we had received the sentence of death; but that was to make us rely not on ourselves, but on God who raises the dead; He delivered us from so deadly a peril, and He will deliver us; on Him we have set our hope that He will deliver us again." 2 Corinthians 1:8-10

Leader can add a few minutes of spontaneous prayer for her group, and ask members to offer intentions out loud.

Conclude with an Our Father, or Glory Be, or something similar.

Our Father, Who art in heaven, hallowed by Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day, our daily bread; and forgive us our trespasses as we forgive those who trespass against us; lead us not into temptation, but deliver us from evil. Amen.

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.