

Contents

Part I Spiritual Abuse and Its Victims

Introduction	11
1. "Help Me..."	17
2. Spiritual Abuse Is Not New	29
3. Abused Christians	41
4. The Pre-Abuse Set-up	53
5. Identifying the Abusive System	63
6. When You Cannot Leave	73
7. Abuse and Scripture	81
8. Revictimizing Victims	95

Part II Abusive Leaders and Why They Are Trapped

Introduction	107
9. "Because I'm the Pastor, That's Why!"	111
10. "You Can Trust Me"	121
11. Image Is Everything	131
12. Straining Gnats, Swallowing Camels	139
13. The Weight of Religion	147
14. "No Admittance"	155
15. Spreading "the Gospel"	163
16. The People Get Devoured	171

Part III: Post-Abuse Recovery

Introduction	181
17. How to Escape a Spiritual Trap	183
18. Renewing the Mind	193
19. Recovering Right Focus	203

20. One Response: Flight.....	213
21. A Second Response: Fight.....	223
Epilogue	
Message to Perpetrators of Spiritual Abuse.....	233