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Rid Of My Disgrace: Hope And Healing For Victims Of Sexual Assault



Synopsis

The statistics are jarring. One in four women and one in six men are or will be victims of sexual assault in their lifetime. But as sobering as the statistics are, they don't begin to speak to the darkness and grief experienced by these victims. Because sexual assault causes physical, psychological, emotional, and spiritual pain, victims need clear help, hope, and healing. In *Rid of My Disgrace*, a couple experienced in counseling victims of sexual assault explains how the grace of God can heal the broken and restore the disgraced. Justin and Lindsey Holcomb outline an approach for moving from destruction to redemption. While avoiding platitudes and shallow theology, *Rid of My Disgrace* combines biblical and theological depth with up-to-date research. This book is primarily written for those who have been assaulted (either as children or adults) but also equips family, friends, pastors, and others to care for victims in ways that are compassionate, practical, and informed. Part of the Re:Lit series.

Book Information

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Customer Reviews

This review first appeared at TGC Reviews [\[\[...\]\]](#), an online publication of The Gospel Coalition. In a fallen world where unspeakable evil occurs, the church must be a place that shines the hope of the gospel into the darkness. One dark corner of our world is sexual assault. The statistics are astonishing. One in four women and one in six men have been or will be victims of sexual assault. The effects are horrific. And the world is not short of remedies: self-help, self-love, and self-heal. Unfortunately for the victims, these answers are "horrible news." Justin Holcomb, a pastor at Mars Hill Church in Seattle, Washington, and his wife, Lindsey Holcomb, equip the church to rise and

meet the challenge of helping victims of sexual assault, not by the empty hope of self-help, but by grace, redemption, and restoration in the glorious gospel of Jesus Christ. Let me be up front with the matter. I really liked this book. Pastors should read it, and victims of abuse will be encouraged by the authors' honesty and care. So to briefly comment on the book's content and its usefulness to pastors, counselors, and victims, let me give four brief reflections on its value to the local church's ministry to the afflicted. First, *Rid Of My Disgrace* deals honestly and directly with sexual assault. It presents a clear and full definition, giving victims, churches and pastors clarity on what constitutes sexual assault. They describe in vivid detail numerous effects the assault brings upon a person. Victims will feel like they are not alone, while pastors and counselors will have an invaluable resource for learning what is going on inside the victim when their own words cannot express the inner turmoil.

One in four. That's the average of how many women in America have experienced some form of sexual assault. One in six. That's the average number of men have been sexually assaulted. These are underestimates. Sexual assault is a crime surrounded by misconceptions and confusion. Definitions are either too specific to sufficiently identify instances of assault or too vague to even be helpful. It's a crime that robs victims of their dignity and their identity. And often, in our attempts to be helpful, we find ourselves at a loss; we don't really know what to say or how to help victims of assault and abuse. How can the stain of disgrace be removed? Authors Justin and Lindsey Holcomb provide a compelling, thoughtful and hopeful answer in *Rid of My Disgrace: Hope and Healing for Victims of Sexual Assault*, as they apply the gospel to this horrendous crime. Dividing the book into three sections, "Disgrace," "Grace Applied," and "Grace Accomplished," the authors handle the subject matter with great care. It's evident that they're not working from a theoretical perspective, but that this is hands-on, practical knowledge. In part one, they begin by providing a proper definition of sexual assault. They define it as follows: Sexual assault is any type of sexual behavior or contact where consent is not freely given or obtained and is accomplished through force, intimidation, violence, coercion, manipulation, threat, deception, or abuse of authority. (p. 28) "This definition," they explain, "gets beyond our society's narrow understanding of the issue and expands the spectrum of actions to be considered sexual assault."

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