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Foreword

It takes a swimmer to teach someone to swim. It takes a musician to train a musician. One who wants to learn a foreign language must go for training to someone who knows that language. If your life has been riddled with abusive relationships and destructive behavior patterns, a good step toward your own recovery is to find someone who has successfully overcome similar life challenges and then to learn his or her story.

Finding Purpose after Abuse is an amazing and candid story of one who has not only survived some of the worst atrocities that can come upon a woman, but also of one who has learned to look to God for comfort, healing, and unconditional love. As Kathleen Schubitz's story unfolds, the reader is also encouraged to walk through the process of healing and spiritual growth with her.

Although the subject matter is intense and at times told vividly, the book's layout offers the reader diversity in style through both prose and poetry. Kathleen has included pages in her book for notes and personal comments to encourage the readers to reflect on their own past and to walk through the process of healing, too.

I encourage those of you who feel that the "good life" always seems to be for someone else because the nightmares of the past hold you captive, to begin your

healing journey with this book. If fear is the dominant emotion with which you live, I suggest that this book may be the open door that helps bring you out of the prison that fear has built for you.

Most of us have had the occasion to meet people who seem to go through revolving doors of bad relationships or continuous “bad breaks.” Sometimes the root of the problem has been ignored or disguised, but it goes back to a childhood experience or an abusive relationship that has been swept under the carpet or locked away in a “We don’t talk about these things” closet. This book may be the key to unlock the closet door, to deal with the past in order for healing to come, and let the prisoner go free.

Perhaps you have been the perpetrator and you, too, are held in a prison called “Guilt”—seeking forgiveness. I believe that this book could be the beginning of your healing and release from destructive behavior.

Kathleen has found the only One who can bring total healing, total forgiveness, total restoration, and total peace. Over the years, Kathleen has walked through her own gradual healing process. As her faith in God and her love for God have grown, so has her healing taken place. Her life continues to transform, and a beautiful woman of God emerges with a new strength, an amazing boldness, and a refreshing zeal for life.

P *Peace*
U *nfolding*
R *edemptive*
P *ower*
O *rdering your*
S *teps to*
E *verlasting Life*



Addicted to Love

How does a person know true love when it was never taught in the home? The example was not in our family during the critical years. The generational family dynamics were primarily “survival of the fittest” and “keeping silent” in an attempt to keep peace, and lessen the psychological violence (*1 Co 13:4-8; Ex 20:5*).

My pursuit of love continued. I became involved with the first man that paid attention to me because of my insecurities and fear of being alone. A short time later, I was asked out on a date with a different man for dinner. I would describe him as handsome with dark brown hair, big brown eyes, average-to-large build. I had a false sense of feeling safe with a taller man.

We met at a local tavern when I was nineteen, down

1 *Corinthians 13:4-8 - “Charity suffereth long, and is kind; charity envieth not, charity vaunteth not itself, is not puffed up, Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, endureth all things. Charity never faileth...”*

E *xodus 20:5 - “...visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;”*

the street from where I lived with relatives. We had fun drinking and playing pool together. After spending time with me as if he was serious, he left me to return to another girlfriend, but he said he kept thinking about me. Within weeks he called and I invited him over. Soon after that, I proposed because of my own insecurity, and we were married. The abuse only escalated. I chose this man because he had the characteristics—alcoholic, abusive, and poor communication skills—of my own natural father (*Jer 33:3; Heb 7:25*).

We continued to hang out at the local bar, to drink alcohol, to use drugs, and for what? I encountered all of this because I was looking for love from men rather than from God.

Jeremiah 33:3 - "Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not."

Hebrews 7:25 - "Wherefore he is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them."

During the early years of the marriage, he made a comment not motivated by God's love. He told me that if I ever got fat like my mother, he would divorce me. Loving only the appearance of a person rather than his or her heart is not God's way of loving us. I'm so glad that God looks upon the heart, and loves us for who we are and how He made us rather than loving only the physical outward appearance.

My husband had become addicted to alcohol, cigarettes, marijuana, and pornography prior to his teenage years.

He believed that pornography was acceptable in marriage. The spirit of pornography is not part of God's plan for a marriage. That spirit destroyed our marriage because it is contrary to God's word and His love for us. Because my husband lived a lie, the spending was out of control, and so I was converted to a life of debt. We lived beyond our financial abilities. He never wanted people to know that he pretended to be financially stable when in reality he "lived paycheck to paycheck."

I was easily influenced in the relationship and marriage, even to the point that I became a substance abuser, thinking that it might help save my marriage. The marriage lasted ten years. The first two or three years were good until my husband had an affair.

James 1:15 - "Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death."

Pornography is often the underlying cause of marital affairs. In an effort to make him want me more, I gave him what he wanted, partied with alcohol and cocaine for a year or so, until I realized that using drugs and alcohol was not what I wanted out of life. It was not the answer. I wanted real love. I wanted the real thing, but how would I find it? (*Jas 1:15*).

When I decided under the guidance of the Holy Spirit of God that I liked to be in control and wanted nothing more to do with drugs or alcohol, God set me free. The temptation for cocaine lasted for years, but I believed that "talking to the devil" back then was appropriate. I told him he was

a liar when the temptation would come over me. I never went back to using drugs or alcohol (*1 Pe 5:8*).

When God supernaturally set me free from the need to use alcohol, I detested it with a passion, especially because I

P*eter 5:8 - "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour."*

E*phesians 5:18 - "And be not drunk with wine, wherein is excess; but be filled with the Spirit;"*

L*uke 6:45 - "For a good tree bringeth not forth corrupt fruit; neither doth a corrupt tree bring forth good fruit."*

G*alatians 5:22-23 - "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, (23) meekness, temperance: against such there is no law."*

M*atthew 7:17 - "Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit."*

lost my father and sister to cirrhosis of the liver which is often a result of alcoholism. I not only thought it was wrong for me, but believed that no one should drink alcohol. The Word of God tells us to judge no man, so I choose not to judge people who drink alcohol. On the other hand, I believe that drinking in excess is not part of God's plan—especially for me (*Eph 5:18; Lk 6:45*).

What is real love? What does it look like? What does it feel like? Love encompasses all. Love is kind. Kindness is doing well, benevolence, graciousness, and goodness, all of which are listed in Galatians. If someone loves you, the characteristics and traits will be evidenced in their behavior and personality (*Gal 5:22-23; Mt 7:17*).

Love is not locking you up, being irresponsible concerning

someone else, nor is it bringing harm or hurt to another human being. Forcing someone to love you or do something against his or her will is not love. Love is not having control over another human being (2 Jn 1:6).

We had a relative who was allowed to baby sit for us when we were quite small. He thought it was funny to lock us in an upside down playpen, so he could do what he wanted without being interrupted. He would play with us like objects without feelings. He did not care that we might be frightened or develop a complex later in life.

2 *John 1:6 - "And this is love, that we walk after his commandments. ...That, as ye have heard from the beginning, ye should walk in it."*

H *ebrews 9:28 - "So Christ was once offered to bear the sins of many; and unto them that look for him shall he appear the second time without sin unto salvation."*

I grew up with a great need to control. I've learned through my own experiences of having or feeling the need to control people and their surroundings was only an indication of past hurt and pain caused by others.

Generally, an unresolved issue of control means that a person has not turned that part of his or her life over to the Lord. The hurts of the past can be transformed into freedom when a person is willing to surrender them to God (*Heb 9:28*).

My grandparents did not surrender to God. They did not know real love nor did they know how to give it to our

parents. For me, dreaming about what looked like love on television was an escape from the real world. When most of our family was grown, my mother embraced romance novels—I wonder why! (*Jas 4:7*).

In my spiritual understanding, my mother’s pursuit and need of real love were not found in God, so she turned to romance novels for a “false hope” and satisfaction. One can only imagine the list of human

James 4:7 - “Submit yourselves therefore to God. Resist the devil, and he will flee from you.”

1John 4:7-8 - “Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. (8) He that loveth not knoweth not God; for God is love.”

John 13:34 - “A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another.”

2Corinthians 4:7 - “But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us.”

Romans 14:21 - “It is good neither to eat flesh, nor to drink wine, nor any thing whereby thy brother stumbleth, or is offended, or is made weak.”

I’ll let you be the judge (*2 Co 4:7; Rom 14:21*).

addictions that people have, all in search of God’s unconditional love. Alcohol, cigarettes, drugs, sex, food, lust for people or things, and books are just a few habits people develop and become addicted to in this world (*1 Jn 4:7-8; Jn 13:34*).

Recently, I had a friend tell me that whenever he feels as if he is becoming addicted to something, he flees. He purposely determines to let nothing have that kind of power over him. It sounds like a pretty good rule to live by.

What you do in your life, the choices or decisions you make, are between you and your Creator. Your Father will instruct you. The instructions given to someone else are not for you. The Bible says not to judge one another. If someone we know is weak in an area, we are not to judge them if he or she makes a choice to avoid something or someone (*Rom 14:13*).

I chose the make believe world. I was taught to avoid “real” issues. I mistook lust for love because that was the example I learned growing up. I was never taught the truth until I began seeking God and desiring His truth. The Word of God tells us to wait on Him or be ready when He comes (*1 Ti 4:13; Gal 5:16; 2 Ti 2:15; Jn 8:32, Jn 8:36*).

The Holy Spirit gave me a new revelation about Romans 14:2 a few years back. I believe Paul is not talking about food exclusively, but about the Word of God as it relates to our daily life (*Rom 14:2*).

My interpretation as a woman who had issues with men or alcohol, or drugs was that I understood His word as

Romans 14:13 - “Let us not therefore judge one another any more: but judge this rather, that no man put a stumblingblock, or an occasion to fall in his brother’s way.”

1 Timothy 4:13 - “Till I come, give attendance to reading, to exhortation, to doctrine.”

Galatians 5:16 - “This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.”

2 Timothy 2:15 - “Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.”

John 8:32 - “And ye shall know the truth, and the truth shall make you free.”

John 8:36 - “If the Son therefore shall make you free, ye shall be free indeed.”

relating to my own concerns and struggles. Because men did not respect me as a woman of God, I chose not to hug them or be near them. I also was not strong enough to be around people who chose to drink alcohol. I was too weak. People who do not understand what you have gone through, or are going through, do not have the right to judge you in this area either.

I wanted to believe that people were good and respectful. I wanted to believe that human beings could be capable of real love. Is it possible to love one another without being

Romans 14:2 - *“For one believeth that he may eat all things: another, who is weak, eateth herbs.”*

Matthew 6:33 - *“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”*

Psalm 37:5 - *“Commit thy way unto the Lord; trust also in Him; and He shall bring it to pass.”*

addicted to sex or other substances? The answer is yes! What I’ve discovered is that human beings can truly love you within limits. Love for one another is a manifestation of their own loving relationship that they have with God (*Mt 6:33; Ps 37:5*).

My search for unconditional love continued, while I was still not even understanding what I was after. I was counseled, had godly friends along my path, God-fearing pastors and ministers, and sought deliverance to be free. I hungered to be free from the dynamics of being used and abused, taken advantage of by employers, lay people, and medical professionals. I wanted so much not to have the mentality of a victim (*Jas 1:4; 1 Th 5:22; Heb 11:25; Pr 15:6*).

Being a victim has negative effects on your life as well as on those around you. Recently, I was told by a couple of my friends that I had changed. They told me I was not so intense about my conviction for salvation and not talking about “Jesus” every chance I had, that they like to spend time with me now.

Currently, I also enjoy my time with friends more, and they do with me. I can only give praise to God for His love and the power of that love working itself in me.

As I was being transformed by God’s unconditional love, I chose not to settle for lust (it’s only temporary), or for alcohol or drugs; nor did I want to settle for any thing less than the real thing. Unrestrained passion can lead to much turmoil and disease. I found God’s way to be the best way (2 Pe 1:4; Isa 41:10).

The time finally came when I decided to give God all of me, and my commitment has been to honor Him. I occasionally struggle with

James 1:4 - “But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.”

1Thessalonians 5:22 - “Abstain from all appearance of evil.”

Hebrews 11:25 - “Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season...”

Proverbs 15:6 - “In the house of the righteous is much treasure...”

2Peter 1:4 - “Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.”

Isaiah 41:10 - “Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.”

trusting myself, but I know that I can always trust Him. With God the Father on my side, I can not go

I Peter 2:11 - "...abstain from fleshly lusts, which war against the soul."

P salm73:28 - "But it is good for me to draw near to God: I have put my trust in the Lord GOD..."

P salm 16:11 - "...in Thy presence is fulness of joy; at Thy right hand there are pleasures evermore."

P salm 5:11 - "But let all those that put their trust in thee rejoice: let them ever shout for joy, because thou defendest them: let them also that love thy name be joyful in thee."

P salm 143:8 - "Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee."

I Peter 2:25 - "For ye were as sheep going astray; but are now returned unto the Shepherd and Bishop of your souls."

I saiah 38:17 - "Behold, for peace I had great bitterness: but thou hast in love to my soul delivered it from the pit of corruption: for thou hast cast all my sins behind thy back."

P salm31:3 - "For thou art my rock and my fortress; therefore for thy name's sake lead me, and guide me."

wrong, nor will He ever lead me astray (1 Pe 2:11; Ps 73:28; Ps 16:11).

Now I'm really addicted—to God's unchanging hand and unconditional love. I'm so glad that He will (and does) love us, even when we make wrong choices; even when we miss following His will, or hearing His voice. His love for you and me will not change! (Ps 5:11; Ps 143:8; 1 Pe 2:25).

God's love will set you free. His love will always reveal truth. His love will never lead you astray. His love will never make you feel isolated or alone. His love is real and true. God's love for you will never fail! (Is 38:17; Ps 31:3).

PRAYER

*FATHER, HELP ME FORGIVE MYSELF, AND HELP ME TO
RECEIVE YOUR UNCONDITIONAL LOVE.
PLEASE HELP ME TO GIVE YOU ALL OF ME AND MY LIMITED
ABILITY TO LOVE UNCONDITIONALLY, SO I CAN RECEIVE
YOUR LOVE AS YOU LOVE OTHERS THROUGH ME.*