

Helpful Resources and Information for the Oppressed

The term “**abuse**” is used very broadly in our society. While the term is not used frequently in the Bible, the Bible does describe and condemn “**oppression**” and “**affliction**”. A good **definition** of domestic oppression or “abuse” is: “A pattern of physical or verbal behavior that is used by one spouse to gain or maintain power and control over (the oppression and the affliction) another spouse and (frequently) to prevent the other spouse from seeking help or protection. Such oppression can include physical violence (including sexual), economic, or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate or restrain (physically and relationally), frighten, terrorize, coerce, threaten, blame, hurt, or injure someone.”

If you are a victim of domestic oppression/abuse, please know that your safety is of first importance. This document is provided to help you to reach out for the help you need. After attention has been given to your physical safety, we strongly encourage you to seek biblical counseling through the Hope Center of Christian Family Chapel. You may do that by completing a Personal Data Inventory online at the site below: <https://cfcjax.com/hopecenter/request-counseling/>

Even if you do not seek biblical counseling, it is important that (and we strongly urge you to) you reach out for help and allow others to come alongside you and your family.

CURRENT OR IMMEDIATE EMERGENCY

If you are in Immediate Danger, call 911.

If there is an assault currently going on, or if you feel threatened, call 911.

If an assault has already taken place, please use the local non-emergency number to report the assault.

- Jacksonville Sheriff’s Office Non-Emergency number is (904) 630-0500.
- St. Johns County Sheriff’s Office Non-Emergency number is (904) 824-8304
- Clay County Sheriff’s Office Non-Emergency number is (904) 264-6512
- Nassau County Sheriff’s Office Non-Emergency number is (904) 548-4000

Domestic Violence Legal Hotline in Florida
Call: 1-800-500-1119, Ext. 3

This hotline provides free legal advice and referrals to victims of domestic, dating, and sexual violence and stalking regarding injunctions for protection, family law, housing, immigration, and other civil legal matters. Non-English-speaking hotline callers have access to language interpreters.

INJUNCTION / RESTRAINING ORDERS

This is a Court order that tells one person to stay away from and not contact another person by phone, email, letter, in person, or through text mgs. It can tell someone to stay away from home, car, work, and any other places the court feels are necessary.

These are done in civil court, not criminal court. The person requesting the injunction is the one who keeps the case going. Before final judgment is given, the person asking for the injunction can ask the court to drop or stop the order, filing a form called a Voluntary Dismissal. The civil/family clerk's office has these forms.

After a final judgment is entered, the person requesting the injunction can ask the court to drop or change the injunction, and a hearing will then be scheduled about the dismissal or change to the order. An injunction does not ask the court to put the other person in jail, but if the other person violates it, he or she may be arrested.

The clerk cannot give you legal advice. You can print the forms from the internet too, but you still must file them in the clerk's office once they're completed or have them notarized and delivered to the clerk's office. Forms are available online at: www.flcourts.org under family law forms. Fee: There is no cost for filing for an injunction for protection or for any motions to change or dismiss an injunction.

RESOURCE WEBSITES

- **STATE OF FLORIDA.**

Florida Coalition against Domestic Violence

www.fcadv.org

Florida Domestic Violence Centers

www.fcadv.org/centers

State of Florida Domestic Violence Information

www.dcf.state.fl.us/domesticviolence/

VIDA Legal Assistance, Inc.

<http://www.vidalaw.org/>

Florida Council Against Sexual Violence

1-888-956-7273

www.fcasv.org

- **NATIONAL:**

The National Domestic Violence Hotline

1-800-799-7233 (SAFE)

www.thehotline.org

National Resource Center on Domestic Violence

1-800-537-2238

www.nrcdv.org

www.vawnet.org

National Sexual Assault Hotline

1-800-656-4673 (HOPE)

www.rainn.org

JACKSONVILLE, FLORIDA DOMESTIC VIOLENCE PROGRAMS

There are currently 2 domestic violence and abuse shelters (below), and programs in Jacksonville, FL – The City Rescue Mission and The Hubbard House, with 1 offering a hotline and both offering emergency shelters. Outside of this city and still nearby, you can also find help at these domestic violence and abuse shelters and programs in places like Green Cove Springs, Fernandina Beach, and St. Mary's.

The City Rescue Mission

234 W. State Street

Jacksonville, FL 32202

(904) 387-4357

<http://www.crmjax.org/>

info@crmjax.org

The Hubbard House, Inc.

8012 Lem Turner Road

Jacksonville, FL 32208

24-(hour confidential hotline: (904) 354-3114

24 hr. Text, send to: (904) 210-3698.

<http://www.hubbardhouse.org/>

The Hubbard House offers help for women and children victims of domestic violence, sexual violence, and stalking. As counselors, it is mandatory that we report if children are involved in abusive situations.)

RESOURCES:

- “A Biblical Counselor’s Approach to Marital Abuse” by Julie Ganschow and Bill Schlacks. (This resource contains helpful questions to ask in an effort to discern abuse in the home. It also contains a *Safety Plan*) Pure Water Press, 2018. <https://www.goodreads.com/book/show/42298111-a-biblical-counselor-s-approach-to-marital-abuse>

- *“Sanctuary – Hope and Help for Victims of Domestic Abuse”* by Sydney Millage. (This resource contains a Safety Plan. In addition, there are several Appendices in the back of the book which contain helpful scripture-based tools to encourage the oppressed), Focus Publishing, 2018.
- *“Women Helping Women”* by Elyse Fitzpatrick and Carol Cornish. (This resource is divided into chapters that each address a different topic affecting women). Chapter Eight addresses women in problem marriages and in particular, abuse.) Harvest House Publishers, 1997.

SPIRITUAL HELP FOR THE OPPRESSED:

Read the scriptures below and meditate on these promises from God’s Word. They will help and encourage you, even in the midst of your hardship.

The Lord sustains the afflicted. The Lord hears. The Lord answers. (Ps. 3)
The Lord will bring your oppressor to justice. (Ps. 10)
You’ll never be alone. (Heb. 13)
The Lord delivers and rescues. (Psalm 22)
The Lord is near to the brokenhearted and saves the crushed in spirit. (Ps. 34:18)
The Lord will thwart the wicked. (Ps 146)
The Lord defends the helpless and does not forget their trouble. (Isa. 25:4)
The Lord is the Giver of strength. (Isa. 40:27-31)
The Lord is a helper to the fatherless and the unprotected. (Isa. 82:3-4)
The Lord will not break you or snuff you out. (Isa. 42, Mt. 12)
The Lord’s eyes are on the righteous. (I Pet. 3)
The face of the Lord is against those who do evil. (I Pet. 3)
God is faithful and we can entrust our souls to Him. (I Pet. 4)
The eyes of the Lord are toward the righteous. (Psalm 34)
The love of God is poured out into the hearts of the afflicted who hope in Him.
 (Rom. 5:3-5)
Nothing will separate you from the love of God in Christ Jesus. (Rom. 8:39)
God will judge unrepentant sinners who harm God’s children. (2 Thess. 1:6-10)