

## **This is “Peer Counseling Pause” with Reova Meredith**

### **Spiritual Abuse**

**Spiritual abuse can happen when someone in authority uses his influence or power to intimidate, coerce, or exploit a person in some way.**

**Some religious systems focus more on control by the leaders than on a personal relationship with God.**

**These symptoms are typical of spiritual abuse:**

**Physical, emotional and spiritual fatigue from trying hard to measure up**

**Disillusionment**

**Lack of trust and even fear of God and spiritual things**

**Cynicism or ongoing grief**

**Trust may not come easily and it is wise to withhold complete trust in a person until he earns that trust.**