

# It's a Must to Set Relational Standards

or

## Be a Wise Relater<sup>1</sup> When Communicating

### Introduction

Recently I produced an important teaching article on the topic of being a good listener.<sup>2</sup> The aim of it was to provide information on the art of listening, so we can become more involved and effective in our relationships with others. Good listening skills also helps us to be more competent when we assist others who are in need, because we actually listen to what they have to say.

### A Problem

Problems arise for believers who are good listeners, just like they can for everyone else. For example: Because we've become such good listeners, we can be used by others when they 'drain' us emotionally<sup>3</sup> and mentally<sup>4</sup>. That then means we need to set boundaries so that relationships and communications are accomplished rightly.

*e.g.* Many, many years ago I read Dr. Henry Cloud & Dr. John Townsend's book on setting boundaries<sup>5</sup>. I then started setting boundaries and began to take back my life which had been manipulated, stolen, and used by others all my life, up to that time. In the past, I'd been made powerless by those who controlled my life in my youth, especially my father and my school teachers. That impotence continued into my adult life, but in a much less debilitating way. The scars still remained, which then needed to be healed and my autonomy as a person fully achieved.

Setting boundaries is a difficult thing to do because it creates tension between people. This is the downside in the process of producing rightly functioning relationships. However, if boundaries aren't set and enforced, the person wanting to stop others from exceeding their personal boundaries (i.e. their allowed limitations) will constantly experience a 'downer'<sup>6</sup> in their relationships or social connections.

You see, the idea of boundaries is to stop others from doing something to you that you don't want to occur. For example:

- taking advantage of you,
- attacking you,
- belittling you,
- bullying you,
- harassing you,
- and many, many more detrimental actions.

The responses to such unwanted, boundary-breaking experiences are numerous. Typically, the person imposed upon:

- becomes aggressive,
- switches off,
- submissively accepts the other's actions,
- or runs away.

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1 – 'Someone who relates or narrates' [www.yourdictionary.com/relater](http://www.yourdictionary.com/relater)

2 – "Be An Effective Listener" (5-8-2025) [canberraforerunners.org/wp-content/uploads/Be-An-Effective-Listener.pdf](http://canberraforerunners.org/wp-content/uploads/Be-An-Effective-Listener.pdf)

3 – "Tips For An Emotionally Drained Relationship And Letting Go" (30-9-2025)

[www.betterhelp.com/advice/relations/emotionally-drained-relationship-tips-to-break-the-cycle-plus-when-to-let-go/](http://www.betterhelp.com/advice/relations/emotionally-drained-relationship-tips-to-break-the-cycle-plus-when-to-let-go/)

4 – "Let It Go: How to Detach From Someone and Move On With Your Life" (7-11-2024)

[www.breakthecycle.org/how-to-detach-from-someone](http://www.breakthecycle.org/how-to-detach-from-someone)

5 – Dr. Henry Cloud & Dr. John Townsend "Boundaries: When To Say Yes, How To Say No: When to Say Yes, How to Say No, to Take Control of Your Life" [updated] [www.amazon.com.au/Boundaries-Updated-Expanded-When-Control-ebook/dp/B06XFKNB2Y](http://www.amazon.com.au/Boundaries-Updated-Expanded-When-Control-ebook/dp/B06XFKNB2Y)

6 – Colloquial for 'an event or experience that makes you unhappy and lacking in hope, confidence, or energy'  
[dictionary.cambridge.org/dictionary/english/downer](http://dictionary.cambridge.org/dictionary/english/downer)

There are various other issues that arise when we communicate with others, and these need to be addressed as well.

## My Experiences

I've experienced the breadth of mistreatment from others during my life, even violent abuse, so I can testify that learning to handle people by setting standards for the way we are to be treated is vital to protect ourselves from emotional and even physical abuse. Much of what I've received from other people has been them just being themselves. I have also received numerous deliberate attacks as well.

In recent times, as I've been mentoring others as a spiritual father or mentor, I've sometimes had to help them work through their relationships with Christians. That sounds like an oxymoron, but Christians very often act like most other people in their society when it comes to relationships and communicating. Sure, they may be more gentle and caring in the main, but they also function without using close control over their words and actions. In such cases, they can be just as damaging to us as anyone in the workplace.

The high rate of divorce in Christian marriages is evidence of Christians having relationship problems. In addition, it may be a surprise to my readers, but spiritual abuse from churches and church leaders is rife. The problem's well hidden, which is why very few know about it. A look at the number of Christian books written on this maltreatment provides the evidence for this problem, which I will not go into here.

(See the list of books on spiritual abuse on the back page of this article)

These problems, along with numerous others, are the reason for our need to be retrained so we operate in ways which protect us from the attacks and abuse of others, including from Christians. Interestingly, a brother whom I'm fathering at the moment, emailed me recently with this 'call for help':

*"I have sort of become accustomed to rejection/unnecessary attacks from all over....sometimes I can trust someone and everything seems to be going well and then suddenly they attack like a cobra and I'm left wondering what could justify the attack....I can't always be on guard bro.....is that normal?"*

Get the picture?

Working with other believers requires us to be wise in how we relate, just as much as it does in our connections in society. Here's a few examples of what I've experienced from Christians:

- A sister operating with characteristics of the Jezebel spirit harassed me for around 25 years, until I was able to firmly put a stop to it.
- At the same time, her sister stalked me, on and off, over the same time period, until she accepted my wisdom, and gave up her vendetta.
- In churches, leaders have tried to control me, given me verbal abuse, and even rejected me because I challenged their theology or their control.
- In one church, I witnessed the new minister marginalised and forced to resign by the members of the board.

Other examples I've had revealed during mentoring sessions:

- A mentee<sup>7</sup> needed coaching in how to deal with poor treatment, emotional abuse, cold shouldering, mistreatment, and shunning from the leader and sisters in a ministry team.
- A mentee recounted how a man in a ministry team would take over during ministry sessions or in team meetings, even though he had no position of authority in the team.

People we relate to or just connect with, can be the source of angst if we don't watch out for ourselves in an appropriate way. That includes Christians, as you can see from what I've written so far.

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7 – Mentee: The person being mentored. [dictionary.cambridge.org/dictionary/english/mentee](https://dictionary.cambridge.org/dictionary/english/mentee)

## Sonship

Setting boundaries isn't a spiritual activity that sons would normally consider engaging in. However, its consequences impact the spiritual realm, so it indirectly impacts us spiritually. This is why I wrote the article 'Understanding Boundaries is Essential'<sup>8</sup> as part of my 'Spiritual Authority'<sup>9</sup> series.



Prior to reading the remaining content of this article, you should engage in the following activity to prepare yourself:

»**READ:** "Understanding Boundaries is Essential" [HERE](#)

**CRITICALLY IMPORTANT:** Whatever sons don't properly oversee spiritually will become 'fair game'<sup>10</sup> for the enemy to impact in a negative way. He'll use people to do his 'nasty work' on us, or he'll use his minions to attempt to destroy our lives.

You see, sons are a threat to his agenda in a very big way. When we commit ourselves to partnering with the King to impact the world for him and his Kingdom, that's a declaration of war against the Kingdom of Darkness – even if we don't know we're doing so. A declaration of personal war is how the enemy sees our allegiance to, and our alignment with the King, so we must not be ignorant of this reality. No wonder Jesus used a military analogy when he schooled his listeners on the need to make a considered choice before entering The Kingdom.

Looking at our handling of other people in relationships from a different angle, it's important to remember that sons are still human beings. While we are wanting to grow and mature in our sonship, we also need to mature in our social behaviour. Sometimes we overlook this area of our lives because our negative interactions with others can be labelled by them as, "that's just me". Well, let me 'knock that one on the head'. Unless we are perfected, that is, being just like our prototype (Jesus of Nazareth), we need to focus on aligning with his ways of doing things and speaking, not just our spiritual maturity.

Putting it bluntly, if we primarily focus on our spirituality and neglect any, or all, of the other areas of our lives, we're derelict in our duty to our King. You see, we represent him, but if others can't see him, we're providing them with no incentive to join him in his Kingdom. That's the very reason why religion and evangelism are so much easier to function in – we're only accountable to ourselves in what we do for the system we identify with. And, we can 'tick the boxes' and feel good about ourselves.

Meanwhile, as I (and others) focus on providing training and instruction in Kingdom living, all of us can't ignore our personal responsibilities to operate in righteousness all of the time. Of course, as I've explained elsewhere, I use the term 'righteous' because we should be doing, thinking and saying things which are in alignment with Father. When we do, they'll be right in his sight, which is the Kingdom definition of right-*eous*. Therefore, getting to intimately know his heart and mind is a 'no-brainer'<sup>11</sup> for sons – it's an imperative.

For the remainder of this article I'll focus on highlighting our need to operate rightly in social situations.

## Retraining

*(This section contains a summary of Professor Brené Brown's teaching)*

8 – "Understanding Boundaries is Essential" (20-9-2017)

[canberraforerunners.org/wp-content/uploads/2013/03/03-Understanding-Boundaries-is-Essential.pdf](http://canberraforerunners.org/wp-content/uploads/2013/03/03-Understanding-Boundaries-is-Essential.pdf)

9 – [canberraforerunners.org/?page\\_id=5054](http://canberraforerunners.org/?page_id=5054)

10 – Colloquial for 'it is acceptable to criticize or attack them, usually because of the way that they behave.'

[www.collinsdictionary.com/dictionary/english/fair-game](http://www.collinsdictionary.com/dictionary/english/fair-game)

11 – Colloquial: 'If you describe a question or decision as a no-brainer, you mean that it is a very easy one to answer or make'

[www.collinsdictionary.com/dictionary/english/no-brainer](http://www.collinsdictionary.com/dictionary/english/no-brainer)



Before proceeding, take in this teaching of Brené Brown's – the entire 15 minutes of it:

»LISTEN: “People Will Treat You How You Let Them - Here’s How to Set the Standard” [HERE](#)

We all need retraining in social skills, to one level or another, because we all have foibles and bad social habits. Professor Brené Brown has provided some retraining lectures on Youtube which we can access.

here’s some pointers from Brené’s teaching to help us take control of our lives in relationships:

1. Do you let people walk all over you? They do that because you taught them they could do it. They didn’t decide how they were going to treat you, you taught them that it’s fine to do what they do to you.
2. When you stay silent and don’t speak up, you minimize your own need for protection. That silence occurs when they disrespect you because you’re a nice person who doesn’t want to offend others. That set the standard for those who are attacking you.
3. “If you don’t set the standard for how you want to be treated, the world will do it for you.”
4. You can teach people calmly how you want to be treated. You don’t need anger or ultimatums, just courage to stand firm, clarity in what you want, and the belief that you are worthy of being respected.
5. Start by being clear about what you’re available to receive from others by setting boundaries.
6. People won’t respect your boundaries if you don’t know what they are because you haven’t set them in place yet.
7. Simple boundaries include letting others know you’re not: Available for last minute requests at work; accepting of venting from your friends; tolerant of sarcasm in the guise of joking.
8. “Clarity is kindness to yourself and to others.”
9. You probably assume you have clear boundaries. This will be tested when someone crosses a line you’ve set. You must address it, not let it slide.
10. Not sticking to your boundaries indicates to others that it’s only your preference in how you would like them to treat you.
11. You may think you have good boundaries, but do you allow people to regularly ring you late at night, exhausting you as they talk about their latest crisis, without you telling them to stop and not do it?
12. “Boundaries are not about controlling other people’s behaviour. They’re about controlling our own availability.”
13. You can’t be upset with others because you’re wishing for a boundary that you didn’t set.
14. Get specific about what you’re available for on the occasion others want to interact with you.
15. For example: “I’m available for meaningful, reciprocal friendships, where we both show up for each other. I’m not available for relationships where I’m constantly chasing someone’s attention. I’m available for honest, direct communication, even when it’s hard. I’m not available for passive aggressive comments disguised as humour. I’m available for hard work and deep commitment. I’m not available for burnout disguised as hustle culture.”
16. When you become specific in what you’ll expect from others, your life will become simpler. Those who respect your boundaries will stay, the others will leave you. You win when both these happen.

17. When you're very clear about your boundaries, you won't need to solicit respect.
18. Pay attention to yourself. It's essential that you watch your own behaviour. For example: You can reinforce bad treatment by doing the same thing to yourself. You set the bar (standard) for the way everyone will treat you.
19. Don't apologise when you're not at fault. Don't laugh off disrespect. Don't shrink back to make others comfortable. Don't let others talk over you. Don't say "sorry" all of the time, like it just 'rolls off your tongue'. Don't tell others it's fine when they cancel an appointment, when it's not fine. Don't say you understand, when you don't. Don't say something is fine, when it's not.
20. Don't dismiss your own feelings.
21. "You can't expect other people to respect you more than you respect yourself."

»There's a lot more to learn from Brené's lecture. I'll leave you to listen to all of it.

## Comments

► Tacit approval occurs when we accept something and don't try to stop it. To the other person, it means it's OK to do it because you didn't say it was wrong.

► We turn ourselves into walk-overs and door mats because we think we're supposed to be self-effacing and self-deprecating, as we agapē others and put ourselves last.

► There are a lot of problems with the church's idea of what a representative of the King looks like. The typical stereotype of a pusillanimous preacher on TV shows and in movies is what the world sees Christians to be like. This characterisation bears no resemblance to Jesus of Nazareth, our prototype, who our King has asked us to model ourselves after.<sup>12</sup>

► We can learn a lot from Brené's lecture so we can improve in our functionality as sons who are not at the mercy of those around us. Jesus of Nazareth wasn't, and neither should we allow it to happen to us. Importantly, he allowed himself to be killed, it was not an incident which was out of his control. He could have protected himself if he wanted to, but he submitted to the need for his death to free humanity.

► Any of the items in the points from Brené's lecture would be quite acceptable as descriptions of how Jesus operated. For example:

- He didn't come immediately Mary sent word to him that her brother, Lazarus, was ill.
- He didn't go to the house of the Centurion to heal his servant when asked. He set the standard by conceding that the man's faith was all that was required to bring about the healing.
- He didn't put up with the religious leaders who were putting undue religious burdens on the people, and he told them so.
- He didn't follow the Sabbath rules, which were a societal norm of his day.

## **B.R.A.V.I.N.G**

B.R.A.V.I.N.G<sup>13</sup> is Brené Brown's acronym to remind us how to bring trust to relationships by using good boundary techniques.<sup>14</sup> It's from her teaching 'How to Face Your Fears To Find Courage!'<sup>15</sup>.

12 – PROPHETIC JOURNAL: "See Me As Your Prototype" (24-3-2015)

[canberraforerunners.org/wp-content/uploads/2021/04/33b-See-Me-As-Your-Prototype.pdf](https://canberraforerunners.org/wp-content/uploads/2021/04/33b-See-Me-As-Your-Prototype.pdf)

13 – Brené Brown (2012) "BRAVING Definitions" [brenebrown.com/wp-content/uploads/2021/10/DTL\\_BRAVING\\_102221.pdf](https://brenebrown.com/wp-content/uploads/2021/10/DTL_BRAVING_102221.pdf)

14 – Brené Brown "7 Elements of Trust" [www.youtube.com/shorts/PodDLYRiu6A](https://www.youtube.com/shorts/PodDLYRiu6A)

15 – Brené Brown (11-11-2024) 'How to FACE Your FEARS to Find COURAGE!' [www.youtube.com/watch?v=R5SXkzSgaEg](https://www.youtube.com/watch?v=R5SXkzSgaEg)

**B: *Boundaries*** – Set boundaries for others. Be clear about what’s OK, according to other people’s boundaries. Ask if you don’t know what they are.

**R: *Reliability*** – Do and say what you mean.

**A: *Accountability*** – Don’t ‘back channel’<sup>16</sup> and blame. Hold people accountable in a straightforward way.

**V: *Vault***<sup>17</sup> – Don’t repeat what’s been shared. No gossiping in any form. Only use your own stories as social currency.

**I: *Integrity*** – Choose courage over what’s comfortable. Practise your values, despite any opposition. Choose what’s right over what’s fun, fast and easy.

**N: *Non-Judgemental*** – Ask for help without judging yourself.

**G: *Generosity*** – Assume positive intent when something happens to you or around you.



As a useful activity, you can score yourself on ‘The BRAVING Inventory’ by downloading the check sheet [HERE](#)

## Other Issues

It’s important to remember that although sons operate with authority, and they don’t submit to the attacks of others in any way shape or form, they resist attacks appropriately. As Brené pointed out in her lecture, we don’t need anger or ultimatums to protect ourselves. We just need courage to stand firm, clarity in what you want from others, and the self-belief that we are worthy of being respected. Forceful actions to stop others using us or pestering us, are not Kingdom attributes. Instead we use gentleness and remain at peace when we deal with them, while remaining firm, but reasonable.

## Cautions

The way of functioning outlined in this article is so we can walk in social maturity. It’s not a free ticket to be domineering, aggressive, nasty, haughty, brash, or any other unrighteous mode of behaviour. Sons are called to follow Father’s heart and mind (not Biblical imperatives, by the way) and that always means doing and saying what’s in alignment with him – that will always be righteous.

*e.g.*

I learnt on my journey of growing in my apostolic mantle, that I wasn’t to be forceful or harsh in my dealings with others. The reason for that was because those with a genuine apostolic gifting are seen as ‘prickly’ by those they come in contact with. This prickliness is their perception, not reality. However, when I was told that I was prickly, I realised why I had difficulty with many people – they didn’t know how to take me. Therefore, I had to be deprogrammed from the idea that I was ‘prickly’, to being one who had strength and authority, but kept it subordinate to the need to always display Father’s heart. That, of course, meant that I had to learn to be meek<sup>18</sup>.

We represent Father to everyone we meet, which is why we must learn to present his heart and character to others, as best we can. Along with that, we are to model ourselves on our King (as Jesus of Nazareth) who is our prototype.<sup>19</sup> He ‘rubbed people up the wrong way’<sup>20</sup> because he opposed their religion, philosophy and societal structure. However, he didn’t deliberately ‘turn people off’<sup>21</sup>, that was an outcome of being forthright in presenting the Kingdom of Heaven at all times. That irritated the religious leaders,

16 – ‘to communicate or take part in discussions in a way that is not direct’ [dictionary.cambridge.org/dictionary/english/backchannel](https://dictionary.cambridge.org/dictionary/english/backchannel)

17 – ‘to jump over’: i.e. skip being a gossip

18 – SEE: “Kingdom Meekness” (22-3-2020) [canberraforerunners.org/wp-content/uploads/2020/03/Kingdom-Meekness.pdf](https://canberraforerunners.org/wp-content/uploads/2020/03/Kingdom-Meekness.pdf)

“A Different Take On - Meek and Lowly in Heart” (20-9-2023)

[canberraforerunners.org/wp-content/uploads/A-Different-Take-On-Meek-and-Lowly-in-Heart.pdf](https://canberraforerunners.org/wp-content/uploads/A-Different-Take-On-Meek-and-Lowly-in-Heart.pdf)

19 – PROPHETIC JOURNAL: “See Me As Your Prototype” (24-3-2015)

[canberraforerunners.org/wp-content/uploads/2021/04/33b-See-Me-As-Your-Prototype.pdf](https://canberraforerunners.org/wp-content/uploads/2021/04/33b-See-Me-As-Your-Prototype.pdf)

20 – Colloquial for ‘to annoy someone without intending to’ [dictionary.cambridge.org/dictionary/english/rub-the-wrong-way](https://dictionary.cambridge.org/dictionary/english/rub-the-wrong-way)

21 – Colloquial for ‘something that you dislike or that you do not find interesting’ [dictionary.cambridge.org/dictionary/english/turn-off](https://dictionary.cambridge.org/dictionary/english/turn-off)

not the public, and definitely not the ‘sinners’<sup>22</sup> of his day whom he spent time with. To the populace, they felt the strength and authority that he carried, and the wisdom he transmitted, but also the love and acceptance that he embraced everyone with.

## **Be Teachable**

There are places where we can set boundaries, but which are not appropriate. Such an instance is when we’re in a position of being under another person’s oversight. In whatever situation that oversight may be, one of the overseer’s tasks is to teach and train us so we improve in some respect. It’s not appropriate to set boundaries which prevent them from doing their oversight or their education of us. We can, however, set boundaries in the way they interact with us, just as we might do with how we accept such things as discrimination, harassment, etc. As an example, if they are dishonouring towards us – within reason – we should have a boundary for that, without going ‘over the top’<sup>23</sup> about it.

**REMEMBER:** The Kingdom functions on a culture of honour, even though sons have authority and power. We must not neglect honouring others, just as we are honoured by the angels<sup>24</sup> and all heavenly beings.



Read up on honour in the book ‘Culture of Honor’ by Danny Silk [HERE](#)

We always need to be teachable. If we aren’t, Father won’t be able to deprogram and reprogram us – we’ll prevent him or limit him from completely setting us free. That teachability needs to work in society, home, work, or wherever we find ourselves, because it’s part of being a good citizen and a wise person.

**REMEMBER:** Sons are members of families, society, organisations, the workforce, etc. Therefore, to get along with other people so they can be influenced for the Kingdom, we need to be reasonably acceptable to those we talk to and connect with.

Brian Simmons recently put out an article on this topic of submitting to correction. Here’s some of it:

*“When the wise are corrected, they appreciate the value that correction brings. If we want to grow in our understanding, we must remain teachable. We are all still learning more about God and his kingdom. Each of us is still learning about the world and its ways. There is so much more to discover, and this will always be the case. The universe is still expanding, so why would we be so foolish as to think that we know all there is to know?”*

*A humble and teachable heart is a wise person’s strength. The proud refuse to hear differing perspectives, but the wise take the time to listen in order to understand. We must choose the path we will take. The exceedingly good news is that no matter how resistant we have been before, we can choose at any moment to quiet ourselves and learn from others. Correction is humbling, but it is an opportunity to expand our own world.”*<sup>25</sup>

Father has also given us some pointers on this:

*“Do your best to not treat someone with contempt. It is not something you can take back, and you will be left with regret. It will take you out of the spirit and deposit you squarely in the flesh. Think twice before you violate the boundaries of another individual with disdain.”*<sup>26</sup>

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22 – e.g. tax collectors, Samaritans, prostitutes, thieves, etc.

23 – Colloquial for ‘being unduly excessive’, ‘extremely or excessively flamboyant or outrageous’

[www.merriam-webster.com/dictionary/over-the-top](http://www.merriam-webster.com/dictionary/over-the-top)

24 – “A Different Take On: Understanding The Word ‘Angel’” (9-8-2025)

[canberraforerunners.org/wp-content/uploads/A-Different-Take-On-Understanding-The-Word-Angel.pdf](http://canberraforerunners.org/wp-content/uploads/A-Different-Take-On-Understanding-The-Word-Angel.pdf)

25 – EXTRACT: Brian Simmons (11-9-2025) “Encounter God’s Heart... Teachable Heart” [distributed e-newsletter]

[us10.campaign-archive.com/?u=8c3eb957a5ad87253d475a511&id=01a44cc4a5](http://us10.campaign-archive.com/?u=8c3eb957a5ad87253d475a511&id=01a44cc4a5)

26 – Marsha Burns “Small Straws in the Soft Wind” (June 14, 2025) [www.ft111.com/smallstraws.htm](http://www.ft111.com/smallstraws.htm) [ARCHIVE: [www.ft111.com/straws2025.htm](http://www.ft111.com/straws2025.htm)]

*“Be diligent to stay within in the confines of your boundaries as marked by your responsibilities. In other words, do not intrude into the lives of others without their consent. Be sensitive to the leading of my Spirit,” says the Lord, “and in general, mind your own business.””<sup>27</sup>*

*“Stay in your lane. You would love to fix everything around you that is out of order or against your code of ethics, but you have no authority to butt in. Remind yourself of your boundaries. You have authority where you have responsibility. Mind your own business.”<sup>28</sup>*

*“Maintain your composure in the days ahead. You are likely to step outside the boundaries of normalcy and exhibit unusual behavior. So, set a watch and spend time in My presence, says the Lord, where you can regain spiritual balance.”<sup>29</sup>*

For more information on boundaries and relationships, check out these resources:

 Professor Brené Brown “People Will Treat You How You Let Them - Here’s How to Set the Standard” [LINK](#)

 Dr. Henry Cloud & Dr. John Townsend “Boundaries: When To Say Yes, How To Say No: When to Say Yes, How to Say No, to Take Control of Your Life” [updated] [LINK](#)

 Mike Parsons “Boundaries” [LINK](#)

 Mike Parsons “Setting Relationship Boundaries According to God's Will” [LINK](#)

►► My archived teaching articles are [HERE](#) & [HERE](#) ◀◀

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([www.CanberraForerunners.org](http://www.CanberraForerunners.org))

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(Readers will need to look up for themselves any scriptures alluded to in this document)

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27 – Marsha Burns “Small Straws in the Soft Wind” (May 3, 2025) [www.ft111.com/smallstraws.htm](http://www.ft111.com/smallstraws.htm) [ARCHIVE: [www.ft111.com/straws2025.htm](http://www.ft111.com/straws2025.htm)]  
28 – Marsha Burns “Small Straws in the Soft Wind” (May 15, 2025) [www.ft111.com/smallstraws.htm](http://www.ft111.com/smallstraws.htm) [ARCHIVE: [www.ft111.com/straws2025.htm](http://www.ft111.com/straws2025.htm)]  
29 – Marsha Burns “Small Straws in the Soft Wind” (Dec. 3, 2024) [www.ft111.com/smallstraws.htm](http://www.ft111.com/smallstraws.htm) [ARCHIVE: [www.ft111.com/straws2025.htm](http://www.ft111.com/straws2025.htm)]

## Spiritual Abuse Resources

- Ken Blue (2009) “Healing Spiritual Abuse: How to Break Free from Bad Church Experiences”  
[www.amazon.com.au/Healing-Spiritual-Abuse-Church-Experience-ebook/dp/B0028N61KK](http://www.amazon.com.au/Healing-Spiritual-Abuse-Church-Experience-ebook/dp/B0028N61KK)
- Matthew Linn (1994) “Healing Spiritual Abuse and Religious Addiction”  
[www.amazon.com.au/Healing-Spiritual-Abuse-Religious-Addiction/dp/0809134888](http://www.amazon.com.au/Healing-Spiritual-Abuse-Religious-Addiction/dp/0809134888)
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