



**BREAKING
THE YOKE OF WRONG**

Relationship



Elizabeth Ife-Adetona
(MOTHERTREASURE)

ABOUT THE BOOK

Relationship is the foundation for marriage. A right relationship makes a right marriage and a wrong relationship makes a wrong marriage. What makes a relationship wrong or right is at the foundation of such relationship. So, it all boils down to the foundation.

This book *Breaking the Yoke of Wrong Relationship* takes the issue from the foundation and in an easy-to-understand manner and explains how a shaky and faulty foundation of a relationship can lead to a faulty marriage.

The book explains the concept of wrong relationship, how to identify it and how to come out of it in the first section then goes ahead in the second section to explain what an abusive relationship looks like and how to be free from an abusive relationship and an abusive partner.

May the light of God's word that has shone through this book shine into your hearts and may you receive strength to break off any wrong and abusive relationship you may be into.

May the communion of the Holy Spirit be with you.

ABOUT THE AUTHOR

Elizabeth Ife-Adetona fondly called “MotherTreasure” is a multi-versatile relationship and marriage minister. She is known for her simplicity and down to earth teachings. To the singles and engaged, she is a relationship coach; to the married, she is a marriage Counsellor and sex educator.



She’s a fitness coach, a passionate fashionista and the visioner of the “Naturalist Clique”; an initiative that helps Christian sisters dress godly and look beautiful all the time. She is a contributor to the relationship section of the Daily Communion, a discipleship and devotional manual that reaches tens of thousands of households daily. Her teaching videos called “LoveWits” which is released to her YouTube channel “*Elizabeth Ife-Adetona*” as well as her books, articles and messages have also been a source of constant blessing to several lives and homes.

MotherTreasure is a Director at the Sons and Daughters of Zion [SADOZ] Worldwide, an interdenominational discipleship ministry. She is also a lecturer of relationship courses at the Koinonia Bible Institute, an online training academy. The courses she handles include: Masterclass on Sex Education, Masterclass on Relationship, Masterclass on Courtship among others.

She is married to Pastor Ife Adetona and their home is blessed with godly seeds.

Breaking the Yoke of Wrong Relationship

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Unless otherwise indicated, all Scriptural quotations in this book are from the King James Version of the Bible.

DEDICATION

To everyone who have successfully made it out of wrong and abusive relationships.

To everyone who will take the courage to leave such relationship after reading this book.

To every child who suffered due to the abuse that exists in their parents' marriage.

It is my passion to put an end to wrong and abusive marriages by discouraging it at the foundation stage which is the relationship stage

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Testimony from Masterclass in Relationship, Koinonia Bible Institute, SADOZ

I am grateful to Almighty God for this great privilege to be part of SADOZ group, joining was accidental but now I discover it was for a purpose. When I saw the advert of the KBI schools, I was interested but needed to start from where it mattered most at the moment for me and I thank God because I don't regret the time spent to listen and put everything into practice. **I was in a relationship which turned into an abusive one for 9 months** but God visited me after listening to the lectures. **Ayobami E.**

Through the school, I know what wrong relationship entails, how to come out of **wrong relationship**, how to identify a man of vision and lots more. The school has really blessed me. God bless MotherTreasure and the ministry. **Olalere B.**

Before I attended this course, I was filled with so much guilt, uncertainty and distress. I felt like the worst person on earth and I had no one to confide in, no one to speak the whole of my heart to because I had been involved in a lot of **sexual immoralities** and I was at this point where I wanted to stop it and do better things with my life but I didn't know how to go about it; I tried reading the bible every day but I got frustrated because I did not really understand. In fact, I did not even know that I was a woman because I do not notice myself, I just do as I like and wear oversize due to low self esteem but during the course of this school, I was made to understand that my past shouldn't dictate my future, chastity is a virtue as much as virginity is also a virtue. I can now speak with so much confidence that I am a woman, who is fulfilling her God-given purpose, dressing to glorifying God, living a life free of guilt and filled with the glorious promises of God. **Areola O.**

I have really been blessed by attending this school. The teachings were explicit. These are teachings that my mother has been unable to teach me due to ignorance. If I had been taught at my early age, **I wouldn't have gotten involved in ungodly relationships right up to the last one that almost took my life** but I thank God for mercy and another chance that He has given me to make things right. Thanks to SADOZ Koinonia Bible Institute for giving me the opportunity to be part of this school. **Ngwingnchi D.**

I bless God for the opportunity I had to attend this institute. Every of the lectures were eye opening. I learnt new things. Glory be to God! **Akinwumi G.**

This class was really an eye opener and my experience on each lecture was wonderful. I learnt new things, unlearnt some things and now I have more knowledge. God bless MotherTreasure and Pastor Ife. More grace to my tutor. God bless SADOZ. **Olawale R.**

Sincerely speaking, I want to appreciate God for the grace to be part of this class, I can't but appreciate daddy and mummy for those great teachings and kudos to my tutor, God bless you sir. The school has birthed new understanding about how to manage my friendship with friends and fiancée, especially my female friends and I know with what I've learnt in the school, I will be a good father not to my children and wife alone but to the society by God's grace! **Afolabi E.**

CHAPTER 1

IDENTIFYING A WRONG RELATIONSHIP

Moreover I will appoint a place for my people Israel, and will plant them, that they may dwell in a place of their own, and move no more; neither shall the children of wickedness afflict them anymore, as beforetime.

2 Samuel 7:10

I want to congratulate you for coming in contact with this book. This book will reveal to you what wrong relationship is thereby making you realize if you are in one. This book will also guide you on how to successfully come out of such bondage and guide your steps into entering a good and profiting relationship.

The first step in coming out of a wrong relationship is to identify what a wrong relationship is.

Wrong relationship simply means that you are not where your Creator wants you to be and you are not functioning maximally. There is a particular relationship or marriage where the all wise God, your Maker and Creator has molded you to thrive and live a fulfilling life. If you belong to any other place aside that place it is a wrong place to be. The Scripture says that I will appoint a place for my people, a place of their own.

You may be wondering how to know where God wants you to be. The right question that should be on your mind however is, “how do I know

where God doesn't want me to be?" When you know where God doesn't want you to be, you automatically know where He wants you to be.

Pointers To A Wrong Relationship

- **Does it fall short of God's standard?**

Nevertheless the foundation of God standeth sure, having this seal, The Lord knoweth them that are his. And, Let every one that nameth the name of Christ depart from iniquity. 2 Timothy 2:19

The Scripture says that the standard of the Lord stands sure. There is a standard measurement of God that can be used to measure all relationships. With that measuring line we can easily detect a wrong relationship.

The measuring line states that **“any relationship God does not author is wrong”**. So, the question is; was it God who initiated that relationship of yours? You are not as wise as God. You don't know His mind. The Bible says that as the heavens are far above the earth, so are His thoughts far from our thoughts. If He didn't initiate it, you are not in His will. Remember that it was God that gave Eve to Adam. So, a right relationship is not that one you went into without involving Him. God will not finish what He did not author. Know that and know bliss.

- **Any relationship you jumped protocol to commence.**

There is a process to everything. When you miss any of the steps or processes involved in getting a thing done, you won't get the right result.

In initiating a relationship, there are processes and ways to it. The book of Genesis shows the steps it took God to give Eve to Adam.

And the LORD God caused a deep sleep to fall upon Adam and he slept: and he took one of his ribs, and closed up the flesh instead thereof; And the rib, which the LORD God had taken from man, made he a woman, and brought her unto the man. And Adam said, This [is] now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man. Genesis 2:21-23

Here, we see that God took one of Adam's ribs, built up a woman for him, brought it to him and Adam said; this is the bone of my bone and the flesh of my flesh. But before that could happen, we read that Adam slept. A sleeping man doesn't watch over himself. He doesn't use his energy or mind. He has committed himself into the hands of God. The Psalmist says: *I laid me down and slept; I awaked for the LORD sustained me-Psalms 3:5*. Relating that to relationship, it means that a man must seek the face of God in prayer. He must submit His will to God. He must be in a restful mood and fully trust in God's judgement. The Scripture says; a man must not rely on his own strength or wisdom (Proverbs 3:5-7). It takes a man who is after what God has to say first to demonstrate that He doesn't trust in His own wisdom but in God's.

Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil. Proverbs 3:5-7

The first thing to do if you are serious about allowing God lay the foundation of your relationship is praying to know His mind about the person you want to propose to. And in the case of a lady, the foremost thing to do after receiving a proposal from a man is consulting God through prayers. When my husband proposed to me, the first question I asked was if God actually led him to me. I asked what God told him. He said a lot of things and I confirmed it. When I asked for what God told him, it did not mean that his conviction would become mine but I had to be sure he didn't come to me out of his self-will.

A lady shouldn't take 'God says' from a brother as the final, she also has an equal access to God and so, she must hear God for herself. More than ever before, we are in a very critical generation. There are brothers who intentionally conceive a lie as a proposal and present it to sisters. Many gullible sisters have fallen victim of this. Some brothers also received wrongly. What they thought was from God only came from their flesh. We have seen cases of brothers who proposed to sisters who were already engaged or claim to have received sisters who were about to get married. If the lady had not been in a relationship when they proposed, they would have had a chance to build a relationship on falsehood.

Thank God for sisters who can hear God by themselves. I have seen ladies who weren't in any relationship but turned down several proposals because they believed God wasn't leading them even though the brother had a "strong" conviction or all it takes in the natural.

There is nothing wrong in a brother seeing a lady and admiring her or wishing that she could become his wife. However, the next thing to do is

not to go ahead to propose or to begin to nurture the thought in your mind. The next thing is to consult God. To Adam, it was God who came first. If Adam was to rely on his wisdom, he probably would have taken one of the animals in the garden as his spouse. All the while, he was alone and probably feeling lonely but he waited patiently on God. When you pray, God presents to you the right and best person in His master plan to you.

Features Of A Wrong Relationship

Let's discuss the features of a wrong relationship.

- **A relationship that was built on the premise of being boyfriend and girlfriend.**

There are several people who started a relationship on the basis of the worldly standard of boyfriend and girlfriend before they got to know about God's standard or even became born again. When such people discover God's standard, they often believe that they can continue with the relationship and finally end up in marriage. Some argued that they presented the situation to God after becoming born again and God permitted them to continue. But the truth is that it doesn't work that way. The God I know will not finish what He did not start or author. The right thing to do is to end the relationship and start afresh with God as far as marital relationship is concerned. And I like to emphasize that thinking that God would give you that same person is mere deception. So, if you are in this category, it is advisable that you consider breaking up else, you may end up with a permissive will.

- **Struggling for compatibility in character**

The second feature of a wrong relationship is that those involved struggle for compatibility in terms of character. You may not have the same trait but what is lacking in one should be found in the other because ***you are not going into marriage to compete but to complete each other.*** However, in a situation where both of you are lacking in the same area especially in important areas, then you may be in a wrong relationship. Take for instance, if both of you have anger issues, it is a big red flag that the relationship may be wrong.

- **Struggling for goal compatibility**

Another area where there may be friction or struggle in a wrong relationship is when the individuals involved are struggling for compatibility as regards to their life goals. Now, let me clarify that it is not unlikely for God to lead a person to someone whom they don't seem to have likely goals. Take for instance; God can lead someone who wants to become a missionary to someone who has never wanted to settle for such. Such a person whether a male or female might have said it repeatedly that they will never marry a missionary yet, God may lead a missionary to such. In such a case, the dissenting party must agree to that vision or goal within three to six months. The person must settle with that fact within that period of time. If one person is finding it difficult to settle or agree with the goal or vision of the other, then it is likely that it is a wrong relationship because God is not an author of confusion. ***For God is not the author of confusion, but of peace, as in all churches of the saints. -1 Corinthians 14:33.***

- **Match-Making**

I often say that even if God is not interested in directing us maritally, I can never settle for match-making. Even if God called my name and tell me plainly that I can choose whoever I want, I can never agree to a match-make. Marriage is far more important and more serious than how lots of people take it. I agree that a third party can genuinely introduce two persons to themselves with a marital relationship in mind however, it should not be a direct contract for a relationship. There are various Christians platforms today where they match-make single men with ladies. Going on such a platform in order to get a match-make will only lead to a wrong relationship.

- **Light and Darkness**

This is when a believer chooses an unbeliever as a partner. This is not only wrong but it is deadly. It could be someone with a religion other than Christianity or a mere church goer who still indulges in partying, drinking, clubbing and so on. If you are in such a relationship, you are in a big mess and you should know that you are in a wrong relationship.

The basic criterion to determine if a person is a believer as far as relationship is concerned is that such can hear God speak to him or her directly. In other words, a man that can be led by God and a lady that can be directed by God. ***For as many as are led by the Spirit of God, they are the sons of God- Romans 8:14.*** If we read that passage the other way round, it would read as: for as many that are not being led by the Spirit of God, they are not the sons of God.

CHAPTER 2

EXCUSES PEOPLE MAKE TO STAY IN A WRONG RELATIONSHIP

It is better to initiate a strong relationship and maintain it with little prayers than to initiate a wrong relationship and try to maintain it with strong prayers. –Elizabeth Ife-Adetona

I want to believe that by now, you should know precisely if you are in a wrong relationship or not. You don't need any Counsellor or adviser to explain further to you. You don't need to argue with your conscience. The truth has no colour. It is either the truth or it is not. Facts can be denied but they cannot be changed. In this chapter, I am going to talk about the excuses people often make to stay in a wrong relationship.

- **I Would Rather Be With Him Or Her Than Be Alone**

Many are actually in wrong relationships because they don't want to be alone. They don't want to lose that "engaged" status. They don't mind what it would cost their destinies as long as they tell their peers that they are in a relationship. There are several sisters who are in a relationship or who hold on to a wrong relationship because they don't want to join the singles class when it is time for relationship talk when they go to camps.

- **I Can Cope**

Many people know that the relationship they are into is heading nowhere. They know that many things are wrong with it but they hold on to it believing that they can cope. They tell themselves that there is no perfect relationship and so, they remain there.

- **I Am In Love**

Another excuse people make to remain in a wrong relationship is that they claim to be in love. The fact is, any love that is not laid on Christ, will crash sooner or later. You may not want to leave a beautiful and expensive house even though you were warned that it has no solid foundation but it is just a matter of time before it collapse with you in it.

- **We Have Had Sex**

People find it difficult to leave a relationship where they have been having sex. This affects the female gender the most. They hang on to a wrong relationship just because they have been having sex. They feel coming out of such will make them feel used.

- **We Have A Child Already**

As strong as this reason may be, it is not enough reason to remain in a wrong relationship. The mistake has been made already; don't make bigger mistakes by holding on to it. It is a danger zone.

- **I Am Hanging On Till Mr. Right Comes Around**

Brothers may make this excuse but it is more rampant with sisters. They want to stay with Mr. Wrong while waiting for Mr. Right. What people in this category fail to understand is that even if the right person is around you, he would see you as unavailable. The signs and signals that will be coming from you will express that you are engaged no matter how much you try to hide it. And if that Mr. Right you are anticipating is a child of God, who relies on the leading of the Holy Spirit, you can be sure that the God that sees your secret will not direct His son to you. The right

thing to do is to quit such relationship. Do the right thing and the right man will come around in a matter of time.

- **We Are Committed To Each Other**

Many claim that they have introduced each other to their parents and everyone knows that they are in a relationship. All that doesn't matter compared to the risk before you. All those people you are concerned about will back out with time and you will be left alone in the marriage. So, it is wrong and dangerous to allow people's opinion to make you stick to a wrong relationship.

- **I Don't Want To Hurt His Feelings**

This could be in the case of a male or female. You are overly concerned about them because you have been together for a very long time and it can break them if you quit the relationship. But I want you to know that it is not worth your life. Whatever they feel today is mere feelings and feelings do not last. It will pass. In the nearest future, you will be grateful that you took the step. If your partner is also concerned about fulfilling God's purpose for their lives, they will also be grateful to you. It is impressed upon my Spirit to mention that this decision is personal. It is not the type that you wait for the other party to agree to.

- **I Will Change Him Or Her**

It is self-deception to think you can change a person with whom you are in a wrong relationship. This is because it is only God that can change a person and this God is not in that relationship with you. You refused to listen or yield to the voice of the Holy Spirit as touching the relationship because if you did you wouldn't be there. So, how do you think that that

person will be able to listen or obey the Holy Spirit? They can't hear or listen and that means they can't change. If they would change at all, it would be after you have left their life.

There is a place God has prepared for you, a place where you won't have to manage or endure but where you will keep enjoying. And if you don't leave the wrong relationship, you will not get to see that place or get there.

- **Age Is Not On My Side**

This is another excuse people give. They have probably wasted their time in wrong relationships or in a boyfriend and girlfriend affair and now, they are hooked up in a relationship which is also a wrong one. This time around however, they cannot bring themselves to quit the relationship on the basis that age is no longer on their side. Let me tell you, the best time to quit a wrong relationship was yesterday, another best time is now. There is no right reason to be in a wrong relationship. Quitting it is the only way you can open your life up for the right person to come in. Marriage is a life time journey and you cannot afford to spend the rest of your life with a wrong person just as you wouldn't want to fly by air with a truck driver disguised as a pilot.

- **He Is Good Enough For Me**

This is when you have concluded within your heart that there is no perfect man or lady anywhere. You feel that even if you lose this person, the person that would come will probably not be perfect and may not even be better than the person at hand. There may not be a perfect person but whoever God gives to you is the perfect person for you.

Wherever God leads you is the perfect place to be. You shouldn't be in that corner thinking that, that is the best you can ever get.

- **I Will Pray**

This excuse always cracks me up. It's just like a man who built a weak foundation but is determined to construct a very strong building on it. ***It is better to initiate a strong relationship and maintain it with little prayers than to initiate a wrong relationship and try to maintain it with strong prayers.*** Is it not an irony that you didn't pray before starting the relationship but want to pray to keep it going?

- **Who Will Marry Me?**

This is the last excuse I will be talking about on why people remain in a wrong relationship. This is common with ladies but men also give this excuse. It could be that the lady has had abortions as a result of being in the relationship, lost her womb or have a disability which she feels will not make anyone to marry her except that man. The first mistake here is that you should not look for who will marry you. You are to look unto God, the Author and the Finisher of your faith. You are to trust God to help your situation and put you in the place where He wants you to fulfill purpose.

I will like to close this chapter by saying that none of these excuses is worth your life and peace. Many want to enjoy marriage but end up in the jail of marriage. And I know that you don't want that to be your portion. That is the more reason why you shouldn't remain in that relationship. Let us consider the analogy of a thirty year old man or lady who gets married to the wrong person and lives for 70 years. It means

that such person would spend 40 years of the rest of their life in a wrong marriage. Think about it.

CHAPTER 3

WRONG STEPS TO COMING OUT OF A WRONG RELATIONSHIP

Many have come to the point of deciding to exit a wrong relationship but only took steps that led them deeper into it.

-Elizabeth Ife-Adetona

It is one thing to realize and accept that you are in a wrong relationship and it is another thing to decide to come out of it. Many have come to the point where they decided to quit a wrong relationship but took steps that led them deeper into it. There are steps you will take that will take you out and there are some you will take that will entangle you further. In this chapter we shall be examining those steps that will lead you farther instead of leading you out of a wrong relationship.

- **Wrong Association**

The first way out of a wrong relationship is being around the right people. If your association and friends are filled with shallow minded people or those who don't have the mind of Christ, who don't believe in what is called God's will or does not see anything wrong in a boyfriend and girlfriend relationship then, you will find yourself deeper in the mud because evil communication surely corrupt good manners. There are ways the acts, thoughts and speech of the company you keep get into you and keep pulling you down. When you move with the wrong people, you will keep doing the wrong thing. Every step you take will lead you deeper in the mud of a wrong relationship.

- **Praying the wrong prayers**

I have seen people who are sincere about coming out of wrong relationships but were only busy praying the wrong prayers. Prayers like: “*God, please if this person is not meant for me, break us up*”. If this word will not break you, God cannot break you. You have a role to play. ***You chose the person, you have to unchoose the person and then God will bless your steps.*** You have to make a deliberate effort on your part to come out. I do say that all what God will do for you is to send this word you are reading to you and then bless your efforts.

- **Praying without actions**

Bishop Oyedepo once said that *praying without actions is playing without knowing*. You can't pray and fold your hands. You are to take steps to break up and ask God to help you cope with the emotional consequence on your part.

- **Doing it all alone**

Breaking a relationship is very emotional and so you need to carry along a mature Christian. It could be your spiritual father, mother, mentor or anyone who is mature in Christ that can help you fight the emotional battle that will arise. This person will help you stand on your feet when you are about breaking down emotionally.

CHAPTER 4

WHAT TO EXPECT FROM YOUR PARTNER

Love alone cannot give you the everlasting joy God has reserved for you. –Elizabeth Ife-Adetona

In this chapter, we will examine likely things you are to expect from your partner when breaking up. It is important we touch every area involved so that nothing will take you by surprise while trying to come out of a wrong relationship.

EXEMPTIONS

The things I am about to mention here will be apparent only when the person involved is not deceiving you and actually loves you to a large extent. We have seen cases where the two parties involved actually loved each other but they had to quit the relationship because it was laid on a wrong foundation. It is in such situation that things that I will mention in this chapter can arise.

I once counseled someone on how to go about breaking a wrong relationship. I told her all the things to expect but on telling her partner, the man only said *“that’s fine”*. In that case, you can be sure that it has been a deception all along. There was another case I handled, when the lady communicated her intention to the man, what he said was that *“no problem but just give me a goodbye sex”*. That shows that she was only a sex tool.

I have counseled so many people along this line and I can tell you that most of those in wrong relationships especially ladies are actually

involved with a man that do not care about them. The very relationship they are trying and fighting hard to keep doesn't mean anything to the guys involved. It was only at the point of breaking up that many ladies realized that the men in the relationship did not place much value on them. You will be doing yourself a lot of good to break up from the wrong relationship you find yourself.

If in your own case, you realized that both of you are actually in love but decided to break up because you don't want to settle with anything less than the perfect will of God then, you should expect the things I am about to mention. Let me emphasize that your reason for breaking up should be that you want God's will for your life. It must be that you want to re-align yourself with God at the point you have missed it. If you break up for any other reason, you are likely not to be able to come out of it or go from a wrong relationship to another wrong or even worse relationship.

What to Expect from your Partner while Breaking-up

- **Shock**

The first expression to expect from your partner is shock especially when the decision to breakup is one sided. In some cases, it is both parties that would decide to break up for good. In such cases, there usually won't be such drama but in most cases, it is one person that God would touch and would want to discontinue the relationship. When he or she goes on to break the news, the other party would be shocked to hear it. The shock would be followed by rejection and denial. They would wish the news never came and want to disbelief what they just heard.

- **Questioning**

I have said it repeatedly that breaking up is highly emotional. It is even more emotional than the relationship itself. The other party will start asking questions like: *“what have I done wrong”, “where did I miss it”* and several other emotional questions. So, you need to be very strong while breaking up so you don’t get pulled down at this point.

- **Sobbing**

This has nothing to do with a particular gender. Even the males would cry and sob if they truly love their partner. Even the person breaking up would even cry either openly and secretly. It would be more serious if the person breaking the relationship is the man. The lady is likely to cry her eyes out. This is not due to any other reason but their natural make-up. In other instances, when it is the lady that is breaking up, you may even expect her to weep more than her male partner who is hearing the news. This is a very emotional point in the breaking up process and you should be ready for it. You should anticipate it and prepare for it.

- **Anger**

After they have been through the shock, ask questions, plead, weep and so on and it doesn’t seem that the person would change his or her mind then, they may become angry and aggressive. This could be a reaction to the fact that they had invested a lot into the relationship and see the other person has been wicked. They may confront the person with questions like: *“after all that I have done or that we have been through together, is this how you will repay me?”* and many other guilt tripping expressions like that.

- **Pleas**

This might have appeared earlier but it would resurface again at this point. They would come begging and requesting that they should come together again and find a way to work things out. They would vow to do anything you may want from them. They will come begging passionately and emotionally. This period may also be very difficult and so you must be ready for it.

- **Argument**

Another thing to expect is that they would want to argue and struggle with the person who wants to end the relationship. They would want them to change their will with force.

- **Negotiation**

When previous tactics doesn't work, they will succumb to negotiating. Men are very good at this. For instance, if you tell them that you want to break up because you want to trust God for His will, they will claim that they are also a child of God and that they believe they are God's will for you. If you have been fornicating or committing sexual sins together, they will suggest to you that you should continue the relationship and they won't request for sex anymore. They will promise not to even kiss you again and the likes. If you give them other reasons like some bad characters they may have like anger issues, they will vow to change immediately. They would be ready to make any and every promise if they truly love you.

Yes, they may love you but the issue at hand is not about love. The reason you want to put an end to it is not because you think they didn't

love you. **Love alone cannot give you the everlasting joy God has reserved for you.** Several men may come your way and truly love you but only one is meant for you and it is that very one God would give to you.

Many, especially ladies will give in at this point. They would tell the man that if he would do the things he has promised, they are ready to compromise their previous stand. One thing that can help you at this point is to always remember that the reason you are breaking up is not about them. It is not about what they are doing or what they are not doing but mainly because you want to do the will of God, to get God's mind, to fulfill purpose and to be where God wants you to be.

- **Becoming Rude**

After expending their strength in negotiating, they may become rude to you and even insult you and everybody around you.

- **Showing up uninvited**

This can happen at any point in the breaking up process. Some other points we have discussed can also appear at any stage or re-appear. It doesn't necessarily mean that it would be sequential but you should expect most of them if not all. If they know your house or where they can see you, they will show up at your door to demand an explanation or to plead or argue or even negotiate. They can even visit your friends and family members. It doesn't matter where they live. As much as they love you, you can expect them to show up because they would feel that if you see each other physically, you may have a change of mind and that is likely to happen if you are not prepared for it.

- **Third party involvement**

As a last resort, after they have made personal efforts, they will attempt to involve a third party. It could be their friend or your own friend, it could be a family member or anyone they know who could talk to you for a change of mind.

Everything I have listed thus far is from life experiences. A person who loves you will surely exhibit these things. You should be ready and be prepared for it. Meanwhile, don't be surprised if in your case, your partner who you may want to break up with does not exhibit any of these or only made few attempts and give up. It only proves that they didn't give a damn all along. If that happens to you, you shouldn't feel sad but be thankful that you took the courage to break free from the relationship. Knowing all the things I have mentioned in this chapter will equip you for the emotional fight. And you must always remind yourself of the reason you are breaking up.

CHAPTER 5

HOW TO BREAK LOOSE

Don't break up with the mindset that you may pray a bit and God would lead you back to them. –Elizabeth Ife-Adetona

This is the action part of this book. You have realized that the relationship you are into is a wrong one. You understand what to expect but how exactly should you put an end to everything?

- **Be Clear On The Reason**

I have mentioned this repeatedly in this book. You should be clear on the reason for breaking off the relationship. The reason I have presented to you again and again in this book is that you need to be where God wants you to be. You want to fulfill purpose. And if you will fulfill purpose, you have to be in the exact strategic place God wants you to be. This is one thing you cannot figure out yourself unless you are aligned with the mind of God. This is a very important reason and enough to want you wish to put an end to the relationship.

Nothing in life is worth more than fulfilling your destiny. If you have been blessed thus far by this book and by any of my books, messages and ministrations, I want to tell you that I wouldn't have been able to bless your life this way or fulfill purpose if I had remained in that wrong relationship I was into. It was a relationship where I had invested a lot. It was a relationship with a person who professed love to me and did everything I mentioned in the previous chapter to the fullest. He did all, back to back. But this one reason is so important to me. My destiny and purpose are more important to me. I may manage to make heaven if I

had married him or any other man but I wouldn't even realize this deposit of God in me if I am not where I am today. That is why I have no other reason to present to you other than this.

I tell you, if you aren't breaking up because you don't want to miss the mind and purpose of God or because you don't want to miss it maritally, then, I won't encourage you to break up in the first place. Else, you will find yourself in another wrong relationship and that is if you are able to even break up.

- **Be Prepared To Discuss The Reason**

Even before you break the news to them, you must be ready to discuss the reasons especially if it is a person who really loves you like I have repeatedly mentioned. They will surely ask *“why are you doing this to me”*, *“why do you want to put an end to it”* and so many “whys”. You mustn't plan to end a relationship with the intention that you will avoid the discussion part of it. You should also expect that other people who know about the relationship will ask you. When they do, your answer shouldn't be that *“I don't want to talk about it”*. You must be ready to talk about it to him and other people who you think deserve to know. The more you talk about it and state your reasons for breaking up, the more convinced and assured you will be.

- **Focus On The Relationship And Not The Person**

While you are coming out of a wrong relationship, you shouldn't mix things together. You are coming out because you want to do God's will. Don't mingle that with excuses like: *“you have done something to me in the past and that is part of the reason”* or to make excuses about their

character. That would be a big mistake. As long as you focus on the person, you will keep compiling their faults both recent and old ones. What this will cost you is that when you bring all those things up, they will plead with you and even make promises which may make you do away with those things you claimed as reasons for breaking up. One thing they cannot compel you to do away with is the fact that you are breaking up because you want to do God's will.

The relationship may be wrong; it doesn't mean that the person is wrong. Don't paint the person black because you want to end the relationship. A proverb says that *you should not call a dog with a bad name because you want to hang it*. When people ask you what the person's offence is, let them know that it is not about him but about you and God.

- **Set Boundaries For The Break Up Talk**

When you inform the other party about the reason why you are breaking up which is because you want to do God's will; you want to be in His plan and purpose and so on, don't go to discuss such in their house or room. It will be very wrong to return to the same bed on which you have fornicated to break such news. If you do so, you shouldn't be surprised if you find yourself back in their arms fornicating with you.

Instead of going to their house, you can invite them over to a public place or better still, break the news over the phone. It could be via a call, SMS or chat. If they invite you for a discussion and you are strong enough for it, you can meet with them in a public place. If you are not strong enough for a physical meeting, a voice call for few minutes would do. You

should avoid video call as well else you get too emotional. If you are meeting physically in a public place, you should alert someone who can keep a tab on you so that you don't go from that public place to a secret place.

The most important thing here is that, you shouldn't go to a closet to discuss it be it their house or at a friend's place, not even your own place. You are not breaking up because you don't love them or because they are cheating on you or because you don't have feelings for them anymore. The feelings and emotions as well as the love is still there, if you meet in a secret place, you shouldn't be surprised if you get overwhelmed by your emotions. So, you should as much as possible meet in an open place or avoid meeting physically altogether.

- **Hit The Nail On The Head**

The next thing is to hit the nail on the head. Tell them directly. Don't beat about the bush or perambulate. Don't tell them: *"erm, I think"*. Don't think and be specific. For example, *"I want us to stop seeing"*, *"I want to end this relationship"*, *"I want us to stop communicating because..."* You should state your reasons and say: *"I don't think I can cope any longer or I think God is trying to say something to me"*. No! Hit the nail on the head. State your reason pointedly.

- **Don't Leave False Hope**

When you are quitting a relationship, you shouldn't give the other party a false hope. You shouldn't promise them that you may still come together again if God wills it. Don't make speech like: *"we can never tell, God may still lead me back to you"* just because of the emotions and

feelings that you have for them. It doesn't work that way. God will surely not direct you back to them. I know you don't like to hear that but I have nothing to tell you but the truth.

Don't break up with the mindset that you may pray a bit and God would lead you back to them. To think God can lead you back to them means that you were able to figure out God's intention and plan for your life with your head or by your own wisdom without even involving Him in the first place. You will agree with me that, that is not possible.

You mustn't leave false hope. You mustn't make statements like: who knows tomorrow, we may still come together and even get married. Making such statements shows that you have lost focus and direction. When you are breaking up, you should talk with clear conviction and boldness. You should talk like someone who realizes that he cannot serve God and mammon. Like a person who knows that it is either you are ready to shine with God or to shine without Him. There is no middle ground to it.

CONCLUSION

In conclusion to the first part of this book, the only way to have a good marriage is to lay the foundation in Christ. ***The foundation of a good marriage is a good courtship.*** The Bible says you shouldn't be unequally yoked with an unbelievers (2 Corinthians 6:14). This doesn't only refer to unbelievers; it also refers to someone who is just a church goer without redemption or constant walk with Christ. You may think that the person is now saved and so, you want to go on with them or that since you have realized the need to involve God, you can continue with the relationship. All that point to one direction- it means that at the point you got yoked together, you were unequally yoked.

Bad relationship is toxic to your spirit, soul and body. What will become of your destiny is determined by who you are married to. Wrong relationship will not only have an adverse effect on you but on your unborn children and generation. You should do all it takes to avoid it and to come out of it if you are already in one. Whoever you get married to will determine if you will make heaven or hell. ***If you would make heaven in a wrong marriage, it means it would be with bruises.*** And even on this earth, you will either experience hell on earth or heaven on earth depending on the kind of relationship you get yourself into. You have to choose wisely. I trust God to help and direct you to make the right decision and to be with you all your life.

There is a way that seemeth right before unto a man, but the end thereof are the ways of death. Proverbs 14:12, Proverbs 16:25.

SECTION B:
COMING OUT OF AN ABUSIVE
RELATIONSHIP

CHAPTER 6

COMING OUT OF AN ABUSIVE RELATIONSHIP

All wrong relationships may not be abusive but all abusive relationships are wrong. –Elizabeth Ife-Adetona

Relationship is the background of marriage. That means, a faulty background would lead to a faulty marriage and a good relationship will surely end up as a good marriage. “*We can describe how Sunday will turn out judging with how Saturday is*” goes a Yoruba proverb. In the first section of this book, we have talked expressly and exhaustively about how to identify and break out from a wrong relationship. I am sure that you have made a healthy decision that will lead you into joy and peace.

In this section of the book, our focus will be on coming out of an abusive relationship. **Not all wrong relationships are abusive but all abusive relationships are wrong.** You may have been praying to God to lead you out of an abusive relationship, this is your answer. You may be in an abusive relationship without knowing it, this is your light. You may be single now but have no wish to end up in an abusive relationship, this is your help. I want to charge you to be expectant. The knowledge you will get from this section will be highly expository and the wisdom behind it will liberate you.

Love And Comfort

We will be drawing direction from the book of Genesis 24:67:

And Isaac brought her into his mother Sarah’s tent, and took Rebekah, and she became his wife; and he loved her: and Isaac was comforted after his mother’s [death].

There are two major things I want you to focus on in that passage: love and comfort. Any relationship you are involved in that does not bring you comfort and love is wrong and it is an abusive relationship. If the right person is in your life, the person will not bring you pains. I am not talking about challenges that may arise but I am talking about someone inflicting pains on you. **Any love or relationship that is not bringing you comfort but pains, is abusive.**

Counting The Cost

Any abuse in your relationship is a red light telling you to take a break and count your cost. Some people may claim to be able to put up with the abuse. Putting up is not the issue but you should sit down to count the cost and consider the implication of continuing with the relationship.

Jesus, while He was teaching in the Scriptures mentioned that a man or lady who is building a home should start by counting their cost right from the foundation. He also stated that anyone faced with a battle or problem should also count their cost and determine whether to leave to fight for another day or go ahead to face it (Luke 14:28-32). Your decision is not as important but it's important that you first count what the future holds for the two of you.

Take A Break

Many get blindfolded and they can't bring themselves to think about breaking loose. We have seen people who decided to put up with what they are facing probably because of the material benefits attached or for other reasons best known to them. They have been beclouded with

whatever those things are and so, they cannot think right or make a decision that will be to their benefits and their unborn children. It is better to think beyond the present and project into the future. When a marriage is built on an abusive relationship you won't be the only one to bear the pain, the children you will have in the marriage will share in it. Prevention they say is better than cure. You shouldn't plan to treat a sickness that can be avoided altogether. At the point of courtship and relationship, there is still a remedy. You can work against ending up in a hell of a marriage.

Marriage Counsellors are some of the busiest professionals today. The reason is that there are too many troubled homes. But the problem started with the foundation. If we can properly address the problem from the root then we will have many joyful homes in the society. I have seen troubled homes. In fact, I see it all the times. At the same time, I have seen glorious homes. I know what a happy marriage looks like because I have one. This gives me the passion and desire to see that every young person out there gets it right.

But God led me

I think the most ridiculous thing I have ever heard from people in abusive relationship is the claim that it was God that led them into it. I know of a business woman who gets beaten and abused by her husband. The man is the definition of irresponsibility. He has no job and would even steal her money. This woman claimed that she married late because she was waiting solely on God's direction. She said she even kept herself sexually as a child of God. I felt sorry for her when she said that it was a prophet who told her that the man was her husband. She claimed to be

waiting on God but she allowed herself to be led by a prophet. It wasn't the prophet's fault; it was her fault because she claimed that she was a child of God. She is an example of those I described as a foolish virgin in one of my messages titled "*the foolish virgins*". She was waiting on God for a man but she didn't learn how to hear from God directly.

When you say God led you into an abusive relationship, you know that you are deceiving yourself and something is wrong with the so-called conviction of yours. There are people who also claim God led them to an unbeliever. They will even cite example of Prophet Hosea in the Bible who was married to a harlot. No wonder their marriages are not better than that of Hosea. God is not a gambler. He will not gamble with your destiny. If you want a marriage that will give you peace and comfort like Isaac's then you will not romance a relationship that brings you pain and distress claiming it was God that led you.

CHAPTER 7

CHARACTERISTICS OF AN ABUSIVE RELATIONSHIP

If that relationship doesn't make you better at the courtship level then, it cannot make you better in marriage. –Elizabeth Ife-Adetona

I don't wish to bore you with complex words or excessive classifications of an abusive relationship. In other words, I won't be differentiating or classifying an emotional abuse from a physical abuse. What I will be doing is to list the various elements of an abusive relationship. If you see any of the points in your relationship then you should understand that you are in an abusive relationship regardless of the type it may be whether emotional or physical or psychological.

I believe that the Lord will grant you understanding and deliver you from denial in Jesus Name. At times, when the truth comes out, the first thing that happens to a person in an abusive relationship is denial. You may find it difficult to accept that you are in an abusive relationship but I pray that beyond the denial, you will see light and make the right decision in Jesus Name.

- **Your Partner Shatters You With Words**

Words are very powerful. It is described as an egg because once said, it cannot be retrieved. Words spoken reflect the state of mind of the speaker and possibly what he has been brooding over for a long time. Words spoken consciously or unconsciously represent the thought of the speaker over a matter. The book of Proverbs 16:24 says *that pleasant words are as an honeycomb, sweet to the soul, and health to the bones.*

When instead of hearing edifying words from your partner, what you hear are shattering words then that is a signal of an abusive relationship. Such words reduce you to nothing. It makes you feel worthless. It could be things your partner says directly to you or what they tell others about you.

- **They Discourage You From Becoming A Better Version Of Yourself**

It is required that when you get engaged, you should become a better person. The Scriptures say; two are better than one (Ecclesiastes 4:9). This is not only in marriage because you started walking together from courtship. ***If that relationship doesn't make you better at the courtship level then, it cannot make you better in marriage.*** A healthy relationship should take you from the position you are to a better one. You should see signs that you are developing and improving day by day and not becoming less and less.

When you notice that the person you are journeying with discourages you and they are not working towards your personal development then that is a red flag. Marriage is a life time journey. It is easier to endure a thing that has an end; in fact, the consciousness that it has an end can carry you through but in marriage, you will only end up in frustration.

The Bible says it is better to live in the corner of the roof of a house than to live in a big house with the wrong person- Proverbs 25:24. The frustration experienced in a day in an abusive marriage cannot be quantified with all the frustrations you have experienced in all areas of lives put together. The moment you notice that your partner is not

making you better but less, you should know beyond a reasonable doubt that you are being abused.

- **When Your Vision Or Purpose Is Meaningless To Them.**

We all have visions and plans for our lives. We all have the things that we have a burning passion for and we want to discuss those things with those we love. But whenever you bring up your vision, purpose and passion, all your partner does is to rubbish it then, it is a sign that you are in a wrong place.

For instance, you told someone you love and who you want to spend the rest of your life with that you would like to run a crèche where you care for little children and the next thing they said was to ridicule your vision. The next thing they did was to ask if there are no better and meaningful things to do with your life. That is a red flag that that announces that you are in an abusive relationship. No vision is too small and no vision is bigger than the other. What a good partner should do is to encourage you to become the best in that vision you have. It is to see to it that you fully fulfill your dream but when they talk or act in the opposite direction, you may want to have a rethink.

Your purpose and dream is valid. It is as valid as that man who wants to become a medical doctor. It is as valid as that lady that wants to become a lawyer. It is as valid as your partner's vision. What their own vision is to them is what yours is to you because that is what gives you joy and peace and so, any good partner will support you whole heartedly. They don't even need common sense to know this; they just have to love you

and be committed to see you get comforted in every aspect of your life. Don't allow any man or lady to talk you out of your destiny.

- **They Claim To Be Superior To You**

Your partner tells you that they are superior to you either in the way they act or talk then you should know that you are in an abusive relationship. When you go into a relationship, you go there to complement each other and no one is superior to the other. It is true that the Bible says that a wife should submit to her husband but in respecting them, it is not about allowing them to talk you down, diminish you or make you feel inferior or less of a human to them. In fact, that is not the kind of person that the Lord is asking you to respect. Such isn't even worth being your husband or wife as the case may be. If anyone continually feels superior and you are more or less their subject then you are not in a good relationship, it is an abusive one.

Some of the things I have mentioned so far in this chapter may appear insignificant but they are the things that escalate into bigger issues and bring frustrations and troubles to marriages. Every living thing grows with time and it is the same with attitudes. ***If you think some attitude will change with time, it will only mature with time.*** I pray that you will be able to make the right decisions in Jesus Name.

- **When You Are Too Careful Around Them**

When you are too careful around your partner. You don't know what you will do that will make them angry or things you will say that they will pick up and get angry about. You are careful and fearful around them.

You watch the things you do and say. It seems you are walking on a very thin line. Then, you are in an abusive relationship.

However, it will be helpful to know that things get into the female gender easily and they may get very emotional or angry about things a man considers to be minor. But when it becomes habitual with no serious sign of mutual understanding or adjustment over time; that is a red flag of an abusive relationship. When it grows to the point that you start getting scared and fearful whenever you see your partner either in the case of a male or female then it is time to take your leave.

- **When Their Decisions Are Always Final**

When you are in a relationship with someone whose decision is final, such doesn't allow you to talk, give your input or reason together with you. You don't reach an agreement or they don't even consult you and your opinion never counts. It could be on issues that affect the two of you or affect them only but they don't find your opinion worthwhile then; it is a red flag of an abusive relationship.

In some relationships, especially when they are just starting, there could be some decisions that the other person takes without properly consulting their partner but this should change with time and it shouldn't be that the other person is utterly shut out of the decision making process.

When it becomes a usual thing, the norm or the standard that your partner takes decision without reasoning and deciding with you with no

sign of major improvement or total change then you should know that you are in an abusive relationship.

- **If They Are Possessive**

If your partner overly possesses you and everything you are and have then, you are in an abusive relationship. Such partner is very jealous and doesn't want anyone to come around you including male and female friends. They want you to themselves alone. They don't want you to visit certain places or work in certain places especially in areas that are harmless and beneficial to your purpose.

It is expected that a person who is over protective and possessive will not want you to fulfill your purpose. They don't want you to be noticed or mix with people let alone get the attention of people. They put a form of psychological or even physical fence around you just to camp you. They possess everything you have. They want to direct you on how you do things without even caring about what you think or feel. You are so possessed and oppressed by them that you become more or less like a dummy.

I know of a school mate who got married and suddenly, her phone numbers went dead. At some points, the husband began to answer her phone calls. There was another woman who got married to a rich man who gave her a beautiful jeep but hid her behind the walls of the house. He didn't want her to do just anything or go to public gathering aside the church. I can give you more and more examples of the kind of marriage a possessive relationship will lead to. These things happen so you can

learn from it and not become a victim. A possessive and over protective man or lady is very harmful in every way you may want to examine it.

It is expected that trust be built in a relationship and both parties should be open to each other leaving no room for suspicions but **it is better to leave a person who you can't trust than to start monitoring them.** It is also better to leave a person who can't trust you than you to subject yourself to the torture of suspicion. *It has been discovered that over-protectiveness and possessiveness are psychological reactions found in people who are not trustworthy themselves.*

- **If You Can't Display Your Potentials Around Them**

There are people in this kind of relationship where they are fearful of doing what they love doing around their partner because the kind of reaction and feedback they will get from them is negative. Take for instance a person who loves to teach but can't do that freely in the presence of their partner. You feel belittled and diminished for one reason or the other so much that you can't imagine opening your mouth, making impact or sharing knowledge with other people when you are around them. That is a sign that you are in an abusive relationship.

- **When They Don't Feel Bad Or Remorseful When They Hurt You.**

Another sign of an abusive relationship is when your partner doesn't feel bad or remorseful when they hurt you. They offend you and they are like: *"and so what?" What do you expect me to do? To beg you or do otherwise?* Hurts will surely come in every relationship. There is no way two people of different backgrounds will come together in a relationship that they won't hurt each other one way or the other. Even if you are from the

same backgrounds, offences are bound to come up but when your partner offends you and doesn't see anything bad or feel remorseful that they hurt you intentionally or un-intentionally then you are in an abusive relationship.

- **If They Are Selfish**

When you are in a relationship with a selfish person who is after their own good and neglects the good of others including your own, then you are in an abusive relationship. Such wants to have your time, care and even money in some cases but aren't ready to give the same in return. When a person is self-centered, everything revolves around them. If it doesn't have a direct value to them or if it is sacrificial, they don't want to be committed to it. If you are in a relationship with such a person then, it is abusive.

- **They Use Derogatory Words For You**

I can't imagine being in a relationship with someone who uses abusive and derogatory words anytime you make a mistake. They call you *stupid*, *mad*, *imbecile* and so on. It is so nauseating that you will even find the person in such mess defending their partner and saying it was because they were angry or in a bad mood. Some would even blame themselves for pushing them into such a mood that made them react or utter such things. If you are like that, then I have no pity left for you. Anyone that doesn't respect you in a relationship even if you are a female is abusing you.

- **If They Beat You**

This is the worst of all. If as a lady, you are in a relationship with a man that beats you then, I don't know what to say to make you realize what kind of situation you are in but let me simply say that you are in an abusive relationship. How on earth will a person you are yet marry beat you and you stay in the relationship crying and praying that God should change such a person. You are only subjecting yourself to a torture that that can be avoided. And the only help God can render to you is to send this book to you. If care is not taken, you may end up getting married to such a person hoping that he would change someday. You may also end up dying in his hands. It may not even be in marriage, you may get killed right in the relationship because he may push you one day and you hit your head against something and die. And I can tell you categorically that if you die in the hands of one man or sustain a fatal injury, he will move on with his life.

The first time a man slaps you in a relationship, you should slap him in return. Slap him with both hands, pick up your bag and take your leave. For God's sake, you are not yet married and even if you are married, you aren't an animal or a tool; you are just as human as him. I would have talked about what to do if such happens in marriage but I am coming back to that. Meanwhile, it is easier and faster to walk out of a relationship where you get abused and tortured by a man you are not yet married to. And I repeat it, if a man lays his hands on you just once, slap him in return several times, he would come back to his senses. After slapping him, pick your luggage and walk away from his life. I am only advising you as a mother who cares, as a sister who loves you and as a Counsellor who have heard many experiences of people.

You don't have to wait till the second time he beats or hits you. The first time he does it either intentionally or unintentionally is enough. If he assured you that he has changed or learnt his lesson, tell him to go live his changed life with another person. Your life is not available for his trial and error experience. A lot is wrong in the life of a man who hits a woman, a single sorry or plea or sign of remorse is not enough to change all. He needs a total overhaul of character and a lot of time to be truly changed. I repeat; if he hits you once, let it be the last time because you are walking out of the relationship.

In the same vein, if it is a lady that beats or hits a man she is into a relationship with, the wisest thing to do is for the man to quit such relationship. I won't advise the man to beat the lady in return and in fact, it is improper for a man to beat a lady in return. The reason is, in beating or hitting her in return, it may inflict an injury on her that will lead the man into a serious trouble.

Before I end this chapter, being beaten in a relationship may seem to be the most severe abuse but it doesn't in anyway mean that one abuse is better than the other. If you are in an abusive relationship, you are in an abusive relationship. You can't say that your abuse is better than the other person's. If you notice any of the points I have mentioned in your relationship, my golden counsel is that you should call it quit.

CHAPTER 8

REASONS PEOPLE STAY IN AN ABUSIVE RELATIONSHIP

If late marriage is the price to pay for a peaceful home, it is worth the wait. –Elizabeth Ife-Adetona

So far in this second part of the book we have explicitly defined and described what an abusive relationship or courtship is. By now, if you are in an abusive relationship, you know already and if you aren't in such, you know the signs to watch out for.

In this chapter, we shall example what keeps people in an abusive relationship. Some may accept it as true while some may live in denial but I will advise you to take wisdom and ask yourself if your reason for remaining in the relationship is really worth it.

- **Financial And Material Support**

Most persons remain in an abusive relationship because of material gain. This is especially true for ladies. It can also be same reason for men in some cases but it is common with ladies. The question is if it is actually worth it. Is it worth subjecting yourself to physical, emotional, sexual or any form of abuse because a man pays for your academics or supports you in any financial way whatsoever? If you don't have any other means to go to school without his support, why don't you simply drop out of school and go to learn a skill or trade? Certificate is not a license for an enviable and good life, not in this time and generation. If you are diligent in whatever you do, the Bible says that you will stand before kings and not before mean men (Proverbs 22:29).

The money you receive from an abusive partner is not worth your future and destiny. Work with your hands. Work hard and stop feeling entitled to someone else's money.

- **You Don't Know God's Thought Towards You**

If you don't know God's plan for your life, you are bound to settle for less. God said that His thought towards you is of peace and to give you the expected end (Jeremiah 29:11) but if you don't align with His thought for your life, you are likely to go astray. Stop acting as though you are hopeless and helpless. You have a glorious destiny and so, stop hanging on to a wrong relationship. If you know the kind of man that God has planned and prepared for you, you will quit the relationship this moment. But God will not reveal it to you in a dream or vision other than the way He has sent me to you. You must learn to trust God even when you don't have anyone that looks like the man I just described. The reason you aren't seeing that man God has prepared for you is that the wrong man is covering your face.

- **You Don't Know Your Worth**

The only reason why you lurk around someone who does not value you is because you don't know what your destiny is really worth and you don't know that you deserve better. You do not see yourself as someone who deserves a person that would treat you well. You have so much potential in you. You need that person that will refine, support and celebrate you. You don't deserve a person that will beat and stress potential out of you. If you take your time to place some value on yourself and your destiny, you will understand your worth and will never take in anyone that

doesn't measure up. You won't be entangled with someone that can't treat you as a human of value.

- **When You Are Love Possessed**

Love doesn't seem to be the right word for it however, many people who are in this situation think that it is love it love but the truth is that, it is possession. Like some kind of abnormality. It is required that when you love someone, they should reciprocate it. The Scriptures say that Isaac loved his wife and his wife comforted him in return to the extent that he didn't miss his late mother whom he had spent the most of his life with as a beloved child. You can't be in love alone. When you love, they must love in return and when you comfort, they must comfort in return. You can't care for someone and that same person abuses you, makes you suffer and subjects you to hell. And you assume such a person is the best for you or the only choice available. It is better you quit the relationship before it is too late.

- **When A Person Is Out Of Their Mind**

Albert Einstein was quoted to have said that *it is only a mad man that does a thing in the same way and expects a different result*. You can't be in your right senses and put yourself in danger. You can't be in your right senses and not take a U-turn from an abusive relationship. It will take someone who has intentionally or unintentionally walked out of their right mind that will stay put in such a relationship.

- **Age Issues**

Many people stay in an abuse relationship because of their age but of a truth it is not worth it. Your younger ones and colleagues all around you

may be getting married and so you can't bring yourself to think of quitting an abusive relationship and starting all over. If that is your reason then you are doing more harm to yourself than good. If you can ask the married especially those who are enjoying their marriage, they will tell you that no price is too much to pay to have a peaceful marriage. There is no good that the wedding ceremony or even the marriage itself will do to you that is worth more than having peace of mind. Without peace, you can't enjoy whatever good that comes your way and that is even if there is any. With peace of mind, you can walk through the challenges that may appear in a good marriage.

There was a case of a sister who entangled herself in some sort of an abusive relationship because she was getting old. One day, one of her mentors called her to know her status because a man who was living abroad wanted to settle down and showed interest in her. She told them that she was already in a relationship. Her mentor kept quiet and didn't say anything about the other man. The man she was married to was very possessive and irresponsible. He didn't only wreck her life with his jealousy but also wrecked her business. By the time she was almost turning into a beggar and had sustained so many injuries from the beatings she received on a regular basis from her husband, she moved out of the marriage. Some people intervened and she moved in again into her hell. Thanks to God she had the courage to leave the second time never to return again before the man could kill her or inflict greater injury on her.

I tell you, if late marriage is the price to pay for a peaceful home, it is worth the wait. I pray for you that you won't have to wait or be

delayed in Jesus Name. If you are in an abusive relationship, the first step to having a home of your dream is to quit the path that cannot lead you there.

- **Parental Influence**

This is a situation where your parents want you to marry a particular person or mount pressure for the need to marry at a certain time or age. It is so painful that many people are victims of this. I want you to know that most of the time, parents impose their will on their children because of their own selfish interest and not because they care or love them.

They want you to marry a particular person because of the relationship they have with that person or their family. They want you to marry that man or woman because they are rich and you will be able to get money to take care of them and your siblings. They want you to get married on time to just anyone because they want to put on “aso-ebi” and because they want to be able to say it on the streets that their daughter or son is getting married. They want you to do it just because of them and not because of you. Think about it. Are you the one getting married or them? Will they be in the marriage with you when the turbulence you are experiencing in the relationship that appears minor escalates in marriage? You will be there alone to face the heat.

You are not a commodity that should be traded for your parents’ or someone else’s temporary joy which will put you into an everlasting sorrow. When a parent starts to mount pressure on you to get married to a particular person or at a time that is not in God’s plan and purpose for your life, you should not succumb to the pressure. Don’t allow anyone to

push you to your early grave. Not getting married at all is better than getting married into a hell. Solomon, the wisest man and the man who had the highest number of wives in history confirms it that to stay alone and unmarried is better than marrying an abusive partner (Proverbs 25:24).

Dear Parents

I want to say this to parents that may come across this book or the content in it that they should only guide their children rightly. They should be allowed to make their choices as long as it is not harmful. It doesn't matter if the timing is not as you want it or if the person you want for them is not their choice. What matters is that you allow them to live their lives just as you are living yours. All parents pray to die before their children. Do you want to trade their joy for your own enjoyment and when you die, should they languish in sorrow? That will be plain wickedness if that is your plan. Allow them to listen to God's leading concerning their marital choice and in every other area of their lives. If you do that, you will also live a good life in the end. You will eat the fruits of your labour with peace and joy if you allow them to obey God.

- **Having A Big Stature**

Many are pressurized to enter or remain in abusive relationships because they appear bigger in stature than their age. This is common with ladies. As a result of their stature, many have developed low self-esteem and hopelessness that makes them feel that staying in a wrong relationship is the only choice they have. I want to tell you that it is not worth it. No matter how big you may appear, the man God has prepared for you is out there waiting for you to get out of that jail.

Let's even assume that no man ever shows up because that is the worst that can happen. Do you think that being with an abusive partner is the best option? What if that man who abuses you ends up not marrying you? You should know that a man that doesn't make you happy in a relationship places no value on you and he can dump you at any time and there is nothing you can do about it. To be alone is far better than ending up with such a man even if he wants to settle down with you.

- **Influence Of A Spiritual Head Or Prophet**

You shouldn't stay in an abusive relationship because a prophet or pastor somewhere had told you the features and qualities that your partner will have and that abusive partner has all those qualities. The truth is that, they are not the only one that has those qualities but as long as you remain with them, you will not see others.

There are several reasonable and well behaved men out there with better version of the qualities you seem to see in that abusive partner. To sit down in a relationship because someone had prophesied to you is the worst decision you can ever make. That is why if you pick up any of my books especially "*Proper Relationship Approach*" or messages on how to get God's mind, I spend time to exhaustively enunciate and emphasize the need to get to know the God you serve and understand how to hear from Him. ***It is easier to build a relationship with God than to take names to prophets.*** It is much easier than enduring a life of regret. Fight for your destiny and be prepared to pay the entire price that is required.

I laugh at people who take names prophets to select for them. They are gambling with their destinies. I know a dear sister who ended up with a

person that beats her at will. She confessed that it was a prophet that picked that man for her out of the two names she presented to him. After her marriage, she visited the man's church with the second man whose name was not picked and upon sighting them; the prophet said that was the man she was supposed to marry. She felt that she had been defrauded because it was the same prophet who told her that the same man was not the right person for her. The truth is that none of those men was right for her. If she had written two non-existing names, the prophet would still have chosen one for her. She had to leave the marriage after having her first child.

ABUSIVE MARRIAGE

I have been talking about relationship and tried to avoid talking about abusive marriage so that I won't digress. Truly, once you are into marriage, quitting is not as easy as when you are in courtship. Quitting an abusive relationship may be the first option for the unmarried but quitting a marriage is almost not an option and that is why prevention is always better than cure. Meanwhile, if the abuse you endure in marriage is life-threatening, if it has become an issue of life and death then, the best thing for you to do is to choose life and choose it on time.

Two wrongs, that is, getting married to an abusive man and staying in a life-threatening abusive relationship cannot make a right. This is regardless of what the society, your children or anyone may say or think. You need to be alive to even face whatever insult they may throw at you. You have to stay alive and be in good health to give your children the best of life that you can offer.

Lastly, an abusive marriage is better imagined. If you are in an abusive relationship, come out of it now. Think about it: the abuse you are enduring right now, can you endure it for the rest of your life? Can you live with it if it happens again and again in marriage?

CHAPTER 9

CHARACTERISTICS OF AN ABUSIVE PARTNER

An abusive partner abuses you because he feels entitled to abusing you. –Elizabeth Ife-Adetona

In this chapter, I am going to tell you what to expect in the character of an abusive partner. It is not a matter of probability, it is rather a certainty. Understanding these characteristics will help you in deciding whether to stay in the relationship or to quit.

- **They Don't Change**

The first fact and feature about abusive partners is that, they don't change. Honestly, 95% of those that abuse their partners don't change. With the help and grace of God in some instances, you may see 5% of them that change. However, it will be safer for you to believe that all of them do not change instead of wishing that one of the 5% that may change should be yours.

- **You Can't Help Them**

The second fact you must know is that you can't help them because you are emotionally attached to them. A person with anger issues for instance is likely to descend on someone they are emotionally attached to whenever they are provoked or frustrated. They can also manipulate you emotionally and weaken your ability to come hard on them. Also, you are the victim of their abuse; you are not in the position of authority to help them out. It is someone who they are not emotionally attached to and who they cannot manipulate emotionally that can actually pull them out

of their behaviour. So, let another person who is in the best position to do so be the one to help them.

Don't let them tell you after they misbehave that you should stay by them and help them out. You don't have the capability to do so; you will only suffer more and more. By the time they relapse and descend on you, you will be painted as a failure that can't help your student. But when an outsider corrects them and they misbehave, they will feel like a student who failed the test of their teacher and not the other way round.

In essence, it will take someone they cannot manipulate emotionally to help them out. It will take someone who is in a place of authority to help them out. Their parents may not even be the best to help them because if they could, they would have done that long ago. Leave them to that right person who can help and get out of their life.

- **They Don't Love You**

This is a truth many in abusive relationship may not like to hear because the lie they spread about is *"but he loves me or she says she loves me"*. Genuine love doesn't behave like that. The first thing love does is to put itself in the other party's shoe. If they love you, they ought to imagine being the one at the receiving end. It is someone who thinks in that direction that can easily and quickly adjust and that is what is called love. A person who thinks that way will not abuse you; to abuse you means it is not love. It could be anything else but love. Coming to tell you: *"you know, I actually love you so much"* after beating you, molesting you, shouting at you and subjecting you to torture is not a proof of love. It is in fact the opposite.

When you tell such person to place themselves in your shoes, and ask how they would feel if you do the same thing to them, you should not be surprised if they flare up in anger and dare you to do it. If they feel that bad just by imagining what has not happened, now imagine how they will act towards you if they put themselves in your shoe every day the way true love should be.

- **They Are Not Worth The Stress**

These points may irk you but they are facts and true. They are not worth the stress and emotion you put in just to endure them because they don't see you as the person that will journey with them in life. Oh yes! ***There is no way you will see your better half and you will not treat them better.*** So, they are not worth the stress of trying to prove love to them or trying to make them understand. Understand what? A person who sees you as their life partner or better half from day one doesn't need any sermon to know that they ought to treat you as one. If you need to prove to someone that you are their life partner and they should treat you as one then that means you are not in the right place. They are not worth the stress and so, save yourself the stress.

- **They Don't Take Responsibility For Their Actions**

Another thing about most abusive partners is that they don't take responsibility for their actions and that is the biggest problem that they have. That is their main challenge. It takes a person who knows that they are responsible for their actions to put themselves in check. Knowing that alone will solve 80% of their problem but these people are not like that. They blame everybody and everything except themselves for their actions.

For instance, a man who beats his wife will always blame the wife for not being gentle enough with him, blame his actions on circumstances e.g loss of job or even blame the devil. What I suggest to be done to such a man is that Soldiers should be hired to beat the demon out of him. The next time he his pressurized by whatever force or reason to beat his wife, he will remind himself of that beating that crippled him for weeks and caution himself. That is to tell you that if a person can see themselves as solely responsible for their actions and not under any influence, their problem is 80% solved. But if by any way they defend themselves or point accusing fingers to the devil or whoever, he can never change no matter how much he weeps.

Once a person sees that a thing is bad and that they shouldn't be doing it, they will begin to work out strategies and ways to pull themselves out of it. The help they will require from anyone will be minimal. And the truth is, if they were ever ready to change and responsible, they would have changed before meeting you.

- **They Consider You As Useless**

In actual sense, if they don't consider you as a useless and worthless person, someone you call your life partner will not raise his hands to beat you or abuse you. To even beat or punish your child these days can be so difficult because you are emotionally attached to the child how much more beating or maltreating an adult and not just any adult but your life partner who you plan to build a future or home with. If not that the abusive partner doesn't see you as human or someone worthwhile, they won't continue to abuse you either physically or verbally.

- **They Think They Own You And Can Control You As They Want**

When an abusive partner sees you, they see you as someone they own, dominate, control, abuse and do whatever they please with. A lady who had anger issues met my husband for help. My husband told her that she was angry because she felt she had the right to be angry towards an individual. Take for instance a student in a typical Nigerian university. Whatever the insult a lecturer says to him whether he is guilty or not, he can't get angry. He would keep pleading and wish not to fail the course. But if his younger brother should say a fraction of those things the lecturer said to him, he would unleash hell on him. He could let out his anger because he felt entitled to it. **An abusive partner abuses you because he feels entitled to abusing you.** He sees you as a subject who can be the victim of his emotional imbalance any day.

- **He Sees You As A Domestic Animal**

That you feed a domestic animal or treat it nicely doesn't mean that you already see it as human. You feed it because you want to get something out of it. You even want it to be grateful and feel privilege for it. If in the process of doing it such favour, it misbehaves, you can get angry and bully it at will like an animal it really is. You may return another day to continue the feeding not because it is worth the feeding but you do so because of the benefit you can extract from it later on. That is exactly how an abusive partner sees you. Those times they treat you nicely was not because you are in any way better, no. To them, you are not worth more than what you can offer.

CHAPTER 10

WAYS TO DETACH FROM AN ABUSIVE PARTNER

You make matters worse when you make an abusive partner feel special. –Elizabeth Ife-Adetona

I want to believe that the light of God is shining upon your heart as you read through the pages of this book. If you are an abusive partner and you notice some of those traits I mentioned in the just concluded chapter in you, don't you think that it's high time you worked consciously on yourself?

Like I have also said, if you are in a relationship with an abusive partner, you should know that you cannot help them. You even need help yourself. You should start by seeking help for your mental health because you have been through so much yourself.

In this chapter, we are going to examine how you can be free from the grip of an abusive partner.

- **Do Not Make Excuses For Them**

You will be so stupid to start defending someone that beats you and to tell them or people around that it was because they are angry. Does that mean you don't have feelings and you don't get angry? Is that the way you express your anger? Let's say you are trying to put up with them because you love them but they are not making any effort to proof to you that they love you in return. They are not worthy of you and so, stop making excuses for them. Making excuses for them will only lead you deeper and deeper into the mess. At a point, you won't even see a reason

why they should stop maltreating you and you won't allow them to see a reason why they should change as well. And so, they continue.

- **Do Not Make Their Home Your Home**

When you are not married to man or a lady, don't bring your things into their house. When you are not married to a man but you are already living in his house: cooking, sleeping and washing, you have presented yourself to him as a slave and he sure needs to deal with you as one. When a man has not taken the necessary steps to make you his wife but you are already living in his house, you have given him all the reasons to take you for granted.

Many in this category are already having sex with such abusive partner and they have even had abortions as a result. They try to prove to his parents and siblings that they are quality wife material by washing plates and clothes and doing house chores they would not willingly do in their father's house. If you are acting that way, it is just a matter of time before you will fade away and he would begin to treat you as a worthless person because that is the name you have given yourself.

I don't need to say this but let me say it anyway should in case you don't know and no one has ever told you; it is not right to live with a man you are not yet married to. It is wrong, and it is a sin unto God because it will eventually defile your bed.

- **Do Not Make Matters Worse By Making Them Feel Special**

When a person maltreats you and you make such person feel special instead of dealing with them headlong, you are compounding the issue.

They are not worth it. You shouldn't pamper them or try to prove that you are a great person who can stick with them in times of trouble. The truth is that the person who is in trouble is you and not them. And as far as they are concerned and you are available to be descended upon, they don't have any trouble or problem.

You make matters worse when you make them feel special or when you make them feel like they are victims of their attitudes. Rather, you should make them feel bitter. They must hate the fact that they are abusive in nature. That is the point you should prove to them by all means possible. Let them understand that only a wicked person will act the way they act. Don't mince words and don't flatter them. Don't make speeches like; *"I know you can actually do better or that I know it is not your fault and so on"*. If you do that, you are on your own.

- **Do not keep triggers away from them**

Some Counsellors or authors may tell you to keep triggers away from them and do away with things that will make them angry. If you do that while you are in relationship, what will you do when you eventually get married? When you try to stay away from a person who gets easily irritated or who gets angry at the slightest provocation while in courtship, how will you put up and caution yourself when you eventually get married and you live under the same roof? So, what you should actually do in courtship is to bring them face to face with their triggers as often as you can. That way, you will know what you are going to deal with in marriage.

Mind you, I am not talking about those who have already moved their things into a man's house. If you refuse to leave that house immediately then don't you dare provoke him or put triggers before him rather you have to continue to pamper him else he may beat you to coma. But if you are still on your own and you only meet occasionally or talk over the phone, you are to bring up those triggers that made them loose their senses so you can truly see them for whom they really are and decide whether you are ready to cope or not.

- **Break Up**

Breaking up with an abusive partner doesn't come with any exception. It is the right thing to do in order to put an end to all the mess. Unlike the way I explained the processes of breaking a wrong relationship, this doesn't require any step by step procedure or preparation, just break up. Tell them their offence, pack your luggage, say goodbye and quit. If they come begging and saying that they have changed and learnt their lesson, remember what I said earlier. Tell them to keep their changed life and lessons for another lady or man that will come their way and not you.

Your only option and decision is to end it all. Open your mouth and tell them that it is over. Tell them you are no longer willing to go on in the relationship with them and that is your final decision- as simple as that. You don't need to see them physically to break up and you shouldn't entertain any physical meeting for explanations afterwards.

If the person is very violent or wild to the extent that you know that they can hurt you physically, you may require some kind of human protection in terms of security. If need be, you may have to inform the police or someone that can protect you physically.

If you are breaking up from an abusive relationship, you may also need to get help emotionally and spiritually. If you think you need some kind of psychological assistance or rehabilitation, please avail yourself of it. This is necessary so that you don't go into another relationship with any wound or psychological hurt. It will prepare you to be ready for the beautiful relationship coming your way.

END NOTE

Lastly, do not risk your life because you don't want to hurt an abusive partner. You are not Jesus Christ, your blood cannot save anyone so, you don't have to hurt yourself or risk this one life of yours for them so that they may get off the mess they are. It will be tragic if you lose your life or sanity in the process and still realize that they didn't change. If they truly need help, they know what to do and where to go.

Again, don't risk your life. Jesus has shed His blood, you shouldn't shed yours. Jesus has been abused and beaten so that you will not be beaten. Whatever beating or abuse you are receiving now is a result of the choice you made. You need to quit that relationship as soon as possible so that you can find that relationship God has prepared for you that will make you a better person and bring you into the fulfillment of purpose and destiny.

If your own relationship is not abusive but wrong, the best for you is to quit as I have described in the first part of this book. If you are not in any relationship and if you are coming out of either abusive or wrong relationship, watch out for the signs so, you don't return into one. As a single, examine your ways and make necessary adjustments so that you won't turn abusive.

May the good Lord who has shined this light into your heart give you the courage to live by it. Amen.

INDEX

Receiving Salvation

You were born a sinner condemned to hell but Jesus Christ died for your sins, gave you power to sin no more and to enjoy life here on earth and hereafter. All you need to do is to believe and accept His works by declaring Him as your LORD and Saviour. Do you believe this? Say: Lord Jesus Christ, I accept that you died and resurrected for the remission of my sins, I declare you as my LORD and Saviour. Amen.

Steps to Receive the Baptism of the Holy Ghost

1. You are not to ask or beg God for it, just expect it.
2. Believe He has given you and you will manifest it.
3. Don't hate tongues. That some people misuse it doesn't mean it has lost its power.
4. Don't pretend not to need it. Holy Ghost baptism is not just about tongues, it is about empowerment but tongues is the initial sign that you are baptized.
5. Clear your minds of doubts. God will give you but if you think that any sin can hinder you, ask for forgiveness now and now. (Isa 1:18 *Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool*). And forgive everyone in your heart.
6. As I pray for you, you will be baptized and you will speak in new tongues.
7. As I pray for you, the Holy Spirit will give you utterances and you will speak it out. Note that utterance means any sound produced with the mouth. That means the utterance could be one syllable or

two. It could be one word or more. Understand that you are the one that will pronounce the utterance in anyway it comes to your mind as the Holy Spirit gives you utterance.

8. When I pray for you, the utterance would come. Don't think you are the one thinking it, it is not you. Don't think you will be unconscious or lost, it is not so. Don't be bothered if you don't know the meaning just speak it. And keep repeating whatever comes to your mind.
9. Daddy thank you because you are a faithful God, you always hear me and you are eager to give us more than we are eager to ask. I pray for you: receive the Holy Spirit right now in Jesus Name.
10. Open your mouth and began to speak those tongues.

Steps to Receive Healing

1. **1Peter 2:24 says:** *He personally bore our sins in His [own] body on the tree [as on an altar and offered Himself on it], that we might die (cease to exist) to sin and live to righteousness. **By His wounds you have been healed.***
2. You have been healed. You have been healed even before you had that illness, what I'm about to do by praying with you is to proclaim your healing.
3. As I do that, the pains and symptoms will be no more.
4. After I pray for you move that part of your body just as though it was healed already because it is an instant healing.
5. I proclaim you healed and whole right now in Jesus Name. The last time you had that illness is the last you will ever have in Jesus Name.
6. Check it out and share your testimonies.

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