

Sermon Topic Resources:

If you need to speak with someone, or need help with the resources below, please text the word "Help" to the church number - (803) 250-5469. If you would like for an elder to contact you please text "Help elder." We also have a counseling fund to help you if you are in need.

Services in our City:

The Christian Counseling Center of First Presbyterian Church

Christian counseling services available in our city to walk with you through a myriad of difficult issues, including sexual abuse.

Telephone – 803-779-1995

Website – www.christiancounseling.ws

Sexual Trauma Services of the Midlands

Provides advocacy and support services to survivors of sexual assault, and sexual assault prevention education.

24hr Crisis Hotline – 803-771-7273

Telephone – 803-790-8208

Website – www.stsm.org

Book Recommendations:

The Soul of Shame – Curt Thompson

Unashamed: Healing Our Brokenness and Finding Freedom from Shame – Heather Davis Nelson

The Body Keeps the Score – Bessel van der Kolk
(trauma, abuse, shame)

Rid of My Disgrace: Hope and Healing for Victims of Sexual Trauma – Justin and Lindsay Holcomb

Is It My Fault? Hope and Healing for Those Suffering Domestic Violence – Lindsay Holcomb

Wounded Heart – Dan Allendar (abuse, shame)

Healing from Hidden Abuse – Shannon Thomas (emotional/psychological abuse)

In His Image – Jen Wilkin (Identity as image bearers, shame)

God Made All of Me: A Book to Help Children Protect Their Bodies – Justin Holcomb