



**IronWorks: Stand your Ground, Part III**  
**Nov. 12 & 17, 2021**

*Commandment #7: You shall not commit adultery. Exodus 20:14*

**Addressing our Hurts:** Lynda Koehler

(This video is available at [www.bereanmn.com](http://www.bereanmn.com) on the Care Ministry page)

**Healthy Behaviors and Relationships:**

- Mutuality:
- Freedom:

**Destructive Behaviors and Abuse:**

- Misuse of power and control:

**Proper Authority:**

- Why do people choose abusive behaviors?
- What does abuse do to the target?

**Discussion Questions:**

1. What unhealthy use of power and control have I experienced? (emotional/ physical/ sexual)
2. Have you ever intervened in a relationship, a family, or an environment where you saw some level of abuse taking place? (Why? What happened?)
3. What's the best way to approach a brother who is showing signs of abusive behavior?