

Speaking to the Unspoken in Churches

By: Elizabeth Good

Things that we keep inside become shades of gray that lead to shame and a destiny derailed; things that we let out are shades of light that lead to freedom and purpose. – Elizabeth Good

If I have learned anything from a decade of running safe homes for sex-trafficking survivors, on the heels of a decade of leadership in a mega church, it's this: everyone has secrets.

Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person has the authority to heal. (James 5:16)

Regardless of zip code or social status, one out of three girls and one out of five boys hold the secret of sexual abuse. So much of what holds us back and weighs us down begins with a secret. Shame has a way of short-circuiting destiny, and sexual sin committed against us is the fastest way the enemy can derail a lifetime of purpose.

So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death. (Romans 8:10–12)

The only way the outcome varies is how we respond. Trafficking is ONE of the outcomes; the same pathway of silence leads to addiction, abuse, domestic violence, abortion, overall hopelessness, and often Satan's ultimate goal of suicide. It's time for the Body of Christ to lead the new narrative; it is time for truth, the release of secrets, and the power of the Church to take its position in this lost world.

Where the Spirit of the Lord is, there is freedom. (2 Corinthians 3:17)

Every time I begin to speak and share some of the secrets of my past, most are shocked—at first—until the room begins to shift, hands raise, tears well, and hurting hearts respond, ***“I thought I was the only one.”***

What happens next, as person after person experiences the freedom to speak up and share what they previously found “unspeakable,” is quietly becoming the greatest rescue project running under the radar in our culture. It's no longer just the “Me Too Movement.” It's a call to freedom where everyone—men, women, children, leaders, teachers, friends, and loved ones—all begin to speak up and say ... “us too.”

Christ has set us free to live a free life. So take your stand! Never again let anyone put a harness of slavery on you. (Galatians 5:1)

People are longing for a pathway to freedom and an invitation to talk about the unspoken. As we step into those raw, unfiltered, soul-quenching conversations and share the depth of not just part but *all* we have endured, scales of shame and fear begin to fall from our eyes, and we release a rush of freedom—a domino effect of healing.

Millions globally have lived paralyzed by secrets. *The average age a survivor of sexual trauma speaks up is fifty-two.* Contrast that with the current age a ***little girl now posts her first naked selfie: seven or eight.*** That's a long valley of silence in the grooming, shame, and hiding.

This gap of silence cannot continue to exist. I have sat with Christian leaders and elders as they, for the first time in their seventies, shared of multiple abortions or hidden addictions. Finally, releasing decades of shame, they connect the root of abuse and learn how their choices were symptoms. We need to help connect these dots for others and offer an off ramp to healing and release.

After a decade of trying to restore young girls in their twenties who had been sold for sex up to *twenty-five* times a day and used since they were *three*, a HOLY DISCONTENT rose in my spirit. I knew a path to restoration was what was needed, that going upstream to intervene—before the decades of abuse and secrets—was God's heart. I am passionate about the pathways the Lord has given to The Foundation United, providing systemic solutions for every age and stage, from kindergarten through leadership, and the systems at the core of our communities through first responders, doctors, schools, and (the most VITAL system of all) the Church.

We stand ready to pass along the keys to open doors of growth, healing, and purpose. We provide tools that give people permission (often for the first time) to “speak the unspeakable” and, in doing so, change the trajectory of their life, discover their purpose for impacting others, and become the ultimate key to ending a spirit of silence and brokenness that's threatening to tear the contemporary Church apart.

Some are running to the light; sadly others are running deeper underground. The next generation is watching. Generational secrets are bubbling up. Predators are honing their tactics to coerce your children in the privacy of their own bedroom via phones and internet devices. The stakes are rising as children's neural pathways are being rewired at an alarming rate through images and portals we place in their hands. We're paving a direct highway to addiction and shame; now more than ever your voice matters.

Are you ready to learn to speak up and live freely? I pray so, as the move of God is starting to—not so quietly—transform churches, business, families, and communities. It may have started as a secret, but it ends with you.