

Is Confronting Abusive Parents Biblical

Many people tell victims of narcissistic abuse things like "You need to be the bigger person & let it go." "You just don't understand- she had a bad childhood!" "You just need to forgive & forget." "The Bible says to honor your parents. If you call your mother/father out on their behavior, God doesn't approve of that!" Such statements are often said for various reasons...

The person saying this nonsense may have come from an abusive past, & refuses to face the pain. You talking about it reminds that person of his or her pain. That person wants to shut you down at any cost so you stop making that person remember their own pain & feel uncomfortable.

The person knows the narcissist, & like all flying monkeys, is very protective of that narcissist. If the narcissist is related to this person, this is an especially likely scenario. Families are extremely protective of their narcissists. Too bad they aren't so protective of their narcissist's victims, huh?

The person doesn't want to face the truth about the narcissist. They prefer to believe their own delusion that the narcissist is a really great person rather than face the ugly truth.

Whatever the reasons these ludicrous statements are said, they not only hurt, they can confuse & frustrate victims. As if it's not bad enough we've been abused by the narcissist, now other people are being abusive as well by invalidating our pain as well as judging & criticizing us for speaking up to the abuser rather than silently tolerating their abuse.

There is a verse in Isaiah that can shut down the argument that it isn't Biblical for a victim to confront their abuser:

Isaiah 1:16-17 *"Wash yourselves, make yourselves clean; Put away the evil of your doings from before My eyes. Cease to do evil, Learn to do good; Seek justice, REBUKE THE OPPRESSOR; Defend the fatherless, Plead for the widow."*

Notice the part. "Rebuke the oppressor." God said that! I only repeated His words. According to God, we are not only allowed to confront someone about abusive behavior- we are supposed to do it. Do you really think God would've included that in the Bible if He didn't want people to do it? Also notice- it doesn't say, "Rebuke the oppressor, unless the oppressor is your parent." There are no exceptions in this verse!

Now I realize with narcissists, many times it's easier to let them do something than confront them. They love turning things around where the victim is to blame or telling others how mean & unreasonable a victim is for not tolerating their abuse. It's incredibly frustrating & such behaviors mean that sometimes we shouldn't confront them. It's just not worth it. But, there are still times that we know in our hearts we

need to speak up to them no matter what they do. During those times, you can rest assured you are doing the right thing. It's even in the Bible!

If anyone judges or criticizes you for speaking up to your narcissistic parent, although it can be painful, try to ignore it. That person obviously doesn't know what they're talking about. If God Himself has said we are to rebuke an oppressor, who is any mere human to tell you it's the wrong thing to do? You do what you know in your heart that God would have you to do, even if that includes confronting a narcissist, & you do it secure in the knowledge God approves of what you're doing.