

## What It Really Means To Honor Abusive Parents.

The most commonly downloaded ebook I have is “how to honor a difficult parent.” This tells me that there is a real need for information on what honoring parents, especially abusive ones, really means. I’m going to explain what I believe it means in this video.

Everyone knows Exodus 20:12 says, **“Honor your father and your mother, so that you may live long in the land the Lord your God is giving you.”** (NIV) Merriam Webster online defines honor as “a showing of usually merited respect.” In other words, giving someone the respect they deserve in their position. Your parents deserve basic respect, such as not using or abusing them & being polite to them.

Honoring your parents does NOT mean tolerating any abuse they subject you to or doing whatever they say at all personal expense.

It also doesn’t mean keeping your parents as your top priority over your spouse or kids. Remember Genesis 2:24? It says, **“That is why a man leaves his father and mother and is united to his wife, and they become one flesh.”** An adult is responsible first to their spouse, not their parents.

Honoring your parents also means accepting your parents as they are. I’m not saying tolerate the abusive behavior of course. I am saying accept the fact you have a narcissistic parent, or two as the case may be. Your parent is acting out of hurt, anger & God only knows what kinds of issues. When I realized that about my mother in 2000, it diffused much of my anger at her. I saw her as the pitiful person she really is. It also enabled me to think clearer about ways to deal with her because I wasn’t as bogged down with anger & hurt.

Another part of honoring your parents is to love them with God’s kind of love. His kind of love isn’t always the warm & fuzzy kind of love. In fact, you can love someone without liking them. God’s kind of love wants what is best for a person, even if they don’t want it. For example, someone addicted to drugs doesn’t necessarily want to get clean. If you love that person though, you want that person to get clean because it would be the best thing for him.

Another aspect of God’s love is having & enforcing healthy boundaries, even with your parents. Boundaries show someone what you will & will not tolerate, do & accept responsibility for. Narcissists treat people as if they have no boundaries. They need to understand that is wrong, & that people can have boundaries. Whether or not they change as a result of your boundaries, it’s still your responsibility to have them in place.

This is a big one & I know it can be hard to grasp at first, but please listen anyway. Sometimes, going no contact is the most honorable thing you can do with a narcissist,

even a narcissistic parent. When I was debating ending the relationship with my mother in late 2000, I felt strongly I needed to do it, but felt that couldn't be from God. I didn't think no contact could possibly be honorable. One day, I heard God's voice clearly tell me "Where is the honor in the strife that your very presence stirs with her? Or in being her target when she is angry?" I realized that was true. There was nothing honorable in any of that, so I wrote her a letter ending our relationship a short time later in 2001. We did resume our relationship for a few years in 2007, & I'm now no contact with both parents, but that's another story. As painful as it's been being no contact, I've felt so much peace about it. The time has given me time to heal & learn without the distraction of narcissists constantly demanding my attention.

No contact also means an abusive parent no longer has the option to abuse their child. This means the opportunity for them to sin is gone in this area, which is honorable.

No contact also means that the abuser sees there are consequences for her actions, that she simply can't abuse people & expect to get away with it indefinitely. That sets the stage for her to make appropriate changes in her behavior. Granted, narcissists rarely change unless it benefits them in some way, but at least you encourage that to happen. What they do from there is not your responsibility.

Often, narcissistic parents use their children as a distraction from their problems, especially marital problems. Without a distraction around, the narcissist is left with facing problems she didn't want to face before. While that is a tough thing to do, it's also a good thing. Going no contact got me away from the toxic & emotionally incestuous environment my parents created by constantly drawing me into their marital problems, & it forces them to deal with each other, alone, without me as a mediator. Or not deal. Whichever—it's their choice & by me not being involved, they have one less excuse to deal with each other.

I hope this helps you to understand what honoring your parents truly means.