

When Faith Hurts: Recognising Spiritual Abuse – Part 1

The Spark That Lit The Flame

One of the contentious sparks that finally lit the flame we now know as the [Reformation](#) was the idea that the common person didn't need priests to mediate between them and God. At the time, the Church (the catholic Church – still the only established Church in the West) taught that grace was dispensed through the sacraments, which could only be administered by ordained clergy. Access to God was mediated through the priesthood, creating a system where spiritual life was filtered through human hands.

John Wycliffe (c 1328-1384), often called the Morning Star of the Reformation, had become outraged by what he considered the moral and political corruption among the priesthood and the spiritual abuse of the laity – the ordinary members of the church. He believed that the priests had elevated themselves so far above the laity so as to create a false barrier between God and people.

Protesting against the commonly accepted practices of the time, he contended that:

- Christ is the only mediator between God and humanity. Believers don't need a priest to confess sins, access God's grace, or receive salvation. Christ alone is sufficient.
- The Bible is the final and highest authority in matters of faith and practice, over and above church tradition or clerical interpretation – **sola scriptura**. I've written about traditions elsewhere so you can read more about that [here](#).

Sola scriptura – Latin for 'Scripture alone' doesn't mean that

traditions or rituals lack value or don't play a meaningful role in the life of faith, it simply means they don't supersede or replace the authority of Scripture – and where they conflict with it, Scripture always takes precedence.

John Wycliffe was not the first to make such an assertion regarding the sufficiency of Jesus or the primacy of Scripture. More than a thousand years earlier, Paul the Apostle took the Galatian church to task over their departing of the faith for what he called *a different gospel – which is really no gospel at all*.

Paul [warned against doctrines](#) that add human effort or tradition to Christ's finished work, emphasising that true faith is rooted in grace, not in adherence to rituals or human-imposed standards (Galatians 3:5-6, Ephesians 2:8). *The work of Christ is sufficient*, he reminded the Galatians.

He would no doubt have agreed with John Wycliffe, who – over 1,300 years later – maintained that any system *prioritising performance over grace, claiming exclusive access to truth, or defining salvation as a list of correct beliefs rather than trust in Christ*, not only distorts the gospel but also sows the seeds for communities rife with spiritual abuse.

What Is Spiritual Abuse?

Spiritual abuse is when a person or system uses God, Scripture, or religious authority to control, manipulate, shame, or harm others. It distorts faith into a tool of domination rather than love and freedom.

The tragedy of spiritual abuse is that it often masquerades as faithfulness, couched in biblical language. Words like *'truth'*, *'spiritual concern'*, or *'loving correction'* are often employed, with the catchphrase *truth spoken in love* used as a cover for conversations that contain cloaked judgment, spiritual superiority, or subtle control.

While this phrase – *truth spoken in love* – does come from the Bible, when Paul uses it, he is encouraging believers to grow in maturity, shown in the way they demonstrate love (Ephesians 4:15), not as it's often twisted to mean:

"I'm telling you you're deceived... but in love."

"I'm about to say something that's actually quite harsh... but only because I'm loving."

"I'm cutting you off... because I love you."

Spiritually Abusive Systems Replicate Themselves

Spiritually abusive people harm other people. However, spiritually abusive *systems* don't just harm individuals – they also *replicate themselves*.

In environments where fear, control, and rigid doctrine are normalised as "*truth*," people begin to internalise those patterns, often believing they are acting faithfully.

Over time, they adopt the same language, the same tactics, the same narrow lens – not out of malice, but because the culture has shaped them to see spiritual pressure as love, and manipulation as discipleship.

In this way, spiritually abusive cultures inevitably produce spiritually abusive people, many of whom genuinely believe they're helping others when they are, in fact, passing on the very harm they once received.

Of course, it's important to recognise that not every disagreement or correction is abusive. Sometimes, truth really does need to be spoken in love – with humility, gentleness, and a genuine desire for someone's good.

The difference lies in the posture of the heart and the impact

of the words: is the goal to restore, or to control? To build up, or to tear down? To *win*, or to *win to Christ*?

The Cure For Spiritual Abuse

And this leads us to the cure for spiritual abuse, which is, I believe, a Jesus-centric mindset. While sound theology matters – I’m the first to advocate for deep, serious, personal and corporate engagement with Scripture, a robust and living theology will spring from *understanding and experiencing who God is and what He has done for us, in Jesus*, not simply by giving agreement to a statement or creed of ‘theological beliefs’.

Like a concentric circle spreading outward, Jesus himself is the core from which every part of the Christian life flows. He is not just the centrepiece of our theology, but the source and shape of our entire faith – the origin of our love, the measure of our truth, the heartbeat of our worship. *He is our life*.

When Jesus is at the centre, everything else falls into place: doctrine aligns with grace, leadership reflects humility, spiritual communities become places that are safe, and mercy and judgment kiss one another.

But when something else takes the centre – a system, a doctrine, a leader, a fear – the circles become distorted, and what flows outward can easily become controlling or harmful.

Spiritual health begins not with getting all the answers right, but with keeping Jesus – who will lead us in all truth – at the core.

How Do I Know If I’m Being Spiritually Abusive?

Most people who perpetuate spiritual abuse don’t *think* they’re

being abusive. They believe they're protecting truth, upholding righteousness, or caring for souls. But underneath that often sits pride, fear, or a deeply ingrained belief that control equals faithfulness.

How can we tell the difference? How do we know if we've slipped from '*contending earnestly for the faith*' to controlling others in the name of faith, or defending doctrine at the cost of love?

1. We frame disagreement as deception.

We view disagreement with someone over theology as them *leaving the faith, being deceived or falling away*. For us, unity might look like uniformity, yet they are not the same thing. The Bible speaks of a universal, visible and invisible Church that is wildly diverse in how its members look, think or worship. Yet, within all this difference, its people are deeply connected in love and purpose, through mutual respect and, as touched on above, through the core central faith in Jesus Christ.

Uniformity, on the other hand, silences diversity in the name of truth and is often about control and fear of difference or 'mess', preferring the idea of enforcing group-think at all costs.

2. We speak with absolutes, black and whites, and hyper-literals.

We see the landscape of the Bible as black and white without nuance or the possibility of alternative interpretations to ours. Passages are applied absolutely and literally, often without consideration for context or in the light of grace.

People will try to say the Bible is black and white on every subject but it's not, not by half. There's plenty of grey, and bold, glorious colour too. There's space for openness and conversation and listening and learning and for seeing things

from different angles. While there are significant core doctrines that its not possible to differ on and still be called *Christian* (for example, the virgin birth or the resurrection of Jesus), there are plenty of second and third-tier theological positions that are fascinating to discuss, interesting to pull apart, and which definitely, absolutely do not define *whether someone is saved or not*. *Eschatology* – theology that deals with *the end times* – is one such topic.

3. We equate someone's worth or standing before God with their beliefs or behaviour

We treat people differently, depending on whether their theology aligns with ours. Rather than seeing every person in the image of God, we may consciously or unconsciously categorise them as '*in*' or '*out*', '*friend*' or '*foe*', and, as is common in some closed conservative communities, kindness, closeness, or blessing may be withheld – *shunning* – from those who we deem to have gone astray. We view this withdrawing as a *sad but necessary discipline*.

4. We think we are always right.

We may feel the need to constantly correct others, believing that our interpretation of Scripture isn't just valid but that it's the *only* valid one. When someone doesn't share our interpretation, we may consider them to be lacking understanding, spiritually shallow, or simply deceived, rather than considering that we could, in fact, be wrong.

Assuming our interpretation is the only valid one shuts down meaningful dialogue and puts us in the place of ultimate authority—where only God belongs. It leaves no room for learning, growth, or the Spirit's work in others. This mindset *turns faith into arrogance, not conviction*, and risks dividing the body of Christ over pride rather than truth.

How Do I Know If A Spiritual Community Is Spiritually Abusive?

The signs and red flags of a spiritually abusive community are the same as those you'd see in an individual – only magnified and reinforced through groupthink, tradition, or fear. Over time, they become woven into [the fabric of the culture itself](#), forming an entrenched and often intractable environment that is difficult to shift or challenge.

In spiritually abusive communities, there is a **certainty over humility** that defines the culture. Opposing or dissenting views or doubts are discouraged and questioning the status quo is seen as disobedience.

There is **control disguised as care**. Spiritually abusive communities often blur or erase healthy boundaries, becoming overly involved in members' personal lives.

Scripture is misused, not only taken out of context, but applied selectively, as and when it suits the agenda of those in control. The Bible becomes less a story of redemption and more a tool for behaviour management. In these settings, Scripture is no longer a living word that points people to Jesus – it becomes *a system of proof-texts* used to maintain power.

In Spiritually abusive communities, **acceptance depends on total agreement or compliance**, with any wrestling with faith or theology discouraged, dismissed, or defined as rebellion, weakness, or a lack of spiritual maturity. Doubt isn't treated as part of the journey – it's treated as a threat to the group's stability. As a result, people learn to suppress questions, keep quiet about struggles, and conform outwardly just to stay connected.

In spiritually abusive communities, there is often a **hyper-focus on *behaving* rather than *becoming***. The church, in

reality, is a messy but vital gathering of flawed, sinning humans who are being renewed daily by the grace of God – asking questions, voicing doubts, stumbling forward in faith. When behaviour modification becomes the primary marker of spiritual maturity, it produces only superficially ‘good’ people who learn to hide their deepest fears and darkest sins.

Yet the church must be the place where those hidden things can be brought into the light – not met with shame, but healed with grace, love, and truth that restores rather than condemns.

How Do I Know If I’m Being or Have Been Spiritually Abused?

Whether in a community or relationship, the signs of spiritual abuse are often subtle.

You might feel confused, fearful, or disconnected from God – as though you need permission to be close to Him. You might suppress questions to stay accepted. You might feel like your worth depends on performance or belief alignment. You might experience distancing and withdrawal upon asking uncomfortable questions or sharing truly where you’re at.

These are warning signs. Spiritual abuse isn’t always overt – sometimes it whispers insidiously, hidden in invisible codes and unspoken expectations.

The spirit of the Reformation was that *Christ alone is sufficient* – the one mediator between God and humanity. We are made right with God through Jesus Christ, not through traditions, systems, sacramentally dispensed grace, or the mediation of others.

At its core, spiritual abuse distorts the relationship a person has with God. It inserts human authority where there should be direct access, making people feel as though they

need permission, mediation, or perfect obedience to be accepted by Him. Instead of creating space where people can personally draw close to God, spiritual abuse places leaders, systems, or expectations in the way – creating unnecessary barriers to genuine, intimate relationship with God and laying ‘burdens on people which are too heavy to bear’.

If this resonates with you – if you’ve felt the weight of silence, shame, or misplaced authority in the name of faith – know that healing is possible. In Part 2, I’ll explore what that looks like: how Christ heals what systems distort, and how to rebuild a faith rooted in freedom, not fear.

“Where the Spirit of the Lord is, there is freedom.” – 2 Corinthians 3:17, NIV

What Should I Do If I’m In A Spiritually Abusive Community?

Leave.

Systemic spiritual abuse is dangerous, deceptive, and, ultimately, destructive. These environments distort your view of God, damage your sense of self, and normalise control under the guise of faith. Even if you don’t feel personally harmed, staying means you risk becoming complicit – reinforcing harmful systems, silencing questions, and modelling that this version of “faith” is acceptable for the next generation.

You don’t have to stay in a place just because it calls itself ‘*the faith*’, ‘*the truth*’, or ‘*the way*’. There’s only one way, truth and life, and his name is Jesus. Leaving a toxic or spiritually abusive system is not leaving Jesus. *In fact, it may be the most faithful thing you can do.*

You might have doubts about taking such an extreme course of action and wonder, can a spiritually abusive system be *rehabilitated* or should it be *burnt to the ground*?

It depends. Reform is possible, but rare and unlikely. More often than not, if the roots are rotten, the system needs to die, not just be repainted.

When power is centralised and unquestionable, when protecting the institution matters more than healing the people, when spiritual control is baked deep into the DNA, *then it's time to light the match.*

In Part 2, I'll explore what recovery from spiritual abuse looks like – how faith can heal, how trust can be slowly rebuilt, and what it takes to reimagine church through the lens of grace.

I'll also touch on what it might mean for a healthy person to remain within a broken system, and the bare minimum that would need to be in place for that to be a wise choice moving forward. Look for 'When Faith Heals | Recovering From Spiritual Abuse – Part 2' coming soon.

Toxic Faith

(Not a reader? Take a listen instead ↓)

It seems hard to believe that people who have answered Jesus' call to a life of freedom could so easily lose the sense of joy and relief they first felt. It's difficult to understand why Christians who have been made free and 'alive in Christ' would choose to return to a kind of spirituality that slowly imprisons the mind and poisons the soul. How does a message that speaks clearly of God's love – a life of salvation in Jesus by His grace – become perverted and distorted, becoming instead a culture of performance-driven expectations, demanded by an unfair and intolerant God?

“God didn’t go to all the trouble of sending His Son merely to point an accusing finger, telling the world how bad it was. He came to help, to put the world right again.” | John 3:17, MSG

Yet for many Christians, this is exactly where they find themselves. It may be early into their Christian journey or many years later, but somewhere along the way, their perception of Christianity becomes misshapen and their sense of peace, fulfillment, and relief dissipates.

Religious life becomes exhausting; they feel overwhelmed, emotionally drained and trapped. They may begin to judge themselves or others around them by what they do, what they wear, what they say. They become consumed by rules, preoccupied with fault and blame, and heavily focused on performance – their own or others’. Something that was meant to empower them and set them free has rendered them powerless – they are stuck, with no way forward and no way out.

The simple truth of being ‘saved by grace through faith alone’ has been turned on its head, becoming ‘the gospel of acceptance with God through performance’. Their simple faith in Jesus as the only source of life and acceptance with God has become toxic. Or perhaps, sadly, they never had that simple faith to begin with.

Toxic Faith

Toxic faith is a destructive and dangerous relationship with a religious system, not with God, that allows this system to control a person’s life in the name of God. It is a system where another gospel is preached – not one of freedom and liberty and acceptance through grace, but one, in reality, of enslavement to rituals and rules.

Seeking God’s approval on the basis of your own religious behaviour is toxic faith. Anything that adds to our standing

in the eyes of God, apart from the performance of Jesus on the cross, is legalistic teaching. A true and meaningful relationship with God can never be sustained on this basis.

This deconstruction of faith is not just a problem that modern Christians struggle with. The first-century church at Galatia also dealt with this issue and the damage caused by this 'false gospel' is catalogued throughout the letter written by Paul to the Galatians.

The tone of Paul's opening words is one of incredulity at the situation in which the Galatians find themselves.

"I am astonished that you are so quickly deserting the one who called you to live in the grace of Christ and are turning to a different gospel – which is really no gospel at all." | Galatians 1:6, NIV

The Greek word used here for 'desert' means 'to defect'; and it's a defection, not from a denomination or doctrine, but from 'Him who called you by grace'. It's a severing of the real and personal relationship a Christian has with God. And it's a distortion of the gospel Paul first preached to them, Christ's gospel, of forgiveness of sins by grace – by Jesus' performance – and not by their own. In fact, Paul says, it's really no gospel at all.

Paul takes the issue the Galatians are dealing with very seriously. When a spiritual life of grace and rest is replaced with a life of imposed works, it's a hugely serious issue.

But what was happening in Galatia for Paul to be so up-in-arms? What induced him to tackle the situation with such passion, to the point of stating the following words, not once but twice?:

*"Even if we or an angel from heaven should preach **a gospel other than the one we preached to you**, let them be under*

*God's curse! As we have already said, so now I say again: If anybody is preaching to you **a gospel other than what you accepted**, let them be **under God's curse!**" | Galatians 1: 8-9, NIV*

Law Versus Grace

Paul had been converted from a life steeped in [religious tradition](#) and law, a life that gave him privilege, prestige, and power. He had used that power to persecute the church of God, systematically destroying it, until one day He was confronted by the risen Jesus, and a message that was radically different to everything he thought he knew.

Paul learned that God was not an impersonal force to be used to make people behave in certain prescribed ways, but a personal saviour offering life and freedom through the saving work of Jesus. Paul discovered that right standing with God was not to be achieved through law-keeping – and, in fact, was impossible to be achieved this way – but by personal belief in God's promises.

Paul learned of the **true gospel** – that of being 'saved by grace through faith alone and not by works, lest any man should boast' (Ephesians 2:8-9).

This is the gospel that He originally preached to the Galatians and which they had gladly received. Yet, it is with dismay that he hears that religious leaders of the old school had come into the church, reintroducing old ways, law-keeping, and an abundance of religious rules and regulations. One of these religious rules was the rite of circumcision, which they were insisting Christians should undertake. Circumcision, in that time, was the ultimate act of external religious performance, and was being promoted as added 'proof of spirituality'.

'Yes', they would have said '*faith in Jesus is important and*

*you absolutely must have it. But it's **not enough**. In order to find positive standing with God, you must also be circumcised'.*

In other words, there was a group in Galatia propounding the idea that right standing with God depends on what Jesus did **plus** additional 'spiritual acts' that are undertaken. This is completely in opposition to the message of the cross, that salvation comes through Jesus' performance, not our own:

"For Christ did not send me to baptise but to preach the gospel, and not with words of eloquent wisdom, lest the cross of Christ be emptied of its power. For the word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God." | 1 Corinthians 1:17-18, ESV

"He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed." | 1 Peter 2:24, NIV

This 'different gospel' was a serious perversion of God's gift of grace and a not-so-subtle manipulation of the relationship between the individual and God. No wonder Paul was furious.

"Is it not clear to you that to go back to that old rule-keeping, peer-pleasing religion would be an abandonment of everything personal and free in my relationship with God? I refuse to do that, to repudiate God's grace. If a living relationship with God could come by rule-keeping, then Christ died unnecessarily." | Galatians 2:21, MSG

The Collision Of Grace And Spiritual Performance

The word of God is living and active, and, like a powerful sword, it cuts right through [to the heart](#), judging the

thoughts and purposes contained therein. It can be used as an instrument of grace, by reminding us of God's love and showing us how to bring order and purpose to our lives.

In the wrong hands, however, or wrongfully used, the word of God can be used in ungraceful ways, as a means of shaming others into performing someone else's agenda, in the name of God. In the hands of performance-based people, it can be used as a weapon in order to pressure people into acting differently or to get rid of them if they do not. It can be used to lay burdens on men 'too difficult to bear'.

"Woe to you experts in religious law as well! You load people down with burdens difficult to bear, yet you yourselves refuse to touch the burdens with even one of your fingers!" | Jesus, Luke 11:46, NET Bible

The appearance of Jesus on the Jewish scene was a dramatic collision between grace and spiritual performance. The conflicts the Pharisees initiated with Jesus were usually over minor issues such as fasting (Mark 2:18), sabbath keeping (Mark 2:24), eating with 'unclean' people (Mark 9:11), or attitudes towards civic duties, like paying taxes (Matthew 9:11) – all performance-driven markers of supposed spirituality.

The Pharisees 'majored on minors' because precise details of religious life were their passion, but in doing so, they were actually inverting spiritual values. They made uncompromising stands on matters of no particular spiritual importance, while issues of greatest significance were minimised.

Jesus called them out on their hypocrisy in the gospel of Matthew, where he says:

"Woe to you, teachers of the law and Pharisees, you hypocrites! You give a tenth of your spices – mint, dill and cumin. But you have neglected the more important matters of

the law – justice, mercy and faithfulness. You should have practiced the latter, without neglecting the former. You blind guides! You strain out a gnat but swallow a camel.” | Matthew 23:24, NIV

Jesus, in contrast, set out the essential way that a person finds [right standing with God](#):

“I am the way, the truth, and the life. No one comes to the Father except through Me.” | John 14:6, BSB

“I am the gate. If anyone enters through Me, he will be saved. He will come in and go out and find pasture.” | John 10:9, NIV

“Jesus said to her, “I am the resurrection and the life. He who believes in Me will live, even though he dies.” | John 11:25, NIV

“And there is salvation in no one else, for there is no other name under heaven given among men by which we must be [saved](#).” | Acts 4:12, ESV

Jesus is the only way to find right standing with God. The name of Jesus is the only means by which humanity can be saved. Jesus’ performance, not our own, is what secures this extraordinary gift of grace.

Christians must not be drawn to extremes in a misguided zeal for religious purity but pay attention to the essentials that Jesus so patiently explained. We must be on guard to avoid systems that employ the use of ‘formulas’ and ‘doctrines’ to press good people of faith into conformity with a system instead of conformity to Christ. Particularly, we must be on the lookout for cultures that promote or enable power posturing, performance preoccupation, unspoken rules, and a

lack of balance.

“God’s steward, an overseer (leader) must be above reproach – not self-absorbed, not quick-tempered, not given to drunkenness, not violent, not greedy for money. Instead, he must be hospitable, a lover of good, self-controlled, upright, holy, and disciplined. He must hold firmly to the trustworthy message as it was taught, so that by sound teaching he will be able to encourage others and refute those who contradict this message. For many are rebellious and full of empty talk and deception, especially those of the circumcision, who must be silenced.” | Titus 17-10

*“Leaders are given to the church to protect the flock from legalists, who push religious performance as the means of right standing or favour with God. In Paul’s letter to Titus, he says that the rebellious men **must be silenced**. Unfortunately, in many churches, not only are the leaders not protecting the flock against those who push religious performance, they are the pushers and in bondage to performance themselves.” | Johnson & VanVonderen*

Jesus had no interest in setting up rigid religious and social guidelines for his followers. He chose instead to major on the significant agendas of the kingdom of God. Paul confirms Jesus’ way of living in his final words to the Galatians:

“For my part, I am going to boast about nothing but the cross of our Master, Jesus Christ. Because of that cross, I have been crucified in relation to the world, set free from the stifling atmosphere of pleasing others and fitting into the little patterns that they dictate. Can’t you see the central issue in all this? It is not what you and I do – submit to circumcision, reject circumcision. It is what God is doing, and He is creating something totally new, a free life! All who walk by this standard are the true Israel of God – His chosen people. Peace and mercy on them!” | Galatians 6:14-16,

MSG

"Then you will know the truth, and the truth will set you free." | John 8:32, NIV

Toxic: 'Mid 17th century: from medieval Latin toxicus 'poisoned', from Latin toxicum 'poison', from Greek toxikon (pharmakon) '(poison for) arrows', from toxon 'bow'. (Oxford Dictionary). 'Containing or being poisonous material especially when capable of causing death or serious debilitation' (Merriam-Webster Dictionary). **Faith:** 'Great trust or confidence in something or someone.' (Cambridge Dictionary)