

Self-Defense Biblically: By Erica Jermanus

What does the Bible say about self-defense? Should women or men defend themselves when targeted with an assault?

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Introduction

In this ebook, I talk about why women are victims of verbal and sexual assault. I discuss whether a woman or man should defend themselves when they are being assaulted or threatened. Is self-defense biblical? I share scripture in the Bible on the topic relating to self-defense. I also share the different types of techniques and weapons used to defend oneself. Lastly, I talk about what liability is and what happens with lawful and unlawful self-defense.

Chapter 1: What is self-defense? Why are women the most targeted?

Women are the most targeted when it comes to verbal and sexual harassment. Many women targeted are taken advantage of by men. Men find it easy to target women because they are the weaker vessel. There are men who harass women verbally and sexually with their words and with physical force. What is self-defense? Is it okay for a woman to defend herself when she is being targeted by a male? Does the Bible say anything about the topic of self-defense?

Self-defense is to defend oneself, or it is the defense of oneself through physical or verbal force. The Bible does not mention much about self-defense. But there are scriptures that relate to it.

Matthew 5:38-40 says, "Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth: But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also. And if any man will sue thee at the law, and take away thy coat, let him have thy cloak also."

According to this scripture, believers are not to resist an evil person. If an evil person wants to take from you, let them have what they want and do not ask for it back. The Lord will pay you back what was stolen, whether it be in this life or the next. It may be hard to let an evil person take your life if that is the Lord's will. But you can know that if you were to die an early death, you would have eternal life because you gave up your life for Christ. You can be sure that you will be rewarded in the next life to come.

The Bible also mentions this scripture in Luke 22:36. "Then said he unto them, But now, he that hath a purse, let him take it, and likewise his scrip: and he that hath no sword, let him sell his garment, and buy one."

So this is pretty much saying that in some cases it is okay to defend yourself with a weapon unless the weapon requires a license. The disciples were recommended by Jesus Christ to have a sword with them as a weapon of defense. The disciples were traveling from country to country, so they needed to be able to defend themselves if they were presented with

danger. Not only themselves but even defending others who were in danger as well.

So if we should not resist any evil person, should we fight back this evil person with a weapon? That is the question to ask. Well, I guess it could go both ways. If this person was going to take your life, you can fight back with verbal or physical force. But also, if you were not able to defend yourself in some way due to not having a weapon or because of fear or anxiety that grips you in the moment. That person taking your life may end up being the case if the Lord wills it.

Just know if you were to have your life taken, you could know for sure where you will be spending eternity. Because you stood up for your faith in Christ and were not ashamed of the gospel or of Jesus Christ that you were persecuted to death. There are literal Christians in other countries that die for their faith in Christ. They are either burned or have their heads chopped off in other countries. That can be a sad and unfortunate way to die. But they know where they will spend eternity. They know that it's not about this life but about the life to come, which is eternal life in heaven.

This world is not our home. We are just temporary residents passing through. Our home is in heaven with Jesus Christ. So we will not want to try to save our lives on this earth because we have hope of a better life and a heavenly one to come. So we can be expectant of the life to come rather than the here and now. The here and now is just temporary and passing away with time. But eternity with Jesus Christ is forever without end. When you know where you will go for eternity, then you will not fear death. You will look forward to death because you know that life with Jesus Christ is the beginning.

2 Corinthians 4:17-18 says, "For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; while we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal."

Chapter 2: How to defend yourself. Should you fight back or give up your life for Christ?

So the question is, should you fight back with weapons? If you really feel like you are being threatened to death and you're about to lose your life in this instance, then yes, you have the right to defend yourself. You can defend yourself with unarmed weapons, such as self-defense techniques or armed weapons that may be licensed.

Here are some examples of unarmed self defense techniques, firstly, you do not want to stay in the way of an attacker. You want to keep moving. You also want to make it harder for the attacker to get you cornered. So you allow space between you and your attacker. You run to the safest place where there may be other people close by where you can get help.

You also want to be praying that the Lord protects you and keeps you safe from any predators. The Lord may send police officers, dogs, or other people nearby to keep you safe. You also want to stay in well-lit areas and areas that are public. You do not want to be walking around in the dark by yourself. Yes, the Lord is protecting us in the dark by ourselves, and he is always with us, so we are not alone. But at the same time, you

want to use wisdom and be watchful of your surroundings.

In case of a situation where you need to defend yourself because you do not have a physical weapon, you can use natural force or your natural body to fight back. You want to use your palm, elbow, or heel of the foot. You don't want to punch with your hands because it could lead to a broken hand, which could prevent you from being able to use your arm.

You also want to cover your head from any kind of blow. Your head is the most vulnerable to attacks. So you can do that by having your chin down and elbows up at eye level. The most effective areas to strike when defending oneself would be the base of the skull, face, or throat. You can even use verbal commands to discourage the attack.

Now if you do not defend yourself with physical or verbal force, then know that God is so much bigger than the attacker or the attack itself. He can do anything at any moment when we are in prayer. But God can also use these attackers and attacks as part of his will, plan, and purpose. The physical or verbal

attacks may be part of a trial or tribulation that a Christian goes through to strengthen their faith and character. As these Christians go through these attacks, they are partaking in Christ's sufferings and will receive greater glory. They will also receive crowns in heaven for the suffering that they have endured and underwent.

Some of the armed weapons that women and men can use to defend themselves are knives such as switchblades. Other weapons to defend oneself include pepper spray and electroshock weapons, although some may include a license needed to carry around. Other objects that can be used to defend oneself include baseball bats, keyrings, flashlights, kitchen utensils, or tools.

Chapter 3: What happens when you get injured? What about liability?

In many cases, women and men get injured from physical attacks, such as rapings and stabbings. If the woman or man does not know the person who raped and stabbed them, then there is really nothing he or

she can do besides pray for the attacker to come forward and turn themselves in. But in other cases, if a person was physically or sexually assaulted and knew the attacker, that attacker could face jail time or even pay fines.

What is liability? Liability depends on whether the self-defense force that was used was lawful or unlawful. If it was lawful, then that person may receive justice. But if the force was unlawful, then the person who tried to defend themselves thought that they were being attacked when really they were not. So therefore, that person will have to face the consequences for trying to defend themselves unlawfully, such as jail time or fines.

God does care about the injustices in the world today, and it is his job to avenge them, not ourselves. We just need to leave it up to him and let him do what only he can do. Something may look like an impossible situation, but only God can get you out of it. Keep trusting in him and allow him to work things out in his perfect timing.

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continue to write these books and get them published
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without you. May the Lord bless you!