



r/selfharm

Posts

Posted by u/lucyjained 19 days ago

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### Christians who self-harm

Any of you out there? I have a really hard time reconciling my self-harm with being part of the church. I've been treated really badly because of it in the past (banned from helping with children's work as a safeguarding risk, for example) and our vicar - who, ironically, was a psychiatrist before being ordained - is openly disgusted by me and barely acknowledges me.

We were looking at Luke 12 and how we can't hide our true selves from each other in the message last Sunday, which really struck a chord; I feel like I have more to hide (literally) than most. I feel like self-harm = sin and although all sins are supposedly equal, it's very obvious that mine are seen as worse than others' within the church context. And yet my heart is in Christ, and he is my strength and hope in the darkest times.

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