

Essay from the bold pastor
214 - Lady Gaga's Confession -

It has been a year since Lady Gaga confessed on the radio as to having been raped when she was 19. She said of the rape, "I'm gonna take responsibility for all my pain looking beautiful.", and she seems more reassured of how she has walked her life now. One month ago, she appeared at a New York panel discussion promoting the documentary "The Hunting Ground" which tackles the issue of rape on college campuses. She talked vividly about her experience.

"I didn't tell anyone for, I think, seven years. I didn't know how to think about it. I didn't know how to accept it. It's something that really changed my life. It changed who I was completely." She also spoke of the man who raped her, saying that he didn't even think that what he was doing was rape. She continued, "It changed my body, it changed my thoughts. When you go through a trauma like that, it doesn't just have the immediate physical ramifications. For many people it is almost like trauma, where you experience it through the years after it. It can trigger patterns in your body of physical distress. So a lot of people suffer not just emotional and mental pain, but physical pain as a result of being abused, raped or traumatized in any way." When it had happened, she wondered that perhaps the clothes she wore were too provocative, or that she was too ignorant about the opposite gender because of her upbringing in an all-girls school. She added, "I didn't know how to not blame myself or think it was my fault."

But in the end, she had words of encouragement for those who have experienced similar stories. She urged everyone not to hide their pain away and let it rot like an apple on a counter. The Bible says:

**"We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life."
Romans 6:4**

In other words, because Christ, who was without sin, died on the cross for our sins, our sins have been washed away. Many people have been hurt or have hurt others, and we often hold onto those pains in our hearts. But there's no need to keep living in fear. Those that believe in Christ's resurrection have been given an opportunity to start anew.

1-5-2016

