

YOU LEFT ME: DEALING WITH ABANDONMENT - PART I

Focus Text - Psalm 30:5

INTRODUCTION

Divorce, death, broken friendships and relationships, and emotional detachments can leave a feeling of isolation, desolation, rejection and loneliness. Sometimes it feels as if the only person who understood you or the person, who should have been there for you, abandoned you. The feeling of abandonment grows over time when not dealt with early on. Someone failing to return your phone call, failing to speak to you, neglecting to say I love you, or missing an important event can spiral your emotions into a whirlwind, creating flashbacks of those times that caused your heart to be broken because someone wasn't physically or emotionally available. Many react to these emotions by becoming emotionally and physically unavailable in attempt to divert the hurt that comes with interpersonal relationships.

Tool #1 – Acknowledge Your Feeling of Abandonment to Yourself and God

List 6 situations that may cause abandonment.

- | | |
|----------|----------|
| A. _____ | B. _____ |
| C. _____ | D. _____ |
| E. _____ | F. _____ |

1. Define denial.
2. Why is it important to acknowledge an incident of abandonment?
3. What abandonment situation occurred here? **Job 1:18-19**
4. What abandonment situation occurred here? **Job 2:9**

YOU LEFT ME: DEALING WITH ABANDONMENT - PART I

Tool #2 – Seek God during and after this trial through worship, praise, fasting, prayer and delving into the Word of God

5. How did Job respond to losing his children? **Job 1:20-21**
6. How did Job respond to his wife's comment? **Job 2:10**
7. Should Christians be able to praise God in the midst of the worst circumstances? **Psalm 34:1, Psalm 56:4, Psalm 16:7**
8. List 6 vices of the flesh that people use every day in order to fill that void of abandonment.

A. _____
C. _____
E. _____

B. _____
D. _____
F. _____