

YOU LEFT ME: DEALING WITH ABANDONMENT - PART II

Tool #3 – Seek Spiritual Counsel from a spiritual leader

9. What does this verse means? Psalm 1:1, Psalm 33:11

It is important to seek spiritual counsel if the counselor and the Creator are connected, the counselor will be able to walk in any of the spiritual gifts that God chooses in order to get a word through for your specific circumstance.

Tool #4 – Willingly, go Through the Emotions that Abandonment Causes

List 6 emotions that are associated with abandonment

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

- 10. At this point, it seems as if everyone has abandoned Job, what kind of emotions did Job experience? Job 3
- 11. What ultimate abandonment did Jesus feel here? What emotions did He experience? Matthew 27:46
- 12. How does crying out affect God? Psalm 18:6, Psalm 34:17, Psalm 107:19, 28
- 13. What does the Word of God say about going through these emotions? Eph 4:26

Tool #5 – Understand that the Outcome of Abandonment is intended for God’s Glory

- 14. Where should you put your trust? Psalm 20:7
- 15. Through the emotional toil of dealing with abandonment, what promise do you have? Hebrews 13:5
- 16. When you can’t feel God’s presence, what option should you choose? Psalm 46:10
- 17. How was Job’s situation used for God’s glory?
- 18. How was Jesus’ abandonment on the cross used for God’s glory?

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CONCLUSION

Sometimes abandonment occurs in order for us to depend less on people and more on God. Many times we fail to realize to the degree to which we have attached ourselves to others until they are no longer in our lives. This often causes breakdowns because our strength layed in the creation instead of in the Creator. We need to remember that seasons change, and with those changes people come and people go, and we must learn to embrace that process. We also should understand that holding on to temporary individuals will only prevent us from receiving the greater things of God. Many times there is no room for new experiences when we are keeping old ones. We should remember to seek God's counsel concerning the people in our lives and ask Him for the strength to receive them and the strength to let them go according to His will. Use the tools given in this week's lesson to address any feelings of abandonment that may have occurred during your lifetime.