

Friend of a Wounded Heart *Overcoming the sting of Betrayal*

We are living in the last days. Matthew 24 speaks about things the last generation will see. It's interesting that verse 10 specifically addresses betrayal: "At that time many will fall away and will betray one another and hate one another." Betrayal is difficult to deal with and it hurts!!

Luke 21:16 says, "You will be betrayed even by parents, brothers and sisters, relatives and friends, and they will put some of you to death."

The Bible speaks about a number of times. The greatest biblical example of all was that of Judas Iscariot who betrayed Jesus for a measly 30 pieces of silver. OUCH! However, Jesus knew Judas was the one who would betray Him and yet, He still chose Judas to be one of the 12 (Judas was a close friend for several years).

We can all identify with feeling betrayed. We have all been betrayed and hurt by loved ones at one time or another. We give our hearts to them and they hurt us. How we deal with inevitable betrayal will affect us in our everyday lives and in other relationships. Betrayal, and the bitterness it causes, can stick with us for years if we don't handle it correctly.

Building a relationship with another human has its challenges. Love is our Inheritance and birthright. We were created for relationships. However, as human beings we are limited, imperfect, frail and at times can't be dependable. We easily crack under pressure and at times feel so hurt by others that we don't know what to do or how to move past it.

Betrayal is wicked on so many levels. It has broken marriages, ended long term friendships and has put division into families that can span generations. Betrayal creates experiences that can leave us feeling a mixture of emotions –hurt, bruised, angry, resentful, depressed and anxious.

We often enter into relationships with expectations that are way too high, only to end up disillusioned or feeling betrayed when they fail us. Betrayal can leave us struggling with feelings that at times can overwhelm us. It often leaves us feeling shocked and broken into pieces. One moment of betrayal can rock years of a long-time relationship.

"Even my close friend in whom I trusted,
Who ate my bread, Has lifted up
his heel against me" (Psalm 41:9).

Betrayal comes in various forms and here are a few examples:

- Breach of confidence— Broken promise— Abandonment— Rejection—Lack of commitment or breaking of trust in a relationship—Unfaithfulness - Selfish purposes-

The sting of betrayal takes up space in your heart. Getting over the hurt requires recovery time. It is unrealistic to expect to get over feeling your grief and hurt quickly. No matter how it happens, it hurts and takes time to heal. And honestly, is there anything more hurtful than betrayal by someone we love or trust? We must look to the Bible and realize that God knows exactly how we feel. Jesus' betrayal is perhaps the greatest occurrence of injustice in all of human history.

Yet, Jesus forgave just as God did in the Old Testament. We see them forgive over and over, never holding back love from those who came to them. You know you need to forgive them, even if they are not sorry for what they did. I know that's easier said than done. I understand that betrayal leaves us deeply affected in our ability to trust or be close to others. And honestly, it is easier to forgive an enemy than to forgive someone we love who has betrayed us.

However, God always comes to our rescue when we call out to him. He wants to free us from the snare that betrayal has laid before us. He wants to provide for us and care for us during the healing process. He wants to give us spiritual and emotional support as we look to Him to help us. Only God can restore our painful hearts.

Whatever it is, go to God and ask Him to help you and to give you the strength to surrender all the hurt to him. He knows your pain and wants you to cast your burden on Him. If anyone knows how badly the betrayal hurts us, it is He.

(There are additional passages about betrayal on page 3 in the PDF).

Prayer: Help me, Lord God, to let go of the hurts that have come my way. Father, I want to forgive them but my wounds are so deep and so painful I don't even know where to begin. Help my heart toward them and help me to really forgive them. Help me not to focus on the memories or the hurt. Pour your healing balm of Gilead over the broken parts of my heart. In Jesus name...

<https://www.youtube.com/watch?v=MPNCRF8r4Lg>

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Other Passages on Betrayal:

- Betrayal of Jesus: Matthew 26:14-16,45-50, Mark 14:10-11, Luke 22:3-6, 47, 48, John 13:21
- Betrayal of others, foretold: Matthew 20:18; 24:10
- Betrayal of David, by Doeg: 1 Samuel 22:9,10; 21:1-10
- Betrayal of cities: Judges 1:24-25
- Betrayal of men into the hands of their enemies: Judges 16:18, Psalm 41:9, 55:12, Micah 7:6, Matthew 10:21, 24:10, 26:16, Luke 22:22, 22:48, John 13:21
- Delilah betrayed Samson to the Philistines. Judges 16:16-21
- David betrayed Uriah to hide his sin. 2 Samuel 11:14-15
- Absalom betrayed Amnon, his half-brother, to avenge the rape of his sister. 2 Samuel 13:28
- Absalom betrayed David, his father, as he sought to steal the kingdom. 2 Samuel 15:10-17
- Joab betrayed Amasa, a rival military officer. 2 Samuel 20:10
- Jehu betrayed Joram and killed him. 2 Kings 9:14-27
- Officials betrayed Joash and killed him. 2 Kings 12:20, 21
- Haman betrayed God's people. Esther 3:8-11
- Officials betrayed Daniel and attacked him for his devotion to God. Daniel 6:4-5, 6-8
- Judas betrayed Jesus, and handed Him over to the religious leaders. Matthew 26:46-56
- The Jews betrayed Paul, and conspired to kill him. Acts 23:12-14