

Forsaken By Parents; Adopted By God

“You did form my inward parts; You did knit me together in my mother’s womb. I will praise You for the wonder of my birth! Wonderful are Your works and that my spirit knows well. My frame was not hidden from You when I was being formed in secret. I was intricately and wonderfully wrought in the depths. Your eyes saw my unformed substance, and in Your book all the days of my life were written before ever they took shape, when as yet there was none of them.” Psalm 139:13 to 16.

“You are He Who took me out of my mother’s womb; You made me hope and trust when I was nursed. I was cast upon You from my very birth; from my mother’s womb You have been my God.” Psalm 22:9 & 10.

“Although my father and my mother have forsaken me, yet the Lord will take me up and adopt me as His child.” Psalm 27:10.

The most common type of rejection, and the deepest wounding in a person’s life, is when we are rejected by a parent. The rejection is doubled when a person is rejected by both parents. The feelings of being unwanted, unworthy, unlovable etc, last throughout that person’s childhood and adult life, and can affect their adult relationships with a spouse or their own children.

The sense of being unwanted, rejected or unloved, affects more people than we realise. People suffering from a spirit of rejection can react in several different ways. Many people have a strong desire to be loved and become promiscuous as they seek that love, which is the wrong way to find the parental love they have missed out on, and that simply compounds the problem, because promiscuity leads to more rejection. Others feel they have to be the centre of attention all the time; tell jokes; make people laugh; speak loudly, laugh loudly; are overtly affectionate while others wonder why they can’t hold a relationship together. Some join up with gangs to make themselves feel accepted. There are people who feel they are on the outside looking in, but can’t quite fit in. There are others still who just end up with a very bad attitude and are frequently angry or grumpy for no apparent reason. Some end up acting in a violent manner. Others take drugs, both legal and illegal to try to cope with feeling rejected. Other effects of rejection can be loneliness, self pity, moodiness, despair, hopelessness, feeling miserable, sad and isolated. Or we can become hard, bitter, arrogant and rebellious. Some become indifferent to the suffering of others and may become cruel. Most rejected people put up a barrier around their emotions so no one can reach them. These people are often sociable, jovial, successful; appear self-sufficient and impenetrable, but underneath the façade, they are crying out for the release of their feelings of rejection. Some people blame God, yet He is the only Person Who can help them.

Causes of rejection can be many; the divorce of their parents; being given up for adoption; having a chronically ill parent who is unable to nurture their child; the parents’ alcoholism or drug addiction; parents who work and leave very young children in care; sexual abuse; being the child of indifferent parents who don’t show love to their children; being the middle child and especially if the middle child is the same gender as the eldest; or simply being the child of very bad parents. All of these scenarios can leave a child feeling rejected, insecure, unwanted and often these children blame themselves. “It’s my fault my parents’ split up”, “It’s my fault dad drinks too much”, “I was a bad child so I had to be adopted out”, “I’m too ugly to be loved”. Some of us have had terrible things said to us and about us that

has hurt and wounded deeply, and when a parent says vicious things, those wounds penetrate, leaving us with a broken spirit.

Even following a happy childhood, adults can sometimes develop deep feelings of rejection when, for example, their spouse leaves them, a parent dies, a long standing friendship crumbles or they lose their jobs. Perhaps you have told somebody something in the strictest confidence and they have betrayed your confidence, gossiped and told of the matter and that has left you wounded. Isaiah 54:6 gives us a picture of the results of adult rejection: Forsaken, grieved in spirit and heartsore. Proverbs 18:14 asks 'Who can bear a broken spirit?' Proverbs 18:8 and 26:22 says gossip and slander goes down into the innermost parts of the body and to some, cause deadly wounds. That would be emotional wounds, not physical wounds.

There is an area deep down in our emotions where some things penetrate. Our emotions can be wounded which can result in a broken spirit. There is a spirit in man that is deeper than our understanding. In 1 Corinthians 2:11 we read that there is a spirit in man and the spirit knows our thoughts. We can have wounds in the spirit that we have carried for years, that our conscious minds do not know about until God reveals them to us so we can be healed. Only the Holy Spirit can reach into our spirit and heal the deep wounds we have there. When the Holy Spirit begins to heal a wounded human spirit, often the person sobs brokenly for some time. They also frequently say they had no idea that problem was there. Sometimes the wounds are so deep and painful, the mind refuses to acknowledge there is a problem and the person deliberately pushes the painful memory out of their mind. That often happens when a young child is sexually abused, and only the Lord can heal such a devastating wound. The wound is deeper than the mind, deeper than the reason, deeper than the memory. Rejection is very frequently in that area; in the spirit and many people do not realise their problem stems from rejection.

There are occasions when extreme rejection can result in a spirit of death taking over the person's will. There is no set 'rules' for identifying a spirit of death, but some of the symptoms are: These people often become thin, are usually never happy, suffer from imagined illnesses, aches and pains, have migraine headaches, they often have difficulties relating to those closest to them, have a sad 'air' about them, they weep a lot, sigh a lot, they seriously lack energy, have no motivation and can become very depressed and even suicidal. Isaiah 61:3 calls depression a 'spirit of heaviness'. If the scripture calls it a spirit, it is a spirit. Putting on the garment of praise will help, but if the person can't overcome the spirit and the depression hangs on, then the Lord will have to intervene. A spirit of death can lead to a desire for death rather than a desire for health.

A spirit of death can enter an unborn baby if the mother rejects the pregnancy, or seriously contemplates terminating it. The child usually has a sense of being unloved and unwanted. A spirit of death can entered into a young child if they feel lonely, unwanted, unloved and rejected. If we look into a day-care centre for very young babies, and see them wailing for their mothers, day after day for months on end, it doesn't take a genius to imagine the long term effect that will have on those babies as they grow. Every baby is born needing the nurturing of its mother. God created them that way. When the mother separates the baby from her care, the baby will feel rejected, no matter how good and caring the day-care centre is. No day-care centre can give a tiny baby the cosy love of its own mother. In this modern age, many mothers are putting the desire of unnecessary items before the emotional health of her baby. The mother wants a fancy new car, a plasma TV set, a huge house or other material things that she can get by without, and the tiny baby is placed into care and it is the child that will suffer the effects later. No amount of fancy clothing or

expensive toys can make up for the lack of time spent with the children. Rejected children often grow up to reject their parents when the parents are ill or elderly. Sometimes rejected children grow up to reject and neglect their own children which then becomes a generational pattern that is very hard to break.

What is the opposite of rejection? Acceptance. How do we move from feelings of rejection to the joy of acceptance? Psalm 34:18 says 'The Lord is close to those who are of a broken heart and saves such that are crushed with sorrow'. In Ephesians 1:6 we read that we are accepted in the beloved. When God says we are accepted, He does not mean barely tolerated. He means greatly favoured as the angel said to Jesus' mother Mary in Luke 1:28. She was greatly favoured and full of God's grace. That is where we are, once we have accepted Jesus as our Saviour. In Luke 1:42, Elizabeth, who was filled with the Holy Spirit said Mary was blessed. In this context it meant Mary was favoured of God. Elizabeth also added that the 'Fruit of Mary's womb' Who as we know was Jesus, was also favoured of God. Read on to Luke 2:14, and if you will, take this verse deep into your hearts. "Glory to God in the highest heaven, and on earth, peace among men with whom He is well pleased, and with men of His favour." If we look closely at that scripture, we see that we will have peace when we have God's favour. When we accept Jesus, it makes God the Father well pleased. How good does it feel to know God the Father is well pleased with you?

Let's look at a few other scriptures when God said He was well pleased. Matthew 3:17; "This is My beloved Son, in Whom I am well pleased." Matthew 12:18; "Behold, My Servant Whom I have chosen, My Beloved in Whom My soul is well pleased ..." Matthew 17:5; "This is My beloved Son, in Whom I am well pleased. Listen to Him." Mark 1:11; "You are My beloved Son, in You I am well pleased." Luke 3:22; "You are My beloved Son, in You I am well pleased." 2 Peter 1:17; "You are My beloved Son, in Whom I am well pleased." So if we look closely at God the Father's words, He is putting us into the same category as His special Son Jesus. He was well pleased with Jesus and He is well pleased with us. We need to take that to heart and allow that acceptance by God to warm our hearts and let Him heal all feelings of rejection, because the opposite of rejection is acceptance. We are accepted and loved by God, before we accept Jesus. 'We love Him, because He first loved us' (1 John 4:19).

As Christians, we need to believe the facts that are written in the Bible, even when those facts are contrary to our feelings. The Gospel is four eyewitness statements of facts. It is a fact that Jesus was wounded for our iniquities and was striped for our healing (Isaiah 53:3 to 11). Jesus died for our sins, was buried and was raised from the dead. These facts are the basis for the whole Gospel. We believe these facts by faith. We cannot go by our feelings because they are very changeable. After we have been a Christian for a few years and Christianity has become the norm for us, we often don't 'feel' saved, but the fact is, we are saved. Our feelings change but the facts don't.

The cross is where God provided every solution to every problem mankind has, and that includes rejection. Jesus dealt with this specific problem on the cross. Isaiah 53:3 says Jesus was despised and rejected by men and we know that He was. His own [the Jews] received Him not (John 1:11). His own rejected Him and called for His death by crucifixion (Mark 15:13; Luke 23:21). The Gentiles also rejected Him and they crucified Him (Matthew 20:19). Jesus cried out because He felt rejected by His heavenly Father (Matthew 27:46). How much more could one person be rejected?

But God didn't reject Jesus, He accepted Him. We know that because God the Father repeatedly said He was well pleased with His Son Jesus. God raised Jesus from the dead to sit in fellowship, side by side, together, in heaven forever (Psalm 110:1; Matthew 22:44; 26:64; Mark 12:36; 14:62; Luke 20:42; Acts 2:34; Ephesians 1:20; Hebrews 1:13). As we read, Jesus was favoured of God (Luke 1:42) so He wasn't really rejected but He felt that way. Jesus felt rejected. How many of us feel rejected by our parents, when the reality is, they did their best in difficult circumstances that arose to affect our lives? Feeling rejected and being rejected are two different things, but the result is the same. We hurt, we react and we cry out.

God has never rejected us humans. We are the object of God's loving care and attention, and He says to give Him all of our worries because He cares for us (1 Peter 5:7). God cares for us (Psalm 8:4; 114:3; Hebrews 2:6). God is on our side (Psalm 118:6). We are number one in His priority. God never tells us to wait because He is too busy to spend time with us – it is us who do that to God. God never tells us to be quiet because He's sleeping. God never sleeps (Psalm 121:4). Jesus is always knocking at the 'door' for us to open it to Him (Revelation 3:20). God's attitude is like the father of the prodigal son – the father knew the son was coming home before anybody else did because the father was always watching for him (Luke 15:20). When the son wanted to confess his sins, the father cut his words off and welcomed him home, and the father had the son clothed in fine clothes, shoes and jewellery, and fed him the best food (Luke 15:22). The whole household rejoiced in the son's return (Luke 15:25 & 32). That is the same as in heaven. Angels rejoice when a lost sinner repents and comes 'home' (Luke 15:10).

We are not second-class citizens. We are a chosen race, a royal priesthood (1 Peter 2:9). Jesus calls us His friends (John 15:15). Jesus bore our rejection on the cross and we are accepted because of His rejection (Romans 15:7). We need to lay hold of our acceptance because we have been adopted by God through Jesus. (Romans 8:15; Galatians 4:5; Ephesians 1:5).

If you will believe that you have been accepted and adopted by God, that could change your whole life. You will know what it means to be accepted and loved. Even if your own parents rejected you, God's plan is to adopt you as His own child. If your parents have forsaken you, God said He will never leave you nor forsake you (Hebrews 13:5). If your parents failed you, God will never fail you. You are wanted and highly favoured. You are the object of His care and affection. God sent Jesus to die for you so you could be reconciled with God the Father. Everything God does, revolves around His children. The scriptures tell us we will be raised up with Jesus and all things are for our sakes (2 Corinthians 4:14 & 15). All we have to do to be adopted by God is accept the sacrifice Jesus made on our behalf. That's not hard! If you have accepted Jesus and are still troubled with rejection, there are other steps you can take to begin your healing.

Step one: You have to forgive those who have rejected you. If you don't forgive them, then God will not forgive you (Matthew 18:21 to 35). No matter what they have done to you, or how terrible they were, or even if the person is dead, you must forgive them. Forgiveness is not an emotion – it is a decisive action. It is your will, and your decision. Either you will forgive or you won't forgive. If you want healing for your emotions, first, you must forgive.

Step two: You need to lay down all negative emotions like bitterness, hatred, resentment and rebellion. If you have a problem laying these things down, then ask the Father and He will help you. He wants you to be healed because He cares for you.

Step three: You need to accept as fact, that you are accepted by God through Christ. If you have accepted the Lord Jesus as your Saviour, then you are God's child no matter what the outward circumstances. You are His and He loves you and wants to spend time with you.

Step four: Accept yourself. You were wonderfully made, God knew you when you were still an unformed substance, He brought you out of your mother's womb, He knows the day of your birth and He knows the day you will go home to be with Him. He knows every day of your life (Psalm 139:16). He knows everything about you and He accepts you. Now it is time to accept yourself. Never belittle yourself. Never criticise yourself. You are God's handiwork; His workmanship (Ephesians 2:10). You are the 'apple of His eye' (Psalm 17:8). He made everything about you that makes you who you are. Accept the things He did when He was forming you in secret. Do you have brown eyes? Don't try to turn them blue. Are you tall? Don't ask to be shorter. Are you pear shaped or square shaped? Accept yourself as you are. When you criticise yourself, you are criticising the way God made you. When you criticise things about yourself, you are criticising what God formed in secret.

After taking these four steps, try praying something like this: Thank you Lord for helping me to forgive [name]. I lay down all bitterness, resentment, hatred and rebellion at Your feet. I believe by faith I am accepted by You and now I will accept myself. Lord Jesus I believe you are the Son of God and the only Way to God. You died on the cross for my sins and You rose again from the dead. I repent of all my sins, and I forgive every other person – as I would have God forgive me – all those who have rejected me, and hurt me and failed to show me love. Lord I forgive them all now, and I trust You for Your forgiveness, and I believe in my heart You accept me, right now, as I am in Christ. I am accepted, I am highly favoured, I am the object of your special care and the apple of Your eye and You really love me. You want me, You are my Father. Lord I accept myself. Thank you for beginning a new work in my life. Lord I want to thank You and praise You and rejoice in my salvation. Amen.

Allow the Holy Spirit to minister to your heart and release the longing that may be deep within your heart. If you weep, then don't hold back. Let the healing flow. Praise the Lord you are free.

Amen and God bless you.

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