

Emotional Healing
Part 3
From Rejection to Acceptance

“For the LORD hath called thee as a woman forsaken and grieved in the spirit, and a wife of youth, when thou wast refused, saith thy God.”

Isaiah 54:6

The prophet paints a word-picture of a young woman who has recently married. After the chase, conquest and tying of the matrimonial knot, she discovers that her husband does not love her any more. How often those of us who have counseled couples have heard that same old tired and worn out excuse. It is a lie of the devil.

Her husband no longer has any time for her. He shows no interest. Perhaps after a long string of one night stands with any woman who was available, he is preparing to divorce her. These words aptly describe her emotional state of mind, “forsaken and grieved in spirit.” This is a graphic portrayal of rejection.

A wound that is hard to bear is mentioned in **Proverbs 18:14**, “The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?” Most of us can survive a physical wound, but an emotional one can be even more difficult to survive. A person’s “will to live” will bring him through a serious illness, but when one gives up on life because he has “lost hope”, usually he does not last much longer. He succumbs to the “jaws of death.”

Another verse in this same chapter, **Proverbs 18:8**, reveals to us another emotional wound, “The words of a talebearer are as wounds, and they go down deep into the uttermost parts of the belly.” There is a vulnerable and tender area deep inside of each of us where some things penetrate. One of these is the words of a talebearer—as gossip—even the very word sounds like the hissing of a poisonous snake all coiled up ready to strike and inject its venom into an unsuspecting victim.

Have you ever opened your heart to a trusted friend and shared your innermost problems in strictest confidence? That person in the church who promised “not to share your secret with a living soul”, later tried to “disguise it” as a “prayer request” at the next meeting of the women’s missionary council. After a time, the story made the rounds and eventually it got back to you. You were devastated. Your trust in people was shattered by lose lipped Christians who had no regard for your privacy or reputation. It took a long time before you ever “opened-up” to anyone again.

That is another manifestation of a “wounded spirit”—the damaging of our emotions. How true this Scripture is when it says that we can put up with a wounded body, but a wounded spirit is an unbearable affliction.

The hurt that was inflicted into our spirit will remain with us throughout life, unless at some point it is faced and confronted. “For what man knoweth the things of man, save the spirit of man which is in him?...**1 Corinthians 2:11** The spirit in us goes deeper than our mental understanding and comprehension. Our spirit is the only faculty that knows all about us. The mind does not know all about us. There are some things the mind has not yet discovered.

We can carry around emotional wounds for years that the mind knows nothing about. After a traumatic experience—especially in our younger years—we try to repress these bad memories. We act as though they never happened, yet the pain has taken a deep root within us.

Often a strong, self-reliant man will sob and cry like a baby when filled with the Holy Spirit. God has reached into his human spirit and untied knots of unresolved problems. How important and imperative it is for that man not to re-assert his own self-control.

Some things that have happened to us through time have been so wounding and painful that the mind has refused to focus in on them. Rejection is in that deep area of the spirit. Most do not realize that this is the root of their difficulties. A person goes so far in life, and then there

is a barrier that stands in his way and he can go no further. It happens over and over. There seems to be no explanation for these failures. More often than not it is a “spirit of rejection” that has gone “underground” and becomes “the enemy within” that works to “set us up” for one disappointment after another.

This “rejection syndrome” is without a doubt a “disease of the spirit” and a “sickness of the soul” that if not properly “treated” will continue to produce destructive behavior that will affect us negatively in body, soul and spirit. Unchecked—the wound remaining unhealed—it will stop true intimacy and “hijack” every relationship we encounter for the rest of our lives.

One “infected by the disease of this toxic personality” will often leave a relationship with another individual because of “the fear of a future rejection not yet experienced.” Before that person “leaves him high and dry”, he says “good-bye” first. He just cannot bear the hurt of another rejection, so he “bales out” before it happens. He can handle it more easily if he is the one who does the leaving. There will never be any lasting relationship in the present or future until he confronts the original pain of rejection and rids himself of it.