

The Pounds of Betrayal, Loneliness & Isolation

Betrayal – An Unexpected Breach of Loyalty & Trust

Biblical Character: Joseph

Definition: As I was reviewing various definitions of betray (the root word for betrayal), I kept feeling directed to also look at the word 'breach.' I am adding that word to this definition section as there is a correlation between the two words and/or the events that occur with each.

Betray:

- To lead astray
- To deliver to an enemy by treachery
- To fail or desert, especially in time of need
- To disclose in violation of confidence – betray a secret
- Be gravely disloyal to

Synonym: Backstab, double-cross

Breach:

- Infraction or violation of a law, obligation, tie, or standard (code of conduct)
- A broken, ruptured, or torn condition or area
- A break in accustomed friendly relations
- A temporary gap in continuity; a breach of routine
- A gap (as in a wall) made by battering

Loneliness: (Psychology Today Definition)

- Loneliness is the state of distress or discomfort that results when one perceives a gap between one's desires for social connection and actual experiences of it. Even some people who are surrounded by others throughout the day – or are in a long-lasting marriage – still experience a deep and pervasive loneliness.
- Being alone and experiencing loneliness are not the same thing

For Your Consideration:

As you read the above definitions to identify any 'touch points' of betrayal in your life, I would challenge you to also consider what type of 'gaps' may have formed IN YOU as a result of the betrayal events. As an example, for those that have encountered some

sort of breach of trust or loyalty by a friend and forgiveness has not yet been extended so the wounds could be healed, it is likely that you are much more hesitant to pursue new personal and business relationships because distrust and fear have found a voice inside your head. The longer you listen to the 'warnings' of suspicion and fear that 'remind you' that people cannot be trusted -- and therefore new relationships will inevitably result in new emotional scars -- the more likely it will be for you to become resilient in your stance that taking steps to get to know someone new who has 'appeared' in your life is not worth the risk of potential heartache.

No matter how the initial infraction or breaches in our relationships occur, once a mental stronghold that is rooted in the fear of betrayal has been given authority to rule, we discover it is difficult to form new relationships in every sphere of our lives. We find it difficult to introduce ourselves to the new neighbor who just moved in across the street, the new hire at our place of employment, and we may even refuse to introduce our family to the new family who showed up to the church service Sunday at the place where we worship.

Whether betrayal gained access into our lives through the overt actions of others, secretive acts of disloyalty, or our own skewed perceptions about why a relationship came to an end, the wounds inflicted through these events will continue to have power over our thoughts, emotions and interactions with people until we confront the truth about what happened, release forgiveness (to ourselves and others), and get back into alignment with the TRUTH that God created all of us to love and be loved.

Proverbs 3:3-4 (TPT) says it like this:

"Hold on to loyal love and don't let go, and be faithful to all that you've been taught. Let your life be shaped by integrity, with truth written upon your heart. That's how you will find favor and understanding with both God and men – you will gain the reputation of living life well."

One of my favorite Scriptures about how to 'love well' is I Corinthians 13:4-8 (TPT):

"Love is *large and* incredibly patient. Love is gentle and consistently kind to all. It refuses to be jealous *when blessing comes to someone else*. Love does not brag about one's achievements nor inflate its own importance. Love does not traffic in shame and disrespect, nor selfishly seek its own honor. Love is not easily irritated or quick to take offense. Love joyfully celebrates honesty and finds no delight in what is wrong. Love is a safe place of shelter, for it never stops believing the best

for others. Love never takes failure as defeat, for it never gives up. Love never stops loving ...”

As we attempt to discern any workings of betrayal in our lives, I trust the Lord to shine His light of truth over all of our relationships, helping us to see any ‘breaches’ and ‘gaps’ from His perspective. As this begins to happen, we will gain wisdom, revelation, and instruction over how to ‘reconcile’ each of the infractions that occurred. If we humble ourselves before God, listen to His gentle promptings as to how to move forward, and are obedient to do what He says so that betrayal loses its power over our lives, the result is that our wounds will be healed, our souls we be restored, and we will learn to love again.

I’m sure that most of us have probably heard this particular phrase from Alfred Lord Tennyson at least once in our lives, but I believe it bears repeating here as it sure sounds a lot like something that ‘The One Who First Loved Us’ would say: “Tis better to have loved and lost than never to have loved at all.”

Hebrews 13:5-6 (NKJV) is another great ‘Truth Nugget’ for us to grab ahold of when attempting to recover and receive healing from abandonment, rejection, or betrayal:

Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, “*I will never leave you nor forsake you.*” So we may boldly say: “The LORD is my helper; I will not fear. What can man do to me?”

As we renew our minds with TRUTH, the voice we listen to changes. TRUTH removes the veils of deception and confusion and begins to open our path to freedom! We start thinking and seeing more clearly, our emotions get realigned with TRUTH, our discernment returns, and we eventually reach a point where we can better trust the voices we hear because we know they are based on TRUTH instead of the stories that the scars and wounds we once carried deep within our emotions told. As we walk forward in TRUTH, the enemy no longer has access to our minds and emotions to trip us up, even in seasons of great transition.

We must remember that regardless of the type of strategy for defeat the enemy unleashes against us, the Lord has already given us a blueprint to follow that will surely lead us into victory and strength. His TRUTH recorded in the Scriptures is a shield about us and a sword within our hands! **YIELD YOUR SWORD AND STAND FIRM!**

¹² For the word of God is living and active and full of power [making it operative, energizing, and effective]. It is sharper than any two-edged sword, penetrating as

far as the division of the soul and spirit [the completeness of a person], and of both joints and marrow [the deepest parts of our nature], exposing and judging the very thoughts and intentions of the heart. Hebrews 4:12 (AMP)

BE ENCOURAGED ON YOUR JOURNEY TO DISCOVER THE VOICES YOU HAVE BEEN LISTENING TO! THE LOVER OF YOUR SOUL IS ALSO SPEAKING!

Truth Nuggets:

Psalm 23 (VOICE)

The Eternal is my shepherd, He cares for me always. He provides me rest in rich, green fields beside streams of refreshing water. *He soothes my fears*; He makes me whole again, steering me *off worn, hard paths* to roads where *truth and righteousness* echo His name. Even in the *unending* shadows of death's darkness, I am not overcome by fear. Because You are with me *in those dark moments*, near with Your protection and guidance, I am comforted. You spread out a table before me, *provisions* in the midst of *attack from* my enemies; You *care for all my needs*, anointing my head with *soothing, fragrant* oil, filling my cup again and again *with Your grace*. Certainly Your faithful protection and loving provision will pursue me where I go, always, everywhere. I will always be with the Eternal, in Your house forever.

Song of Solomon 2:14 (VOICE)

¹⁴ Now, my dove, don't be shy. Don't hide from me in the clefts of the rock or nest like a bird in secret among the cliffs. Show me your lovely form. Let me hear your beautiful voice, For it sounds so sweet, and your face is so lovely.

Psalm 55:18-19, 22-23 (TPT)

Though many wish to fight and the tide of battle turns against me, by your power I will be safe and secure; peace will be my portion. God himself will hear me! God-Enthroned through everlasting ages, the God of unchanging faithfulness— he will put them in their place, all those who refuse to love and revere him! ... So here's what I've learned through it all: Leave all your cares and anxieties at the feet of the Lord, and measureless grace will strengthen you. He will watch over his lovers, never letting them slip or be overthrown ... My life's hope and trust is in you, and you'll never fail to rescue me!