

#AllTheFeels – Abandonment

This month we are looking at the emotion of Abandonment, this is not a popular topic or emotion to discuss. When we talk about having feelings of being abandoned, it usually has some shame attached to it. We feel that there must be something wrong with us because others have left and abandoned us. However; we will be looking in Psalm 22 when King David felt the same abandonment by God and even Jesus experienced this emotion while on the cross.

Read Psalm 22

Watch #AllTheFeels – Abandonment Video

1. What has been your experience with this emotion of Abandonment?

Have you ever felt abandoned by others or by God?

As we study Psalm 22 written by King David, there are three main ways we can overcome the feelings of abandonment.

1. We all experience times of feeling abandoned

Read Psalm 22:1-21

In these verses we see the ultimate tension David is feeling between what his current experience is and his known theology.

God seemed to be far off and silent towards David, but David

struggled knowing that God had been faithful to him in the past and He was not a temperamental God that would wish-wash.

- Why do you think God sometimes seems silent? Also, why does He seem to allow us to experience spiritual dryness and also times of spiritual richness?

As Pastor Kelsie spoke about the “Doctrine of Divine Retribution” in the video, which is summed up to hold the belief that if you were successful and wealthy then God was pleased with you and liked you. However; if your life was filled with pain and difficulty then you must be dealing with hidden sin and God was out to judge you.

King David was trying to combat these thoughts when facing his emotions of abandonment. We still have to strive to push these thoughts out of our mind when we feel abandoned.

- What is wrong with believing the “Doctrine of Divine Retribution”? Do you believe those in and out of the church still hold this belief?

2. We find strength by choosing to be in community

Read Psalm 22:22-25

We see a shift in David's tone from verse 21 to verse 22, we do not read or hear of his situation changing but instead his attitude has changed. David had a corrected perspective when he decided to join in a congregation of people worshipping the Lord. David shows us the power in community for our situation.

Most of the time when we are dealing with feelings of abandonment we want to isolate and retract ourselves completely from others. However; if we will push past that fleshly tendency then we would find strength that we can pull from the community God has surround us with. Choosing community means choosing to worship God with others and investing in their lives.

- When you get discouraged, what is your natural tendency?
Withdrawing or surrounding yourself with others?

3. God has given us an eternal hope to look forward to

Read Psalm 22:26-31

In addition to the strength we find in our community, God wants to give us hope that He has never left us and one day we will be reunited with Him for eternity.

David in the ending of Psalm 22, sings the praise of our Lord that He will return and future generations will know the goodness of God.

- What kind of hope does God give us? Is it a wishful hope, such as “I hope God is faithful”? Or is it a certain hope, such as, “My hope is in the fact that God is faithful”? Explain what you believe.

Closing:

Through Psalm 22, we have seen the goodness of God even in our seasons of feeling abandoned. We know we are not alone in having these feelings of abandonment, King David and Jesus alike experienced these deep and real emotions. However; we do not have to stay in this place, God has provided community and an eternal hope for us to find strength through the storm.

Pray with the group and ask the Lord to reveal one person that he would like for you to reach out to this week that might be experiencing abandonment in their life. Share who God revealed if you feel comfortable doing so.