

HEALING FOR YOUR BROKEN HEART

James and Lyn Kirkland



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Our prayer at Olive Press is that we may help make the Word of Adonai fully known, that it spread rapidly and be glorified everywhere. We hope our books help open people's eyes so they will turn from darkness to Light and from the power of the adversary to God and to trust in **ישוע** Yeshua (Jesus). (From II Thess. 3:1; Col. 1:25; Acts 26:18,15 NRSV and CJB, the *Complete Jewish Bible*)
May this book in particular help bring healing to those with inner wounds.

In honor to God, pronouns referring to the Trinity are capitalized, satan's names are not. But not all Bible versions do this and legally must be printed as they are.

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INTRODUCTION

One of the more shocking and unfortunate truths of the end times in which we live is the fact that the divorce rate in America is approaching 60%. What may be even more shocking is that the divorce rate among Christian couples is approaching the same figure.

What is it about our world that would make such a thing true? What causes people who must have loved each other at one time, and who made vows that they must have taken seriously at the time, abandon them and their Christian principles with little or no regard for anyone but themselves? II Timothy 3 provides us with some insight into the characteristics of end times Christians, listing at least eighteen prominent character traits that will be prevalent in the end times. First on the list is that “men shall be lovers of their own selves”. That is, the most prominent characteristic of end time Christians is selfishness.

A study of Godly love in the New Testament will reveal the basic truths that love, as Christ lived it and taught it, is characterized by giving rather than receiving, and is directed toward others rather than self. In the world in which we find ourselves, these characteristics are becoming more and more rare. They are being replaced by an emphasis on self that is so overwhelming that solemn promises before God, such as marriage vows, are being rationalized away.

This book is being written by two Christians who have experienced the shock and pain of marital betrayal after 26 years of married life. It is not just a survival manual, but a blueprint for victory. The book is divided into two sections; the first describes a series of coping mechanisms designed to guide the victim of marital betrayal through the difficult adjustment period immediately following the discovery of the betrayal (almost always, this occurs without warning). The second section addresses some of the most important areas on the road to spiritual healing and victory over this devastating event.

Yes, healing is not only a possibility, but is promised by God Himself. And yes, we speak of victory, not as something merely hoped for, or wished for, but as something that we know by experience can be a reality.

Furthermore, this book applies not only to marital betrayal, but to betrayal in any relationship. The principles are the same; the pain and devastation are no less severe; and the need for help is no less real. Our prayerful goal is that you might experience the sweet victory that CAN be realized through faith in the Word of God and it's Author.

PART 1

EFFECTIVE COPING METHODS

(Author's note: The chapters in Part 1 were written by Lyn immediately following her ex-husband's betrayal. They were written in present tense and have been left in that tense so as to better identify with you, the reader.)

Chapter 1

The Beginning of the End

I thought my life ended the day my husband, Edward, told me that he didn't love me any more and wanted to leave me. For 26 years, I had been married to Ed. I was contented...I often exclaimed how lucky I was. I truly thought we had a good relationship and were happy with each other. But in an instant, this happy life changed to one of pain and bewilderment.

I suppose there is no easy way to tell the person you've been married to for 26 years that you want to leave. In my case, my husband blurted out those words as we were preparing for a Saturday evening visit with our friends. I felt as though I was in a dream. This wasn't really happening to me.....this *couldn't* be happening to me!

I pleaded with him to tell me what was wrong and why he had made such a statement. Ed was always so considerate and caring of my feelings, but he responded to my panic in a most uncharacteristic way. He matter-of-factly said he thought I would have seen it coming—that we had been drifting apart for a while, and that he had been wanting to tell me for quite some time. I felt terror like I've never known. I told him we could “fix” whatever he felt was wrong. The intense ache was the worst pain I have ever known. I died inside myself that day—the one I loved more than myself and trusted with my very life had betrayed and hurt me in a way unimaginable. As I look back on that evening (and the next few days and weeks), it's all a blur. My initial reaction was to ask for details.....HOW could this happen....WHY was it happening....WHAT could we do to make it go away? I felt as though I was hit by a truck, that my heart would leap out of my chest. My throat was dry, my head was spinning, my stomach sick....this had to be a dream, a nightmare from which I would certainly wake up.

I laid in bed and cried for the next two days. The only time I got up was to call a marriage counselor chosen randomly from the

yellow pages of the phone book and set an appointment for Monday (two days away). Slowly over those next two days, the details of his story of betrayal emerged. He and a co-worker had become attracted to each other, and this attraction emerged into an affair that had been going on for the past year. As I tried to absorb the facts, my heart ached so agonizingly, I couldn't imagine how I was going to endure this pain. I set my sights on the planned visit to the marriage counselor, somehow lulling myself into the false expectation that once the marriage counselor met with us and heard our story, she would begin the steps to make everything better. After attending only three sessions together, Ed announced that he would not be returning to the therapist. His heart was set on leaving, and that was that. I think that's when reality hit me...our marriage was in severe trouble. I couldn't deny it any longer or fall back on false hope. My eyes were finally opened to the inevitable.

And so, in my heart and in my head, I now knew what was so evident. I had not told another living soul about my crisis (other than my marriage counselor). I knew I wasn't fooling myself, but I could hardly think about my situation, much less verbalize it to anyone else. Now what was I going to do? I did not yet possess the presence of mind to formulate a plan for coping or recovery...I simply was not ready or capable of sharing the pain. I was still reeling with disbelief. The one and only conscious decision I did make was to place myself in the hands of God. And so, as a child runs to her mother for safety and solace, I spiritually and emotionally flung myself into God's arms. And there, my friends, is where I remained.

In the following chapters, I will explain how, with God's help, I survived. The human spirit is truly strong. I am living proof. The anguish of betrayal is a very painful cross to bear. I hope that by sharing my methods of coping with this tragedy, I may help others who will also travel this road. We are soulmates, those of us who are bound together by this common suffering. Let us draw strength from one another, hold each other's hand, and survive together.

Chapter 2

Give Yourself To God

As a Christian, I see and feel the presence of God in my life. I learned to pray and trust in God as a child from the example set by my parents, and the gift of faith has been an integral part of my life. Because of this gift, I knew no other response to my woundedness than to turn to God for comfort. Alone, I could not handle the severity of the pain and injustice that had become so all encompassing in my life. The sense of abandonment by my husband did not cause me to question God or blame Him. No, it prompted me to rely on God for protection, guidance, love, and healing. Faith cannot be explained, it can only be felt. In the depths of my heart, I knew that although I may be forsaken by all others, even the one human being I loved most of all, God would NEVER forsake me.

My constant thought was "God help me." I imagined myself being picked up and carried by a strong, calm, warm pair of arms. I allowed myself to be comforted by this mental image. I could not even form the words to pray...my mere plea for help to God was all I could utter for the first few days. And God heard my plea. I knew there was no way I could survive on my own. My mind kept hearing those comforting words in the Bible, "He has carved you on the palm of His hand." It is in God's hands that I began to learn to endure. I asked Him to show me how to live on, and He helped me to begin. I knew I would never be the same again, but I began to discover how to be strong. Sometimes I did not want to be strong...I just wanted to be held and taken care of. It was at those times that God carried me. Life can be hard sometimes, and I had certainly hit hard times. The ache I felt inside did not go away, and I wondered if I would ever be able to trust again. It was too soon to know, but not too soon to think about my future...a future that I had placed in God's hands. Some days I made no progress, but always felt the

security of being loved by the Being who had created me. There was comfort in knowing that my faith was sustaining me. I had lost a part of my heart, a part of me that used to exist. Maybe someday I would find happiness in my heart again. For the time being, I would be content to hear my heart beat and watch my new life take shape – bit by tiny bit, surviving by the grace of God.

I made a vow that prayer would continue to be a part of my daily life. Some days, it was the only conscious effort I can remember making. As the reality of my “aloneness” sank in, my times of prayer were a comfort to me. Each night before I went to sleep, I folded my hands and closed my eyes, and pictured God waiting to comfort His child. I read the Bible, and sometimes read from a book given to me by a friend which provides a daily meditation and prayer. It was not accidental how many times the meditation coincided with my thoughts or mood that day. In my mind, that was just one more indication that God indeed was with me every moment of every day. My daily thought was “God is carrying me in the palm of His hand.”

At first, attending church alone was a bit intimidating... people would wonder where Ed was. (I told them at the time that he was away on a trip with his Military Reserves Unit.) This response bought me some time and was a reasonable explanation, as I protected myself from innocent questions. Everyone knew Ed had been in the Reserves for the past 18 years and frequently was sent on special flying missions. Little did my fellow church members know how difficult it was for me to sit in the pew alone while trying desperately to appear “normal”. I felt like nothing would ever be normal in my life again. Once more, I became aware of the calming effect prayer had on my heart and spirit. Nothing about our situation had changed, but in my heart, acceptance was beginning to grow. The fear of my future and a subliminal need for “a plan to retaliate” began to be overcome by a prayerful resolution to maintain my dignity and charity (a feat impossible by mere human resolve). Once again, God was working His small miracles within me.

You do not need to be a religious person to pray, nor do you need to go to a church to pray. All that is necessary is a sincere plea from the heart...”God help me!” God hears the smallest, weakest murmur from the depths of the most desolate being. Don’t ask for specifics; don’t question, promise, or barter. Simply place yourself in His care and allow yourself to be comforted. It may not happen immediately, but if you trust, you will be helped. Faith grows from the tiniest seed. Allow yourself to trust in God. He will not forsake you!

Note: Please refer to Chapter 11 in Part 2 of this book for a Scriptural explanation of WHY you CAN put your trust in God.

Chapter 11

Who God Is

For many of you, Faith in God will be a very confusing thing. Many Christians have been taught that God is often the one who sends the pain into your life. Or, that He “allows” the pain, even though He may not have been the author of it. If this describes you, please know that you are not alone. Although this is a very common teaching among Christians, it is a teaching that will immediately short circuit any progress you might make toward survival, healing, and victory.

Therefore, it is imperative that we understand who God really is—that is, who the Bible reveals Him to be in actual fact, all traditional teaching aside. I want to invest some time into looking, without pre-conceived notions, at simply what the Scripture says about this subject. Once we have done this, I am confident that you will be able to trust Him. Without this trust, victory cannot be realized.

First, let’s dispense with some common misconceptions about who God is. He is not Santa Claus, gleefully granting every wish and prayer that we utter. Neither is He the “Divine Bully”, sitting in heaven holding a large fly swatter, carefully watching our every move and swatting us immediately whenever we step out of line. He is not a tyrant who demands unending perfection; He is not detached from our lives, sitting in heaven simply observing from a distance; and He is not dead. Lastly, He is not an arbitrary person, sometimes doing good, and sometimes not—but you can never be sure.

The real God is revealed for us in the Scriptures. The following is a partial list of Scriptures which define Him:

1. James 1:17 says “Every good gift and every perfect gift is from above and cometh down from the Father of Lights...” That is, God is good, and He’s good all the time. (Yes, bad things do happen. Later in the chapter, you will find a list of characteristics that will pinpoint the source of our difficulties.)

Chapter 12

Who You Are In Christ

One of the biggest problems you face in this matter of relationship betrayal is that of your self-esteem—it has been absolutely crushed. In my case, I said to myself, “Someone who spent years and years with me, and who knows me as well as anyone else on earth, considers me to be a THROWAWAY. They have made the choice to be unwilling to spend any time with me. They want only to be someplace else.” It isn’t very flattering!! In fact, it is a major torpedo to your feelings of worth. Because this event is the most prominent thing in your life at the time, your tendency will be to let this event determine your future. Far too many people make this choice.

There are a number of different ways that self-worth can be determined. Among these are:

- a) What others think of you
- b) What you think of yourself
- c) What family, friends, or enemies say
- d) What your former relationship partner said and did

Most people assess their worth using one or more of these items. But, there is another way to determine your worth, and that is to consider what God says about you.

It cannot be overemphasized that this issue is foundational to your healing. If this issue is not properly addressed, your healing will be short-circuited, and you will never realize the future that the Lord wants you to have. So, let’s look at what God says about who you are. Afterward, you will have to choose what you will believe about yourself. Will you believe what God says, or what other people say? Will you believe what God says, or what you think about yourself? Will you believe God, or your former relationship partner?

The following Scriptures tell us who we are in Christ from God’s point of view. Each Scripture is taken directly from the Bible, without private interpretation, and without embellishment of any kind. In God’s eyes, you are:

- 1) Light of the world - Matthew 5:14 “Ye are the light of the world.” That is, YOU are the light; He shines through you.
- 2) A child of God - John 1:12 “But as many as received Him, to them gave He power to become the sons of God.” At salvation, you become God’s child. While it is true that you are an adopted child (Romans 8), you have every legal standing as His child.
- 3) Part of the true vine - John 15:5 “I am the vine, ye are the branches.” Jesus is the vine, and we are the branches. But, because we are connected directly to Him, we are everything that He is.
- 4) A friend of God - John 15:15 “Henceforth I call you not servants; ... but I have called you friends.” God considers you to be not just His child, not just His willing servant, not just some human being, but HIS PERSONAL FRIEND.
- 5) Joint heir - Romans 8:17 “And if children, then heirs; heirs of God, and joint-heirs with Christ.” The wording here is important. Notice that we are called “joint heirs”. On this earth, when we inherit anything, we do so as a co-heir. That is, the inheritance is divided among several people, and we get just a part. To be a joint heir means that the entire inheritance belongs to us.
- 6) His temple - I Corinthians 6:19 “Your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own.” Just as the Old Testament Tabernacle, and later the Temple were buildings in which God dwelt, we ourselves—our human bodies—have become His dwelling place under New Testament Christianity. The Old Testament buildings were of the finest workmanship; the best materials;

Chapter 13

Faith vs. Fear

As a victim of relationship betrayal, and in the middle of your blinding confusion, pain, and disbelief, your enemy, the devil, rushed in to steal certain things from you (John 10:10). He stole your self-esteem, your hope, your plans for the future, and your confidence. You have become afraid of the future, and afraid to trust, at least to some degree.

I don't know the details of your circumstances, but my guess is that you are certainly justified in feeling all the things just mentioned. You probably know, deep in your heart, that they are not the best things for you; not the things that are healthiest for you; and not the kind of things that will lead to healing and victory.

If healing and victory are things that you really want, you will have to do something about fear. It may appear on the surface that fear doesn't even enter the picture, and that you need help with other issues. However, fear is the thing that will hinder your progress toward healing, and can even stop that progress altogether. What is worse, you may not even be aware of the effect of fear in your life.

The goal of this chapter is to move you to a place where you are exercising faith instead of fear. Why is this important? Because faith is the key element in triggering the Lord's blessing in your life. Part of that blessing is healing, restored joy, restored peace, restored confidence, restored hope, and a restored belief that tomorrow will be better.

Without faith, *nothing* can move in the spiritual realm for your good. That is why satan wants you to stay in fear. He'll try to tell you that faith is odd, new, weird, or that it only works sometimes. His goal is to keep you wary of it, so that you will stay in a place where he can continue to mess with your life. You see, he knows that YOU are the one who decides. Satan has no power to

keep you in fear. The Lord will not force you into faith. It is entirely your decision.

Our goal, based on our experience, is to convince you to try faith. This information will be based on God's Holy Word, and it has worked for every person who has been willing to try it.

Psalm 118:6 says: "The Lord is on my side; I will not fear." In Psalm 91, we read, "He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress; my God; in Him will I trust. Surely He shall deliver thee from the snare of the fowler, and from the noisome pestilence. He shall cover thee with His feathers, and under His wings shalt thou trust; His truth shall be thy shield and buckler. Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day; nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday. A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee."

Faith is the key element in triggering the Lord's blessing and the Lord's angels into action. Without faith, *nothing* can move in the spiritual realm for good. Faith—YOUR faith—is the "start" button. It is very much like the key to the ignition of your car. The car will work, and it will take you where you want to go, but you can sit in it all day and get nowhere unless you turn the key.

In the spiritual realm, there exists something that is called a RECIPROCAL. Don't be put off by this word, as it is easily explained. A reciprocal is something that works exactly the same way as something else, but is its exact opposite. For example, east is the reciprocal of west; up is the reciprocal of down. The reciprocal, or opposite, of faith is fear.

Therefore, FEAR is the key element that triggers satan's cursing and destruction in a life. Satan cannot move in the physical realm unless fear is present, any more than God can move in the physical realm unless faith is present. In short, faith moves God; fear moves satan.

you. In other words, stopping fear is an act of the will (II Cor. 10:3-5). In addition, fear has not been given to us (II Timothy 1:7), but faith has been given to us (Romans 12:3). Jesus delivered us from fear (Hebrews 2:14,15). Fear is part of the curse on mankind (Deut. 28:65-67). It is torment, and the worst of the forms of bondage.

James 2:17 says that faith without action is dead. Because that is the Word of God, the reciprocal must also be true—fear without action is dead. And, I John 5:18 indicates that satan can't do anything TO you apart from fear, any more than God can do something FOR you without faith.

An old proverb goes like this: “Fear knocked at the door; Faith answered, and no one was there.”

Chapter 14

Traps

The pain of a relationship betrayal can be among the most severe one can experience in this life. It is especially devastating when it involves a long-term relationship, and particularly if vows, promises, and covenants are involved. I described the pain that I felt as being so intense on the inside that I could feel it physically on the outside of my body.

Having unleashed such havoc on a person, you would think that even the devil would say, “Enough.” Of course, that’s not how his job description reads. He is never content; it never seems to be enough; he can always think of some additional way to bring suffering upon you. In this chapter, we want to briefly list some items that the devil will try to do to keep you in bondage to your pain and suffering. These are things that will occur after the betrayal, and, if you are like most people, you may not see them coming because you are consumed by the struggle to cope with the betrayal.

Some of these items have been mentioned previously, and some have not. They are mentioned here simply to serve as an opportunity for you to prepare for them. Knowing that they will be coming your way will give you opportunity to be watchful for them, and to be prepared to deal with them. These (traps) are:

1. A feeling of worthlessness – It will be difficult not to think of yourself as a “throwaway”. Someone who knows you reasonably well considers you to be just that. The idea is to keep you down and defeated. You combat this by re-studying chapter 12 of this book, which deals with who you are in Christ. The only way to defeat this additional attack is to focus on who Jesus Christ says you are, and to remember that His opinion is the most important one—no matter how you feel, and no matter how someone else may feel.