



## Coaching Tool:

What If I Was Abandoned?

You were abandoned because you're not loveable	Vs.	God will never leave you nor forsake you, and nothing can separate you from His love.
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## Examples Of What The Enemy Wants You To Think:

- I'm not worth loving
- If I were loveable, they would have stayed
- There must be something wrong with me
- It's my fault that they left
- What I did makes me unlovable
- I was born unlovable so no one will EVER love me
- I'm worthless, so they threw me away
- Because this person abandoned me, I'll never be loved by anyone

## God's Truth Says:

### 1. He will never leave you.

- a. If you are abandoned as a child, it is not a reflection of you or your behavior. It is a reflection of their issues or problems.
- b. Many times our core beliefs about God are reflective of our own broken experiences with our earthly father or parental figure(s). (For example, if you've been abandoned by a parent, then you may believe God will abandon you as well)
- c. Feeling abandoned can often times open the door to fear of experiencing abandonment again from anyone, anywhere. As a coping mechanism, you may become overly attached to others or overly detached from others.
- d. "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; **he will never leave you nor forsake you.**" - Deut 31:6 & Heb 13:5



**2. Nothing can separate from His love.**

- a. God's love for you is not dependent on your performance. He will continue to love you because you are His child without conditions.
- b. "Whoever does not love does not know God, because God is love." – 1 John 4:8
- c. God created us to need His love and no human love or connection can ever fill that need.
- d. "Neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord." -Romans 8:39

**3. God is the Father to the fatherless.**

- a. Scripture tells us that God wove us together in her mother's womb. He has had a vested interest in bringing us to this world from our very beginning.
- b. God adopts anyone who believes in His Son as their Savior into His kingdom family as His child.
- c. Just because you are not a child anymore, doesn't mean that you do not need God to be your father just as deeply as when you were a child.
- d. "A father to the fatherless, a defender of widows, is God in his holy dwelling." - Ps 68:5

**Watch This Video:**

Good Good Father – Chris Tomlin

**Questions To Help You Process This Concept:**

- 1. Do you have difficult building healthy relationships due to loss or abandonment in your childhood?



2. If you were abandoned as a child, do you feel like it is your fault? Is there something stopping you from recognizing the adult's fault in the situation?
  
3. Many times, we can seek healing from this kind of wound by trying to heal the original broken relationship, or seek a new relationship to replace it. Have you done this? How or with whom?
  
4. In realizing how other people's brokenness affects us, have you ever considered that the person who abandoned you had been hurt or abandoned in their past?
  
5. Have you been able to forgive the person who abandoned you? If you have, your identity and value will no longer be tied to this loss.?



### **Exercises:**

1. Find 5 scriptures that describe God's love for you. Since His word is truth, you can trust that these scriptures are more real than your feelings.
2. Memorize these scriptures and place them in prominent places where you can see them and be reminded of them throughout the day.
3. Make a list of the people who have abandoned you in some way. Remember, God has never left you or forsaken you even if you felt like He did.
4. Pray for each person on the list and give them to God.
5. Take the time to feel and grieve the loss you experienced. There is no set time limit for this process, so do not be afraid if it takes a while. Even when it hurts, continue to feel and process rather than getting stuck or shutting down. Healing will come during and out of this process! (If you have a trusted friend that can walk with you through this, then ask them to support and pray for you. If not, ask God to walk you through it.)
6. Ask God to show you the ways He has been there for you.