

# School of Prayer

## Abandonment

### Definition:

To give up right or interest in; withdraw protection, support, or help. Relinquish, surrender, to give up wholly; neglect, cast out or forsake.

It is an emotional state where people feel undesired, left behind, insecure, discarded. They feel at a loss—cut off from the source of their sustenance.

Sustenance can be removed suddenly or through a process of erosion.

Can be sustained through an actual experience, a trauma event and its ramifications, or a lack of adequate physical or emotional care.

- Absence of a parent from the time of birth/single parent
- Death
- Divorce/rejection by a loved one
- Deployment
- Immaturity of parent (infant adult, child adult)
- Addictions
- Neglect in childhood
- Reliance on child for parents' self worth (wrong direction of care)
- Abuse

### Symptoms:

- Debilitating anxiety
- Chronic sense of insecurity
- Difficulty sleeping
- Depression
- Low self esteem
- Self deprecating
- Isolation
- Obsessive
- Compulsive
- Fears/mistrust (Trust is a learned response in a healthy environment)
- Quick/sudden attachment (too fast)
- Quick to move from relationship to relationship

- People pleasing (please choose me—please don't leave)
- Critical
- Emotionally distant
- Sabotage (I control the relationship)
- Defensive detachment
- Despair (despair runs from loss)
- Jealous/possessive (jealousy fights a loss)
- Deep anguish that responds with anger

## **Healing**

- Acknowledge pain suffered
- Watch over your heart with all diligence....Prov 4:23
- Acknowledge feelings
- Forgive source of abandonment (sins of commission/omission)
- Interrogate conclusions you have drawn (lies you have believed)
- Address conclusion/beliefs in light of scripture (is a remedy prescribed in verse)