



October 19, 2008

What To Do When You Feel Betrayed

(How to create time, money, and good will)

(SERIES: Mastering My Emotional Monsters: 03 of 08)
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"If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. On the contrary: "If your enemy is hungry, feed him; **Do not be overcome by evil, but overcome evil with good.**" (Rom 12:18-21)

2 Types of Conflict

The conflict based on **principle**.

"He looked around at them in anger, and deeply distressed at their stubborn hearts, said to the man, . . ." (Mar. 3:5)

The conflict based on **personality**.

"When Peter came to Antioch, **I opposed him to his face,** because he was clearly in the wrong. Before certain men came from James, he used to eat with the Gentiles. But when they arrived, he began to draw back and separate himself from the Gentiles because he was afraid . . ." (Galatians 2:11-12 NIV)

When you feel betrayed

You can **express it**.

"My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for **man's anger does not bring about the righteous life** that God desires." (James 1:19)

You can **repress it**.

" . . . do not let the sun go down while you are still angry." (Eph. 4:26)

You can **address it**.

"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. **First go and be reconciled to your brother;** then come and offer your gift." (Mat. 5:23)

When you feel betrayed

Humble **yourself**.

"For who makes you different from anyone else? What do you have that you did not receive? And if you did receive it, why do you boast as though you did not?" (1 Cor 4:7)

Learn the **lesson**.

"But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive." (Genesis 50:20)

Release the **lien**.

"...never answered back when insulted; when he suffered he did not threaten to get even; he left his case in the hands of God who always judges fairly." (1 Pet 2:23)

Move on to **God's greater future**.

"If people do not welcome you, shake the dust off your feet when you leave their town, as a testimony against them." (Luke 9:5 NIV)