

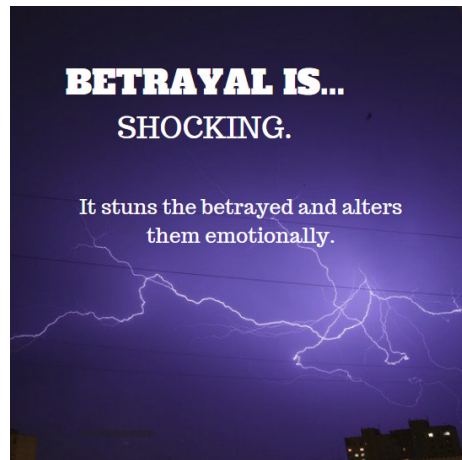


How Do I Strike Back at Betrayal?

Psalms 55:12-13: (NASB) *¹²For it is not an enemy who reproaches me, then I could bear it; nor is it one who hates me who has exalted himself against me, then I could hide myself from him. ¹³But it is you, a man my equal, my companion and my familiar friend.*

TRUST

No one ever wants to experience betrayal. It is easily one of the most devastating life events we can imagine. When we come face-to-face with it, it shocks, breaks, and undermines much - if not all - of what we hold dear. For many, once we are betrayed it becomes a cancer that cannot be cured, a wound that will not heal and a darkness that will not relent. Betrayal devastates us because it violates trust...and trust is sacred. What do we do when we are betrayed? How do we cope? Is it even possible to rebuild our lives after such a disaster? What about those who did the betraying? Is it possible for them to recover? How do we get to the point of ever trusting again?



(Pink comments: Julie, one of our CQ volunteers and today's contributor)



After never giving betrayal much thought, our family has been dealing with it squarely. My sister found out after nine years of marriage, her husband has been cheating on her nearly half that time. She and I have spent many, many hours discussing it and she kept uncovering new depths of grief and sorrow, simply stated as "Ugh...Betrayal is..." one word and then a description. I encouraged her to use this as part of her healing process, and to help our listeners, so she created picture graphics for 18 phrases that we will use throughout this podcast. CQ has been posting them this past week across all our social media - Twitter, Facebook, Instagram and Pinterest - you can find us there every day at "cqbiblepodcast."



Satan against God and the human family - the most horrific betrayal of all time:

Isaiah 14:13-14: (NASB) ¹³*But you said in your heart, I will ascend to heaven; I will raise my throne above the stars of God, and I will sit on the mount of assembly in the recesses of the north. ¹⁴I will ascend above the heights of the clouds; I will make myself like the Most High.*

Genesis 3:19,22-23: (NASB) ¹⁹*...For you are dust, And to dust you shall return...* ²²*Then the LORD God said, Behold, the man has become like one of Us, knowing good and evil; and now, he might stretch out his hand, and take also from the tree of life, and eat, and live forever* ²³*therefore the LORD God sent him out from the Garden of Eden, to cultivate the ground from which he was taken.*

BETRAYAL

The Betrayer: Satan

The Betrayed: God and the human family

POWER

Satan as the betrayer fits well with our first three "Betrayal is" statements: Betrayal is selfish...shocking...inconceivable. Think about the angelic realm and how they were affected when this took place. Some followed Satan because he had such a position of power. It is a shocking action to betray God Almighty!

THE MESS

Betrayal 1, Background Story

- *After nine years of marriage, my husband said he was unhappy with his life and wanted a divorce. He accepted a job in another state - and I wasn't invited. I was devastated by his abandonment, but I believed he was a lost soul trying to find happiness and get his life back on track. After many months of grieving for him, I learned the truth - he had had a mistress for the last four years of our marriage. They met in our hometown and conspired to move away and live together. His abandonment was difficult enough to accept; his infidelity was utterly unthinkable. He was the last person I would ever imagine who would betray me. He shattered the absolute trust I had in him for so many years.*

To me, the thing that is worse than death is betrayal. You see, I could conceive death, but I could not conceive betrayal. — Malcolm X

In this particular instance, my family saw a lot of signs. There was too much "working late" and other things, and we would ask if there was any possibility of an affair. My sister's answer was, "Absolutely not! He has so much integrity." She was so blindsided and taken off guard that she had to deal with these emotions first and foremost.

Betrayal causes an emotional shock to the system, leaving us paralyzed. We can lose our bearings.



Your self-centered betrayal creates overwhelming waves of destruction beyond anything you can comprehend! This destruction often comes back upon you and eventually pounds you into submission.

Isaiah 14:15: (NASB) *Nevertheless you will be thrust down to Sheol, to the recesses of the pit.*

(Source: "When You Have Been Betrayed" by Monica A. Frank, Ph.D., www.excelatlife.com)
To be betrayed, a person must first experience trust in the betrayer, so betrayal involves the act of someone violating your trust in them. Examples include an abused child betrayed by the parents who are supposed to love and protect the child...

Betrayal is a devastating loss. In trusting another person, we believe they won't hurt us. When they do hurt us, we then have the awareness that this other person has the capacity to hurt us.

With trust there is a letting down of our guard, bringing comfort.

This word "blindsided" keeps coming up and it is a paradigm shift. All of your world is good...and then suddenly nothing in your world is good.

What about other kinds of betrayal?

We have been talking about betrayal specifically in the context of infidelity within a marriage, but there are a lot of other kinds of betrayal. There are betrayals in families and the workplace. A lot of times our work is our identity, so we become more vulnerable to betraying like taking credit for someone else's work, gossiping about a colleague (gossip is a betrayal!), or being fired after someone trumped up charges against us.

Some might feel if we can't trust a best friend or spouse, how are we going to trust God?

There are three main categories of betrayers:

1. **Intentional Betrayal** is when we enter into a trust relationship with the intent to betray. Being a spy is a good example.
2. **Unintentional Betrayal** is where the average person can easily get caught up. This could involve accidentally saying something we were not supposed to - a classic "slip of the tongue." Gossip falls into this category, as well as not showing up to an event you promised to attend.
3. Most betrayals fall into the category of **Opportunistic**. It is COGNITIVE or DECISION-ORIENTED - we have the time to stop and think about what will happen - to weigh the consequences against our expectations of something better. The betrayer does not enter into the relationship for the purpose of betraying, but the right circumstances cause them to yield to temptation.

We do not go into a marriage with the express intention of cheating on our spouse. Co-workers do not accept a project with the express intention of taking credit for the team's work, but it is opportunistic.



People are apt to betray if the **current benefits** of the trust relationship are **lower than expectations** of what can be gained by the betrayal.

Another kind of betrayal can be done by adult children toward their parents. When the parents are old, weak and vulnerable, even after they have died, they rush in to try to grab assets because of selfishness. Betrayal is insidious in all areas.



The waves of destruction - though overwhelming and damaging - need not be permanent. **FAITH** can pull you from the undertow and protect you from the pounding.

Mark 9:21-24: (NASB) ²¹And he asked his father, How long has this been happening to him? And he said, From childhood. ²²It has often thrown him both into the fire and into the water to destroy him. But if you can do anything, take pity on us and help us! ²³And Jesus said to him, If you can? All things are possible to him who believes. ²⁴Immediately the boy's father cried out and said, I do believe; help my unbelief.

Faith is only the beginning foundation of the answer.

Once the waves of destruction stop beating you up, what other challenges does betrayal bring?

THE FALLOUT

**BETRAYAL IS...
DESTRUCTIVE.**

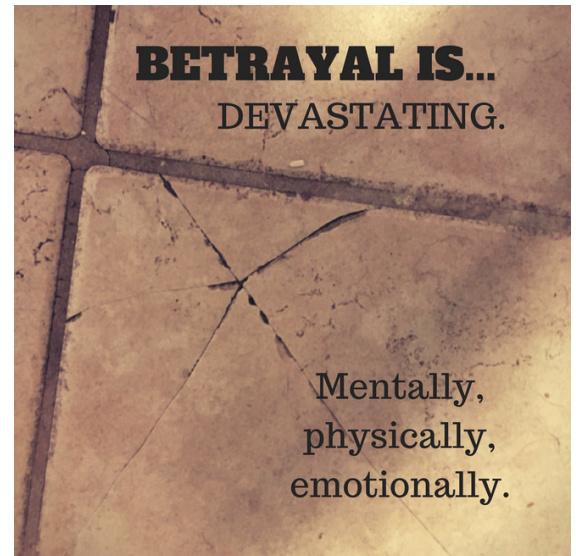
It produces
nothing of value.



Because betrayal is so deep and disorienting, it can be described as the proverbial gift that keeps on giving. The destructiveness of its revealing is followed by several other stages of distress. Next on the list is the settling in of what actually happened, and this stage is no easier than the previous one.

**BETRAYAL IS...
DEVASTATING.**

Mentally,
physically,
emotionally.





BETRAYAL

The Betrayer: Samson
then Delilah

The Betrayed: Israel, God
then Samson himself

SEX & GREED

The Betrayer - Samson and then Delilah - betrayals for sex and greed:

Judges 16:1: (NASB) *Now Samson went to Gaza and saw a harlot there, and went in to her.*

Samson was a Nazarite, covenanted to be of service to God. He took the Nazarite Vow and was not supposed to have strong drink or even cut his hair. Being with a harlot was a physical action that betrayed God's trust in him. Eventually Samson would learn firsthand what betrayal looks like.

Delilah is tempted by greed to destroy Samson:

Judges 16:4-5: (NASB) *⁴After this it came about that he loved a woman in the valley of Sorek, whose name was Delilah. ⁵The lords of the Philistines came up to her and said to her, Entice him, and see where his great strength lies and how we may overpower him that we may bind him to afflict him. Then we will each give you eleven hundred pieces of silver.*

Genesis 23:15 says a piece of land was worth 400 shekels of silver. Delilah was offered 5,500 shekels.

The Betrayed - Israel, God then Samson himself. (This is the fourth attempt to capture Samson):

Judges 16:20-21: (NASB) *²⁰She said, The Philistines are upon you, Samson! And he awoke from his sleep and said, I will go out as at other times and shake myself free. But he did not know that the LORD had departed from him. ²¹Then the Philistines seized him and gouged out his eyes; and they brought him down to Gaza and bound him with bronze chains, and he was a grinder in the prison.*

Delilah was not his wife, incidentally; she was a Philistine woman. Once again, he was where he was not supposed to be.



Musician Wins \$260,000 Lawsuit, CNN, June 15, 2018

- *This Canadian judge says that a woman was afraid to lose her boyfriend, so she fooled him into thinking that he'd been turned down by his dream school.*
- *He is a concert clarinet player!*
- *Yes, he is incredible! His name is Eric Abramovitz, and as Robin said, he is a concert clarinetist. A few years ago, his then girlfriend deleted his acceptance letter along with a scholarship offer. Then, wait for it, she concocted a rejection letter to him and turned down the scholarship in his name.*
- *That is not love; that is abuse!*
- *Yes, it is. Eric found out about it when he auditioned again. He was recently awarded a \$260,000 judgment. We have not heard from the ex-girlfriend.*



The fallout of your betrayal creates a powerful current of despair. This current can quietly pull those you betrayed away from the good and meaningful things in their lives.

Judges 16:23: (NASB) *Now the lords of the Philistines assembled to offer a great sacrifice to Dagon their god, and to rejoice, for they said, Our god has given Samson our enemy into our hands.*

"Our god took the hero of Israel for our prisoner." It ended up this way because of a pattern of betrayals.

What about our desire for immediate justice?

We might pray to the Lord inappropriately, wanting Him to do something immediate and dramatic on our behalf. Because we know He can, like a personal superhero, exact **INSTANTANEOUS JUSTICE**. "Avenge MEEEEEE...!"

When you have been betrayed by the **LAST** person on earth you ever thought would do such a thing, you want immediate justice - and the kind that only the Almighty can deliver. But it is not usually that easy or satisfying. Immediate deliverance is probably not going to happen and those of us comforting the betrayed have to understand this might be their mindset.



Not only is it most likely not going to happen immediately, it should not happen immediately. God's ways are not our ways. His ways have a long-term approach. This approach uses everything in our lives as a teaching moment. An experience such as this has a LOT of teaching moments. By God allowing things to take time, He gives us time to learn. When we learn, we can come out of the other end of the experience stronger. God does not want us to be avenged, He wants us to be strong. Vengeance is His. It will come sooner or later.



In looking at the particular experience my family is going through, we have often looked back and said, "If we knew then all the pieces we have put together now..." it would have ruined my sister with no hope. I feel that God allowed us to know a little bit here, a little bit there, and a couple of months later we found out this. She was able to ease into the new revelations of pain, but it was only after she was able to comprehend and deal with the previous step. That truly has made her stronger - like muscle memory - because she has had to work out her emotional muscles. And she is getting stronger than ever.

How can we help those who have been betrayed? What do we say?

In the past I have taken betrayal for granted, especially marital infidelity. It happens so often and is so accepted in our society - it is the subject of hilarious sitcoms and dramatic movies, and it is all so sexy, forbidden and interesting. This is WRONG. It is wrong for us to accept this as "normal" or "okay." It is the opposite of integrity and is devastating in real life.

In order to help people, first of all - you have to get your mind right. Infidelity is wrong, period. If you do not have personal experience with betrayal or infidelity, it is difficult to understand the depth of the person's grief. Simple expressions like, "I'm sorry this happened to you," or "I just can't believe this happened," or "I have no experience with this kind of trial, so I'm not sure what to say, but I'll pray for you," can go a long way.

We all want to be a comfort, letting them know we understand how they are feeling, but this is not the time to unburden ourselves with our own issues. If you have a personal story to share, my sister suggested, write it in a card or email. The person can deal with it later when they are a little stronger and do not have to offer sympathy and energy on the spot. Provide solid scriptural advice and encouragement in the message to help the person move forward even with baby steps.



When it comes to speaking words of encouragement, especially in the earlier stages, it is not encouraging if you come to me with this story that has destroyed your life and I say, "Well, let me tell you about MY experience!" That is not comforting, right?

Exactly. My sister had someone who came up to her crying and said, "Ugh! This same thing happened to me twenty years ago and I never got over it. This will ruin your life, and you will never be able to trust again!"

A second person came up to her and said, "Boy, I know you are strong. This happened to me, and I know the Lord will help you and you will get over it. Turn to the Lord, turn to your family, you will be helped out."

Who do you think was a better comfort to her?

It is so important to understand there are things to say and things we should NOT say. Be a comfort by only speaking things that will build up. "What can I do to help you be stronger?" "Would you like to go out for ice cream?"

Be a good listener. Let them share from their heart. Sit back and say, "I am here for you." More on proper listening soon.



If you are trying to comfort them by telling your own stories, you may have a personal ego issue. Their problem is bigger than your ego needs to be right now. We have to take ourselves away and make them front and center to build them up.



The powerful current of despair you find yourself in can be countered with fellowship and family. Seek **FELLOWSHIP** and **FAMILY**, specifically those who will hold you steady against the current using godly principles.

Go to people who can help elevate your thinking, not those with a "Let's get 'em!" attitude.

Daniel 2:16-18: (NASB) ¹⁶So Daniel went in and requested of the king that he would give him time, in order that he might declare the interpretation to the king. ¹⁷Then Daniel went to his house and informed his friends, Hananiah, Mishael and Azariah, about the matter, ¹⁸so that they might request compassion from the God of heaven concerning this mystery....

The instinct of Daniel's friends was to pray. This is the kind of family and fellowship that will help us in these times of difficulty.

To overcome betrayal we need faith as a basis and fellowship as a building block. What's next?

Just as betrayal is a process that builds to a specific act, so is the combat to fight it. There are several factors that **MUST** be in place to be able to have the necessary overcoming strength. Faith is a must, but it is not enough. Fellowship is powerful but it is incomplete. Next, we need to focus on **TRUST**.

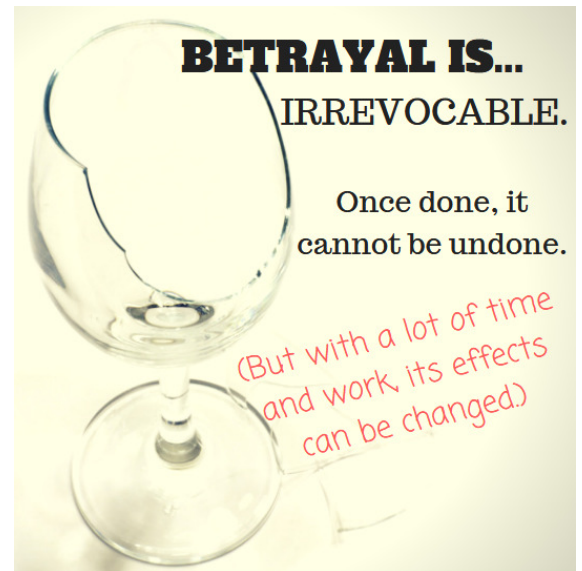
THE SHATTERED LIFE PATTERNS

Betrayal 1, Lindsey

- *When I first met my husband, he was everything I had ever been looking for. He was kind, considerate, capable, intelligent, strong and attractive. Two weeks after we got married, however, his entire personality changed and he became cold, hostile and verbally abusive. I tried everything I could think of to make him happy, but I eventually found out that he had been unfaithful. It burned my world to the ground and made me feel like I was not good enough. I had never experienced pain so intense, and I was so hurt and angry, and I wanted to lash out and hurt him and the woman he had been unfaithful with.*

She was brave enough to be honest with her initial responses.

Part of the "Betrayal is..." graphics are how it feels, but for the betrayed, *this is not how it has to stay!* We will add a new ending in red to some of these.



I went through a personal experience early on in my life when I was cheated on. My world was rocked. I look back at that experience and say, "Thank God I went through it." This is when I turned my heart to Him and needed to search for God and His help in my life. I cannot thank Him enough for that awful experience, because here I am content, thankful and where I need to be.

So, if someone at the moment of your betrayal said to you, "Oh, don't worry. Someday you will look back on this and thank God for it..."

I would have never said that at that time.

Right! The point is *we need to look forward to changing the ending, otherwise the betrayal owns you for life.*



The Betrayer - Cain - betrayal as a result of jealousy:

Genesis 4:3-8: (NASB) ³So it came about in the course of time that Cain brought an offering to the LORD of the fruit of the ground. ⁴Abel, on his part also brought of the firstlings of his flock... And the LORD had regard for Abel and for his offering; ⁵but for Cain and for his offering He had no regard. So Cain became very angry and his countenance fell. ⁶Then the LORD said to Cain, Why are you angry?...⁷If you do well, will not your countenance be lifted up?... ⁸Cain told Abel his brother. And it came about when they were in the field, that Cain rose up against Abel his brother and killed him.

BETRAYAL

The Betrayer: Cain

The Betrayed: Abel, then the human family

JEALOUSY

God gave him an unheeded warning that ended up in murder. Think of how hard this would have been on Eve!

The Betrayed - Abel and the human family:

Genesis 4:9-10: (NASB) ⁹Then the LORD said to Cain, Where is Abel your brother? And he said, I do not know. Am I my brother's keeper? ¹⁰He said, What have you done? The voice of your brother's blood is crying to Me from the ground.



Betrayal 2, What Happens to the Past

- Betrayal ruins everything. It takes away all of the positive memories you had with the person. After my husband's abandonment, I could still look at cards and photos. I could think of our past together as a relationship filled with love that sadly had to end. But once I knew he had been lying and cheating on me DURING the years we were MAKING the memories, they were destroyed. There is nothing positive left. So, in a sense, his betrayal took away our past. It's like taking a beautifully wrapped gift of memories, lighting them on fire and handing me back the ashes. Now the goal is to not let him ruin my present or my future.*

We want a different ending! We do not want the heartbreak and the ashes of the past to be what dominates your present and your future.

We need the betrayers to listen to this! They cause so many ripple effects for whatever the motivation is - power, greed, sex - these reasons are as old as time and we are still repeating them. Betrayers leave behind scorched earth, and it takes a ridiculous amount of effort to rebuild.

It is so common. And NORMAL in our society! It tells us how ungodly we really are.



Your betrayal can create a riptide of depression that can mercilessly sweep away and swallow those you have betrayed and shattered.



It has taken great effort just to bring my sister back to some middle ground. We speak daily - sometimes five times a day.

A riptide is a tide you cannot see, but it sucks you in and you are powerless to get out if you try to swim against it. The only way to get out of a riptide is for people to come from the side to pull you out. You need others to help you.

Losing a child can cause a great riptide of depression. Betrayal has a similar feeling of being lost:

Jeremiah 31:15: (NASB) *Thus says the LORD, A voice is heard in Ramah, lamentation and bitter weeping. Rachel is weeping for her children; she refuses to be comforted for her children, because they are no more.*

(Source: "When You Have Been Betrayed" by Monica A. Frank Ph.D., www.excelatlife.com) Betrayal is a loss of illusion. The way we think things "should be" no longer are. This can happen when parents get divorced and children are betrayed by the illusion of the happy family they always thought they had. A loss of illusion creates a grief that is real but might be discouraged from grieving because it isn't an actual loss.

The example of parents divorcing and children learning everything was not as they thought is another thing we need to understand to enter into the grieving one's experience. It is a different level of grief. Reality has been lost but certain illusions have also been lost. In a marriage you have specific ideas of what your retirement will look like, here's how we will serve the Lord together and this is what we will do. All of that goes away and you have to figure out what we are mourning.

I'm not crying because of you; you're not worth it. I'm crying because my delusion of who you were was shattered by the truth of who you are. — Steve Maraboli, Unapologetically You: Reflections on Life and the Human Experience

How can we be a good listener for the one who is hurting? How can we get them moving in a positive direction?

I have learned to try to be a better listener. If someone trusts you enough to share their heartbreaking story of betrayal, consider it a privilege. We want to:

- Show respect by listening quietly.
- Give them as much time as they need to get their painful story out.
- Be free from all distractions so the speaker will see you are completely committed to listening.

If you are going to recommend that a hurt person speak to someone who had a similar experience, be sure that person can be a rock and not unburdening something they are still in the middle of.

Good listeners sit and listen quietly while you bare your soul.

Remember when Job's comforters came to him for the very first seven days, they said nothing. They just sat with him and were available.



Listening is not just being quiet. Listening is focusing. If I have the opportunity to have a conversation face-to-face, I put myself in a position to be able to look the person in the eye. I nod when appropriate. If there is something I did not understand, I ask them to repeat it. It is an art because when we truly listen, the walls of defensiveness naturally come down. The person figures out they are really important. Then we can begin to help them deal with the depth of the trauma of being betrayed. We have to let them feel our presence.

We need to be careful about something, and I am guilty of this. We are so angry this person has hurt our loved one that we can easily feed into the "just get 'em" mentality. We want to represent God. We want to glorify God. How are we glorifying God if we are plotting ways to send their email address to every spammer in Russia? How do we get over this when we ourselves are hurt? My parents are devastated.

We get over it by doing the most important thing in any given moment. The most important thing at that moment is that person's well-being and bringing them up higher, giving them something to look forward to. Plotting someone else's demise is never going to bring anybody up higher.



God is ALWAYS stronger than any riptide (including depression) in life IF we TRUST Him. Faith, fellowship, family and Scripture are all needed tools to build this trust.

Matthew 8:24-27: (NASB) ²⁴And behold, there arose a great storm on the sea, so that the boat was being covered with the waves; but Jesus himself was asleep. ²⁵And they came to him and woke him, saying, Save us, Lord; we are perishing! ²⁶He said to them, Why are you afraid, you men of little faith? Then he got up and rebuked the winds and the sea, and it became perfectly calm.

The disciples had faith - they knew Jesus could protect them.

Trust is faith applied in what seems impossible. Trust is the "get your hands dirty" application of faith. Trust is unflinching assurance.

**The natural results of betrayal are pain and suffering.
How do we put an end to this dark pattern?**

Once betrayal brings us to a point of depression, we do need to act. With every meaningful action there is always meaningful resolve behind it. The strength and density of our resolve will determine the long-term viability of our actions. As usual in life, every meaningful victory begins in our mind.

GATHERING UP LIFE'S FRAGMENTS



Betrayal 2, Lindsey

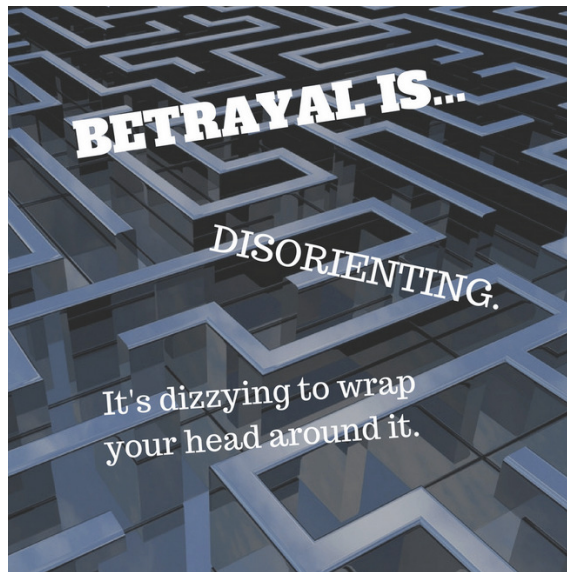
- *My husband's betrayal literally brought me to my knees, but it was there that I found a personal relationship with God as opposed to an intellectual one, as I let God's will rule my life instead of my own will. I got miracles that were beyond belief. I was also seeing a Christian counselor at the time of my divorce, and he helped me to see that my husband's infidelity didn't have anything to do with me. He was so broken and damaged that he would have cheated on any wife, not me specifically. Because I was able to see that, I was able to forgive him.*

What are your thoughts about seeking help through professional counseling? Does that mean we are weak? Does it mean the Bible is not enough? Is there a stigma to working with a therapist for our problems? It seems like it really helped Lindsey get to a point of forgiveness. I know her - she is a dedicated Christian and was raised in a Christian household. She is a wonderful person. But if you notice, in her first statement, she was ready to hurt people and in the next statement, she reached a point of forgiveness with the help of therapy. What do you think about that?

I (Rick) think therapy is important and very appropriate. However, be sure that if you are going to seek help, you find a therapist that understands Christianity. There is nothing wrong with going to somebody and having an introductory conversation where you explain to them what is important to you. Watch how they respond and react. Watch the words they use. If it doesn't seem to fit, go someplace else. You want somebody who will enhance your desire to serve God through Jesus, not somebody who is going to say, "Well, your strength comes from just you." Yes, we have to be strong in God through Christ. We have to do our part and then rely on God through Christ. I believe therapy is very important, but we need to use sound judgment.



The betrayed is *not* the same. But we get to choose how the "not being the same" plays out. If we just sit back and let it run us, we become victims of betrayal for our entire lives. We want to work at applying the principles of righteousness and forgiveness so we can become a tower of strength.



Those who betray need to understand they disrupt and wreck every part of the life of the betrayed, who are now in this tremendous fight for their lives.



The Betrayer - Judas - betrayal for greed:

Matthew 26:14-16: (NASB) ¹⁴Then one of the twelve, named Judas Iscariot, went to the chief priests ¹⁵and said, What are you willing to give me to betray him to you? And they weighed out thirty pieces of silver to him. ¹⁶From then on he began looking for a good opportunity to betray Jesus.

The Betrayed - Jesus:

Matthew 26:47-50: (NASB) ⁴⁷...behold, Judas, one of the twelve, came up accompanied by a large crowd with swords and clubs, who came from the chief priests and elders of the people. ⁴⁸Now he who was betraying him gave them a sign, saying, Whomever I kiss, he is the one; seize him. ⁴⁹Immediately Judas went to Jesus and said, Hail, Rabbi! and kissed him. ⁵⁰And Jesus said to him, Friend, do what you have come for. Then they came and laid hands on Jesus and seized him.

Friend, do what you have come for - Jesus allowed it to happen, and then he healed his enemy, Malchus, (the servant of the High Priest Caiaphas) when his ear was cut off.



I want to believe, *Braveheart* (1995 movie)

- Son, we must have alliance with England to prevail here. You achieved that. You saved your family and increased your land. In time, you will have all the power in Scotland.
- Lands, titles, men, power, nothing.
- Nothing?
- I have nothing. Men fight for me because if they do not I throw them off my land and I starve their wives and children. Those men who bled the ground red at Falkirk, they fought for William Wallace, and he fights for something that I never had. And I took it from him when I betrayed him, and I saw it in his face on the battlefield.



Your betrayal leaves the lives of those you betrayed drifting along with the tide. It is a tide of disdain towards you and a tide of doubt towards their future.

Look what the guilt did to Judas. It ate him up. He felt so guilty he got to the point of suicide for betraying Jesus. Betrayal catches up with you.

Psalms 55:20-21: (NASB) ²⁰He has put forth his hands against those who were at peace with him; he has violated his covenant. ²¹His speech was smoother than butter, but his heart was war; his words were softer than oil, yet they were drawn swords.

This describes David's chief advisor, Ahithophel, who betrayed David. This gives us a sense that the betrayer looks good but is really filled with darkness and deceit.



Betrayal is devastating because most often it is the kind of loss that did not need to occur. It happens because someone was deliberately hurtful, was careless or because of personal weakness. There was a choice involved, and the person who was betrayed believes the choice was wrong and preventable. *The Golden Rule goes a long way with preventing betrayals.*

There are a lot of ways we can betray people without cheating on them. In the case of a marriage, how might we betray our spouse without actually having an affair?

It is important we do not speak badly about our spouse to anyone. We would be bringing reproach upon our loved one, one of the Lord's anointed. It is offensive to put someone down like that. We are to honor and respect them and cherish the relationship. Keep private matters to ourselves and work them out together.

When we do not honor and cherish our spouse, we are beginning to go down the road of betrayal. We have to be careful. We can cheat on them in a lot of little ways by not giving them first place in our hearts (after God and Jesus).

We can easily substitute "spouse" for "friend." We can talk about friends behind other friends' backs. We need to honor and cherish our friendships. We need to think about our actions and words so that we are not hurting others without even realizing it.

Back to the opportunistic betrayer, who assesses the potential benefits of betrayal, the probability of getting caught, and the severity of the penalties they will suffer if someone catches them. The trust agreement is voluntarily violated after a reasoned analysis of a scenario.



To me, this leaves a lot of time in between to hit ourselves upside the head and get ourselves right! What is the best course of action if you are going to betray someone, or maybe you are in the act of betraying someone?

STOP, confess, repent, ask forgiveness from God and the betrayed. Admit what you have done. Validate the one you hurt because they are probably going crazy putting together the clues you have left behind. They think they are totally in the wrong and will start blaming themselves. Get it right! Pause and consider. Think about the consequences.

Psychologically, we have an immediate reaction, then a little space in our heads where we can let that reaction settle and THEN respond. Remember this before you betray.

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom. — Viktor E. Frankl (Holocaust survivor)

If you are a betrayer, stop the reaction, pause and respond with thoughtfulness.

Consider what is about to happen if you go through with your plan. Think of the lies you will have to tell, dealing with your conscience...then consider what will happen to who you are betraying. It will DAMAGE THEM. It will BE DEVASTATING.

...Most often devastating for YEARS. Do you want to be responsible for the devastation in that person's life - and everyone around them - for a long, extended period of time? That is on your hands, but you can do something. Back up, stop.



When drifting with the tide through a life full of broken pieces and doubt, we feel lost. Aimless drifting actually gives us time to identify our brokenness and begin to decide on some direction. With your Bible in hand, **REESTABLISH A VISION** for where your life can go.

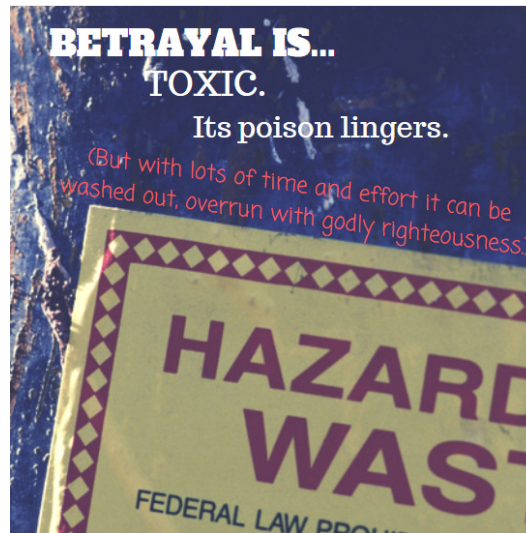
1 Peter 4:12-14: (NASB) ¹²*Beloved, do not be surprised at the fiery ordeal among you, which comes upon you for your testing, as though some strange thing were happening to you; ¹³but to the degree that you share the sufferings of Christ, keep on rejoicing, so that also at the revelation of his glory you may rejoice with exultation. ¹⁴If you are reviled for the name of Christ, you are blessed, because the Spirit of glory and of God rests on you.*

The drifting can be a blessing in disguise, because it buys us time to be able to do something about it and action IS required.

How do we make all of this work?

The end game for overcoming anything is always the same. To transform betrayals into experiences of our past that actually have value requires determination and specific action. These do not simply appear on our front doorstep as a nicely-wrapped gift. We must find and apply them with intention, determination and specific action. No betrayal is overcome without action with direction.

THE POWER TO OVERCOME!



When you are in the middle of it the toxicity can be overwhelming, but that is not the end of the story.

"The solution to pollution is dilution." When you bring in Scripture, bring in people who want to glorify God like you do and bring in your support system, I think that toxicity can dissipate.



This is an intentional action. You have to *want* it to dissipate.

We can learn from the memory and become a tower of strength for others, helping them, share in their steps to recovery.

Stay with it. God is more powerful than any of this.

BETRAYAL

The Betrayed: Uriah
The Betrayer: David

GUILT

The Betrayed: Uriah - David looks to cover his sin with Bathsheba and set Uriah up:

2 Samuel 11:8-11: (NASB) ⁸Then David said to Uriah, Go down to your house, and wash your feet... ⁹But Uriah slept at the door of the king's house with all the servants... ¹⁰...David said to Uriah, Have you not come from a journey? Why did you not go down to your house? ¹¹Uriah said to David, The ark and Israel and Judah are staying in temporary shelters... and the servants of my lord are camping in the open field. Shall I then go to my house to eat and to drink and to lie with my wife? By your life and the life of your soul, I will not do this thing.



The Betrayer: King David - betrayal to cover guilt:

2 Samuel 11:14-15: (NASB) ¹⁴David wrote a letter to Joab and sent it by the hand of Uriah. ¹⁵...saying, Place Uriah in the front line of the fiercest battle and withdraw from him, so that he may be struck down and die.

 *I want to believe, Braveheart (1995 movie)*

- *They fought for William Wallace, and he fights for something that I never had. And I took it from him when I betrayed him, and I saw it in his face on the battlefield. And it's tearing me apart.*
- *Well, all men betray. All lose heart.*
- *I don't want to lose heart! I want to believe as he does. I will never be on the wrong side again.*

If you have betrayed, you can turn it around. It is painful and difficult, but it can be done.



Your betrayal wreaks utter havoc on the lives of those you betrayed. If the waves of destruction, the current of despair, the riptide of depression or the tides of disdain do not destroy them, simply being exposed to the elements still might. Being betrayed wears people out and brings them to a point of disengaging and giving up. Repent!

As hideous as his betrayal was, this gives us a glimpse into David's heart:

Psalms 51:2-3,14: (NASB) ²Wash me thoroughly from my iniquity and cleanse me from my sin. ³For I know my transgressions, and my sin is ever before me... ¹⁴Deliver me from bloodguiltiness, O God, the God of my salvation; then my tongue will joyfully sing of Your righteousness.

He suffered greatly and God forgave him and he stood up again. It is possible!

 *Betrayal 3, Solutions and Advice*

- *I have leaned on the Lord, my family, and church members more. When they give me advice, I listen. I pray more. I especially look for the "little breadcrumbs" God leaves me so I know what the next step is, where He is leading me. He seems to reveal information little by little in His own perfect timing, and if I watch intently for His direction, I know the way to go. If you've been betrayed, lean on the Lord and your loved ones. If you've betrayed someone, confess and apologize - both to the person and to God. If you're thinking of betraying someone, don't. Stop and consider the irrevocable damage that you're about to do.*



We chose today's title carefully, How Do I Strike Back at Betrayal? Aside from the obvious and intentional allusion to *Star Wars*, (where Lando Calrissian betrayed Han Solo in *The Empire Strikes Back* and were reconciled when Han forgave Lando,) the title might give the appearance that we will "get back at" the person who betrayed us, but both revenge and forgiveness play into this topic.



Here are some practical ideas to help us with the healing part:

- Write a letter to the one who betrayed you. You are not sending the letter at this time, likely you will never send it. It is a way to journal and get your thoughts out, saying everything you want to say that you probably will not have an opportunity to do in person.
- Betrayal is suffering trauma. It is important to take care of yourself and do fun and healthy things.
- Focus on others to the extent you are able. Volunteer at an animal shelter for the day or read to the elderly. Take a break from your immediate situation. Help someone else in a small way.
- Take a walk if you are able and pay close attention to nature...what do you hear? What do you see? The focus is not on you or your pain 100 percent of the day.
- Maybe you can fix something, giving you a sense of accomplishment. I can clean out a sock drawer like nobody's business when I am going through problems. And boy, do I feel good afterwards because it means I am capable and valuable!
- Plan an enjoyable future event, like a vacation, dinner with a friend, a baseball game, go to a local play. Put something on the calendar you can look forward to so you aren't stuck in the mire of "What am I going to do now?"

Forgiveness is a huge aspect of this. We have to get to the point of forgiving. It does not let them off the hook; it lets US off the hook. Forgiveness is taking what they have done to us and pushing it away so it does not affect us anymore. Forgiveness means they no longer rule our life with what they have done. Leave them in God's hands for God's judgment in His way and time and be content with that.



God will not allow us to be tested beyond our capacity. God never betrays! Action is necessary on *our* part to halt our wasting away. **DETERMINATION** and **PASSION** need to be expressed by doing. Get up, get out and get busy. With what? First, **GET IN THE BOAT**. Exposure ends in the boat - the safe haven in the care of Jesus. Show your faith and trust by works.

Matthew 14:31-32: (NASB) ³¹Immediately Jesus stretched out his hand and took hold of him, and said to him, You of little faith, why did you doubt? ³²When they got into the boat, the wind stopped.

For more on forgiveness, see June 28, 2015, CQ Episode #872, "Is Forgiveness Really Necessary?"

How do we strike back at betrayal?

1. Be on guard to not be a betrayer - be trustworthy, have integrity.



2. Work through the various stages of grief with honesty and with the knowledge that you ARE strong enough to bear this.
3. Find a support system with your friends, family and church members.
4. "Get in the boat!" God will never ever betray you. He Himself has been betrayed over and over. He has allowed so many biblical examples - including that of His precious son - for us to copy and see that there is a brighter day ahead. All of our trials help us to be more sympathetic and stronger to help others.

We need to act by building our lives back in a godly fashion, and God will bless us, and we in turn can bless others. Betrayal is real and can be overcome!

*So, how do I strike back at betrayal?
For Jonathan and Rick and Christian Questions...
Think about it...!*



Join us next week for our podcast on September 3, 2018:
Ep. #1037: "Is Christianity a Healing Religion?"

Bonus Material

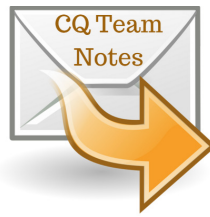
Sometimes the person you'd take a bullet for ends up being the one behind the gun. — Chique le frique

Stab the body and it heals, but injure the heart and the wound lasts a lifetime. — Mineko Iwasaki

Only those you trust can betray you. — Terry Goodkind

My past has not defined me, destroyed me, deterred me, or defeated me; it has only strengthened me. — Steve Maraboli, Unapologetically You: Reflections on Life and the Human Experience

In William Shakespeare's Julius Caesar, Antony describes the wound given to Caesar by his close friend Brutus as the "most unkindest cut of all."



Cindy comments: In 2013, my dad died (my mother had died previously) and not only was I not informed by the lawyer and the caregiver, but they pillaged his entire estate in a massive fraud. My rage grew and grew and finally, after four years of praying and asking God to just remove the hate from my heart, He did. That was a most difficult struggle to let go and let God. I believe these people betrayed my father and betrayed me. I had let the issue go and this year I was informed of an annuity due in a large sum. I hired an attorney and they are working to get back the back funds as well. I wouldn't have taken this step, but I did notice that God didn't allow me to know about these funds previously, as He knew, as did I, that I would have asked the lawyers to crucify the shyster lawyer and caregiver. Now I've made it clear I only want what they took to be restored, nothing more. It was a long, hard road to forgiveness, but the Lord certainly blessed my effort to try and overcome. I have no evil wishes toward them, but I do want the wrong righted if possible. I have made it clear to my attorneys that they are not to go for the jugular. They say I'm too nice, but they don't understand I answer to a higher authority. By the way, the shyster lawyer was disbarred at the time I found out about his antics. Apparently they had a history of such tactics. How sad.

Romans 12:19: (KJV) *Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.*

This Psalm is David's lament after he was betrayed by Ahithophel - his most trusted counselor:

Psalm 55:1-23: (NASB) ¹Give ear to my prayer, O God; and do not hide Yourself from my supplication. ²Give heed to me and answer me; I am restless in my complaint and am surely distracted, ³because of the voice of the enemy, because of the pressure of the wicked; for they bring down trouble upon me and in anger they bear a grudge against me. ⁴My heart is in anguish within me, and the terrors of death have fallen upon me. ⁵Fear and trembling come upon me, and horror has overwhelmed me. ⁶I said, Oh, that I had wings like a dove! I would fly away and be at rest. ⁷Behold, I would wander far away, I would lodge in the wilderness. Selah. ⁸I would hasten to my place of refuge from the stormy wind and tempest. ⁹Confuse, O Lord, divide their tongues, for I have seen violence and strife in the city. ¹⁰Day and night they go around her upon her walls, and iniquity and mischief are in her midst. ¹¹Destruction is in her midst; oppression and deceit do not depart from her streets. ¹²For it is not an enemy who reproaches me, then I could bear it; nor is it one who hates me who has exalted himself against me, then I could hide myself from him. ¹³But it is you, a man my equal, my companion and my familiar friend; ¹⁴we who had sweet fellowship together walked in the house of God in the throng. ¹⁵Let death come deceitfully upon them; let them go down alive to Sheol, for evil is in their dwelling, in their midst. ¹⁶As for me, I shall call upon God, and the LORD will save me. ¹⁷Evening and morning and at noon, I will complain and murmur, and He will hear my voice. ¹⁸He will redeem my soul in peace from the battle which is against me, for they are many who strive with me. ¹⁹God will hear and answer them— even the one who sits enthroned from of old— Selah. With whom there is no change, and who do not fear God. ²⁰He has put forth his hands against those who were at peace with him; he has violated his covenant. ²¹His speech was smoother than butter, but his heart was war; his words were softer than oil, yet they were drawn swords. ²²Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken. ²³But You, O God, will bring them down to the pit of destruction; men of bloodshed and deceit will not live out half their days. But I will trust in You.

For more on this story, see August 25, 2013, CQ Episode #776, "Is Bitterness Ruining Your Life?"



Betrayal has much to do with grief. For more on managing grief, please see March 4, 2018, CQ Episode #1011, "How do You Find Your Way Through Grief?" and ChristianQuestions.com/grief

The Five Stages of Grief:

- Denial: "This can't be happening to me."
- Anger: "Why is this happening? Who is to blame?"
- Bargaining: "Make this not happen, and in return I will ____."
- Depression: "I'm too sad to do anything."
- Acceptance: "I'm at peace with what happened."

Biblical examples of betrayal:

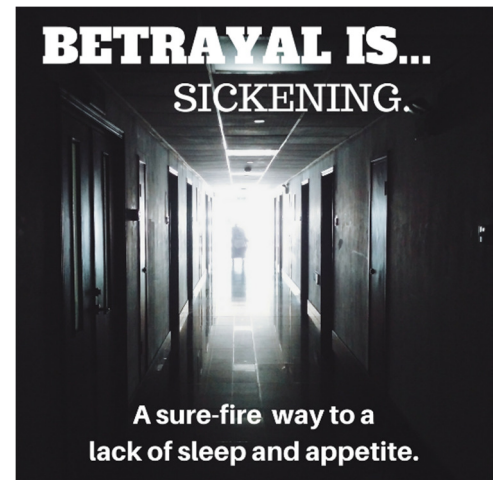
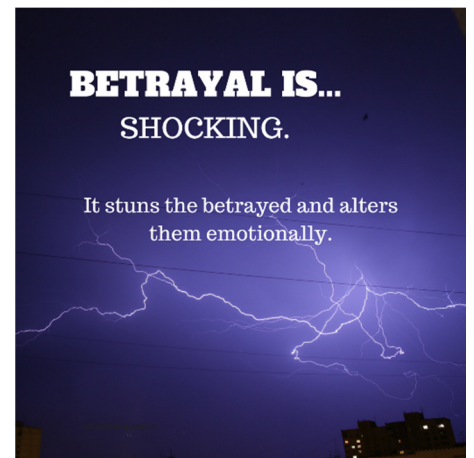
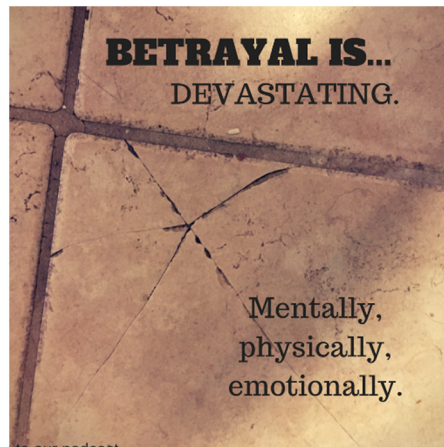
- Lucifer betraying God
- Peter denying Jesus
- King Saul betraying David
- Judas betraying Jesus with a kiss
- Samson and Delilah
- Joseph and his brothers
- The Israelites betraying God multiple times with idols and false gods
- Gomer betraying Hosea
- David betraying Uriah
- Cain and Abel
- Joseph and Potiphar's wife

Quora Emaech suggests: Move on... that's all I can say. My wife and I have gone through a betrayal of friendship that was never there to begin with. It was painful and disappointing that we spent our time with them for so long only to be left in the dust with no say or sign. They told others about their issues with us, and it was the most childish and selfish reasoning to leave us with no closure. And it was at a moment in our time where we really needed them the most, and they never cared or listened. But it's been like 4-5 years since, and we moved on. It's sad that they weren't willing to come and talk to us about these issues and most likely never will. There may be no hope to this, but we learned how to be better people, and it shows that those who would betray you are never truly your friends to begin with. It's their loss, and we chose to move on; they didn't. You find a way to move by being in good company. I hope that helped!

BETRAYAL is:

- **DESTRUCTIVE** - It does not produce anything of value
- **SELFISH** - It is borne out of selfish motives
- **DEVASTATING** - Mentally, physically, emotionally
- **UNNECESSARY** - You have a choice before the deed is done
- **PAINFUL** - For everyone involved - not just the betrayed
- **IRREVOCABLE** - Once done, it cannot be undone
- **SINFUL** - How many biblical examples can you name?
- **CONFUSING** - Leaves the betrayed in a daze
- **SHOCKING** - It stuns the betrayed and alters them emotionally
- **FOREVER** - The painful memory never goes away
- **LIFE-ALTERING** - The betrayed is never the same
- **DISORIENTING** - It's dizzying to wrap your head around it
- **HEARTBREAKING** - It destroys love
- **TOXIC** - Its poison lingers
- **DISHONEST** - Lies overtake both the betrayer and the betrayed
- **UGLY** - Once the deed is done, you'll never forget it
- **SICKENING** - A sure-fire way to a lack of sleep and appetite
- **INCONCEIVABLE** - It's the terrible surprise you never saw coming







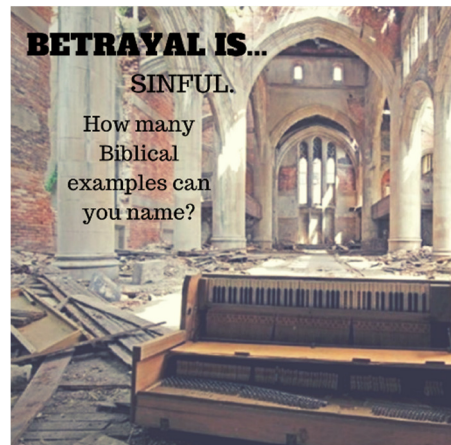
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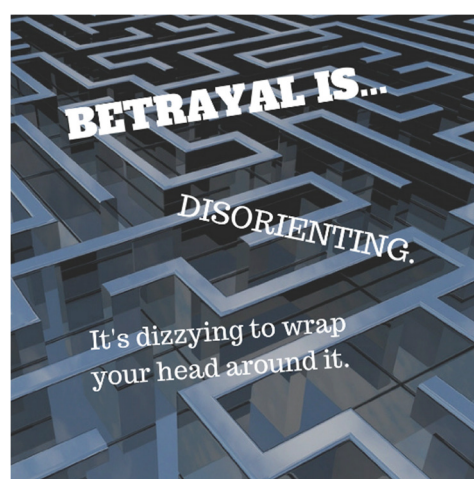
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