

CouplesInBloom.com – Feel Forsaken?

March 2013

“And about the ninth hour, Jesus cried with a loud voice, saying, "My God, My God, **why have You forsaken Me?**"” ⇒ Matthew 27:46. Jesus asked God this question during His crucifixion. To this point, Jesus was used to two-way communication with God ⇒ John 17, and doing whatever God showed Him to do ⇒ John 5:19. But now, Jesus felt forsaken and, as far as we know, **God did not answer Jesus’ desperate prayer request.**

Do you wonder what God was doing, thinking or feeling during Jesus’ tormented cry? Jesus’ humanity asked **why** just as ours does today. This and other Scriptures (e.g. the book of Job) show us that asking **why** may not be the way to get answers. This is because *getting answers on our terms weakens our trust in God*. No shortcuts around this exist.

What are we supposed to do when we feel forsaken by God? Let’s see what Jesus did: read the rest of Matthew ⇒ the first thing Jesus did was **die** ⇒ Matthew 27:50. For us, **die** means **don’t ask why... let go of needing to know. This is not giving up, but giving through**: entrusting ourselves to God in the *very time* when it feels like God is forsaking us. This spiritual violence against our carnality is the embryo of our answer.

The second thing Jesus did was **nothing** ⇒ Matthew 27:51-66, which invited God to do *a lot*. In contrast, when we **feel forsaken** it *seems* like God is doing *nothing*. What happened next? Jesus’ self-sacrifice for our sin birthed healing for the broken relationship between God and us. God accepted Jesus’ payment ⇒ Hebrews 7:22-27, Jesus became authorized over hell and death ⇒ Revelation 1:18, and the Holy Spirit raised Jesus from the dead ⇒ Romans 8:11. **Feeling forsaken does not mean being forsaken... at all!**

Jesus’ previous desperate question, "**why have You forsaken Me?**" became irrelevant in the light of what God was doing behind the scenes. Jesus did ask the question for the same reason we ask it: **Feeling forsaken is the revelation of a power struggle.** The more ‘rights’ we imagine we are entitled to, the more we will **feel forsaken** in life. God knows our security in Him is more important than our feelings along the way *to* that maturity.

God’s answer for the power struggle of feeling forsaken is: **I am God; understand?** Jesus’ conclusion: God is all powerful and never forsakes His Bride ⇒ Matthew 28:18-20. **Jesus specifically addresses feeling forsaken right after going through it!** Job’s conclusion: God is all powerful and never forsakes His own ⇒ Job 42. Job repented for questioning God’s power. God told Moses to say it back in Deuteronomy 31:6 ⇒ “I will never fail you or forsake you” and appears many times in Scripture; try to remember it!

So when **YOU feel forsaken**, follow Jesus’ instructions; they work and are God’s will:

- 1) **Die:**
 - a. **Don’t ask why.**
 - b. **Let go of needing to know.**
 - c. **Do not give up; Give yourself through** the resistance of feeling the opposite.
- 2) **Do nothing:** Except leave God full control so He can do all He wants to do for you.
- 3) **Receive the Holy Spirit, be raised from your death, and live** ⇒ Romans 8:11-14.
- 4) **Make disciples:** tell them to obey God and to remember that when they **feel forsaken**, God is there *and* doing more for them than answering questions! ⇒ Matthew 28:18-20. ♥