



Thursday Thought

by Pastor Myron D. Atkinson

“Betrayed”

Thursday February 22, 2018

Verse for the week: Matthew 6:14-15 (NLT) “If you forgive those who sin against you, your heavenly Father will forgive you. 15 But if you refuse to forgive others, your Father will not forgive your sins.”

Have you ever been betrayed? Betrayed is defined as: *to fail or desert especially in time of need, disappoint, prove undependable to; abandon, forsake, or be unfaithful.* Most people would say they’ve been betrayed at least once. Maybe it was by a friend, a spouse, a co-worker, or a fellow church attendee. Nobody likes to feel betrayed! I have felt this way on multiple occasions and have learned a few things as a result of the experiences.

I’ve learned that even though I may feel like I’ve been stabled in the back, **my attitude really is my choice!** Have you ever heard that before? It’s true! Our emotions may be screaming at us but ultimately we choose our attitude. It’s how we respond to the events of life that will make us or break us. In his classic book, *Man’s Search for Meaning*, Victor Frankl described how he survived Auschwitz when most others died. He lived in a bleak, filthy barrack on the verge of starvation--in constant pain from hunger or wounds. He stated, *“The one thing you can’t take away from me is the way I choose to respond to what you do to me. The last of one’s freedoms is to choose one’s attitude in any given circumstance.”* Victor Frankl chose to survive and became an encouragement to others. You too can survive, but it will take a strong determination to choose the right attitude. Victor Frankl realized that his situation wasn’t going to last forever, but eternity will. Eternity with Christ is not worth risking, and harboring all the emotions that go along with feeling betrayed and will not help us get there. **Choose to be better, not bitter!** How? Look to Jesus for healing. In John 5:16, Jesus asked the question, **“Do you want to get well?”** Tell Jesus you want to receive healing! He can take any situation, whether of Satan, of man, or our own stupidity and use it for His glory.

When a person is betrayed often they will want to get even. One of the worst things we can do is to choose this attitude!” Getting even will not help you feel any better, nor will it bring closure. It will only exacerbate the situation and stir up the emotions you are feeling, ultimately making you feel worse. Social psychologist Kevin Carlsmith of Colgate writes, *“It keeps the wound open and fresh.”* So unless you are a glutton for punishment and ENJOY feeling lousy, say NO to revenge when you are betrayed.

Question: What betrayal, either present or past, are you holding on to that you need to forgive and choose to be better?