



## Overcoming Emotional Abandonment



Men and women who were emotionally abandoned as children are dependent on others to make them feel all right about themselves. They have a constant need for approval from someone else.



They hide their real self behind defensive walls and masks of pretense that they are someone besides who they really are.

Emotional abandonment simply means that those who were responsible to help us achieve emotional stability, when we were growing up, abandoned their responsibility toward us. Usually this happens because our parents just didn't know any better – they were probably abandoned emotionally by their parents.

Even caring parents can still fail to meet or understand the emotional needs of their children.

Most parents know more about feeding and teaching their children than they do about giving emotional support and understanding. Encouragement, comfort after disappointments, gentle correction for wrong choices, and loving discipline and respect are the key ingredients for creating emotional stability and security in a child by using the Word of God to minister these things. *“All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, and instruction in righteousness.”* (2 Timothy 3:16)

We have two generations of emotionally abandoned, hurting adults because our nation began to turn away from God forty years ago and has fallen further away from Him every year. Single moms are abandoned by the fathers of their children and left to raise them alone. The children, boys and girls, grow up not even knowing there are moral and ethical standards and support and encouragement that their parents are supposed to give them to help them grow up with confidence and self-esteem.



Then they marry because they feel empty inside and expect their marriage partner to fill that aching, empty place inside of them. Women want their husband to fill their emotional needs for a father – and men expect their wives to fill the empty place inside of them created by an absentee mother. But, no human being can fill that awful void that is left in a child whose emotional needs were never met.

God's plan was that parents would bring up their children in the “nurture and admonition of the Lord.” Nurture means teaching and instructing them with gentle watchfulness, and admonition means loving correction and discipline. But, millions of our children are growing up in far different family situations than what God intended them to have.

The divorce rate in our nation continues to climb as men and women search desperately for someone to fill the emptiness inside of them. But, if a child grows up and has not received the emotional stability in his childhood, there is no one except Jesus Christ who can fill that emptiness. There is no way, as an adult, that we can go back to the age and the circumstances

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where we desperately needed support and encouragement, but received criticism or neglect instead.

There are two beautiful Scriptures that God has given in His Word for people who have been emotionally abandoned. The first is: *“Although my mother and father have forsaken me, yet the Lord will take me up* (adopt me as His child).” (Psalm 27:10) And, to overcome the awful emptiness in us, He wrote these words to us: *“For in Him (Jesus) the fullness of God continues to live giving complete expression of His divine nature. And you are in Him, and have come to fullness of life – in Christ you too are filled with the fullness of God and reach full spiritual stature.”* (Colossians 2:9,10)

As you pray and seek God’s help when you are feeling upset, the Holy Spirit will reveal the truth and comfort of the Father, and will teach you according to the Words God spoke. You are a child of God. He has adopted you and made you part of His family. Knowing this, in the darkest hours of the night, when everything seems wrong, when the tears won’t stop and you cry out to Him – God is never closer than at that moment. He is a loving Father who enfolds you in His loving presence.



As a Christian mom, even if your emotional needs were never met, you have a responsibility to meet the needs of your children, so they won’t grow up feeling they were emotionally abandoned. It doesn’t have to be hard. Just follow the three little words we teach our children about crossing the street safely, “Stop, look and listen!” Those are the simple steps to use to build emotional stability in your kids by showing them you care:

**STOP** whatever you are doing, mentally or physically, whenever your child is trying to talk to you.

**LOOK** directly into the eyes of your child to show him you are really paying attention and want to hear what he wants to say.

**LISTEN** carefully and respectfully, without criticism or comment about what he is saying to you.

Then take him in your arms and hug him, thank him for sharing with you, and give him words of love and encouragement. Then join with your child in prayer and let him pray, without forcing or begging him to, and then let him hear you pray.

If you continue to do these things as your children grow up, your children will never have to overcome emotional abandonment and you will have a wonderful family life.

*“The Spirit itself bears witness with our spirit that we are the children of God.”* (Romans 8:16)



## *Overcoming Emotional Abandonment*

1. What does emotional abandonment mean?

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2. What are the four key ingredients for creating emotional stability in a child?

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3. What must we use to minister these things?

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4. What was God's plan for parents?

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5. Why is the nation's divorce rate growing so rapidly?

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6. If a child has grown up without emotional stability, who can help him?

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7. Even if your emotional needs weren't met, what must you do for your children as a Christian mom?

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8. What are three simple steps to build emotional stability in your children?

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9. What two things are important when you listen to your child?

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10. What will happen if your father or mother abandon you? (Psalm 27:10)  
(The answer to this question will be your memory verse)

MEMORY VERSE \_\_\_\_\_

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## *Overcoming Emotional Abandonment*

1. What does emotional abandonment mean?

Those who were responsible to help us abandoned their responsibility.

2. What are the four key ingredients for creating emotional stability in a child?

Encouragement                      Comfort after disappointments  
Gentle correction for wrong choices      Loving discipline and respect

3. What must we use to minister these things?

The Word of God.

4. What was God’s plan for parents?

That they would bring up their children in the nurture and admonition of the Lord.

5. Why is the nation’s divorce rate growing so rapidly?

Men and women are searching for someone to fill the emptiness inside.

6. If a child has grown up without emotional stability, who can help him?

No one except Jesus Christ.

7. Even if your emotional needs weren’t met, what must you do for your children as a Christian mom?

Meet the emotional needs of my children.

8. What are three simple steps to build emotional stability in your children?

Stop,                      Look,                      Listen

9. What two things are important when you listen to your child?

Hug him,                      Pray with him

10. What will happen if your father or mother abandon you? (Psalm 27:10)

MEMORY VERSE “Although my mother and my father have forsaken me, yet the Lord will adopt me as His child.”