

# 7 TRUTHS THAT WILL ENABLE YOU TO GET OVER *Betrayal* AND *Rejection*

1. The betrayal is in the hands of the betrayer. It is not for us to use as guilt against ourselves.
2. The betrayal or rejection is not our identity. What another does to us does not define our worth, purpose, or who we are.
3. Life is not fair and injustice happens. We must unconditionally accept that fact.
4. Revenge will not fix the betrayal. It will only make our own brokenness greater.
5. On the other side of this pain lies the opportunity to grow.
6. We will trust again. Love again. And, yes, find joy again.
7. Betrayal and rejection is inevitable within the Church, but that does not mean betrayal is the church.