



# When People Hurt You:

*Rising Above the  
Emotional Pain of  
Rejection  
and  
Betrayal*

*LoriSchumaker.com*  
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**JOURNAL & GROWTH GUIDE!**

*by Lori Schumaker*

**When People Hurt You:**  
Rising Above the Emotional Pain  
of  
Rejection and Betrayal

*-A Scripture Based Journal & Growth Guide*

*By*  
*Lori Schumaker*

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## Rising Above the Emotional Pain of Rejection and Betrayal

Welcome to a place where you can simply be you. A place to feel the hurt of rejection and betrayal, yet then unwind your response through a combination of Biblical truths and heartfelt prayers. I cannot profess to know your exact situation, but I can tell you that I understand betrayal. I have lived it. I know the pain that leaves behind a dismantled heart. I know it and I am here with you in it.

I also know that our responses are important. Both rejection and betrayal are tools of the enemy. He would like to take us out of the game and label us ineffective. He would like to keep our pain alive. He would like to see us abandon our faith. But we do not need to be defeated by the enemy because we have the power of the God of the Universe on our side.

*His way gives us hope.  
His way gives us life again.  
His way gives our joy back to us.*

My prayer is that this space will give you opportunity to meditate on the scriptures I've presented and to enter into a time of prayer with the Lord that will bring you peace in the moment. I pray that the words of my series will become tools and strategies in your battle against betrayal. And that on the other side of the betrayal, you will know without doubt that you are loved passionately by Christ and that you are His treasured and wonderful creation.

I am not a therapist nor do I in any way feel that this journal and series take the place of quality Christian counseling. Rather, I pray it serves as a tool to remind you of truth when your mind begins to listen to the whispered lies of the enemy.

Each section of this journal will align with the 7 weeks of my "When People Hurt You" series found at [www.LoriSchumaker.com](http://www.LoriSchumaker.com).

My heart is with you, as are my prayers. Please feel free to contact me at [lori@lorischumaker.com](mailto:lori@lorischumaker.com) with any comments or prayer requests.

Many blessings and smiles, Lori

After asking God to reveal the places of hurt and bitterness hiding in your heart, write about it below. Maybe it is simply about giving words to a betrayal. Maybe it is a rejection you have been pretending doesn't bother you. Or something you have refused to acknowledge.

A large rectangular box with a blue border, containing 25 horizontal lines for writing.

## Let's pray:

*Dear Jesus,*

*You are our counselor. You are the God who helps us. I praise Your kindheartedness and I come to you in this moment surrendering the betrayal that I have held within my heart for too long. I thank You for lovingly holding out Your hands to pick up the betrayal I hand over. You are so much more capable of carrying this burden than I. I ask you to take all the pain I've felt over this situation into your hands. I am done trying to manage my responses without you. I am done listening to the lies of the enemy. I am declaring myself ready for battle and I know that with you, the victory is won! I pray, Lord, that as I work through each of these truths, You reveal Your wisdom and insight into my situation. I pray You reveal to me the next steps I need to take in my healing process. And above all, Lord, I ask you to restore what the enemy has stolen from me through his use of betrayal.*

*In Your holy name I pray.*

*Amen*

## Betrayal and Guilt

Betrayal and rejection is in the hands of the betrayer or rejector. It is not ours to own and it does not place guilt on our shoulders. The enemy wants us to believe it must be our fault and that we deserved it, but this is one of the enemy's favorite way of using his masterful lies.

*... He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies. John 8:44 (NLT)*

What lies of guilt from the enemy have you allowed yourself to listen to or believe about this betrayal/s?

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Now rewrite those lies as truth.

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## Let's pray:

*Dear Jesus,*

*Thank You for being Truth and the victor of both lies and the author of lies. I have allowed myself to hear the whispering lies of the enemy and hold them in my heart as truth. But right now, I repent of this because believing lies is contrary to Your Word. I know each time I believe a lie, I grieve Your heart.*

*Lord, today I claim Your truth and in Your Name, the Name of Jesus, I cancel out the lies of the enemy. I lay down the lies and trade it for truth. I am a child of God and I know that the hurt I suffered was at the hands of a broken person. Lord, I ask You to heal and bless that person right now. May they come to know You and Your healing power so they can live renewed and free of hurting others again.*

*In the name of Jesus I pray.*

*Amen.*



## Betrayal and Identity

Neither betrayal nor rejection are your identity. When we are betrayed we often find ourselves harboring feelings of unworthiness. We hear the enemy whisper things like, “You are not worth being respected” and “You were a fool.” People, however, do not betray based upon the worth or level of awareness of those they betray. They choose to betray because of a brokenness deep inside themselves. An unredeemed sin in their hearts is acting out the betrayal.

*Jesus answered, “It is the one to whom I will give this piece of bread when I have dipped it in the dish.” Then, dipping the piece of bread, he gave it to Judas, the son of Simon Iscariot. As soon as Judas took the bread, Satan entered into him. John 13:26-27*

What lies of worth from the enemy have you allowed yourself to listen to or believe about this betrayal/s?

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Judas betrayed Jesus. His betrayal came from inside him and was not due to Jesus’ lack of worth! Now rewrite the above lies as truth.

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## Let's pray:

*Dear Jesus,*

*Thank You for making me in the image of You and for calling me wonderful. Just as You did not take the sins of Judas as a definition of Your worth, I refuse to take the sins of another's betrayal as the definition of my worth.*

*My worth is defined by You and You call me wonderful. I repent of believing the lies of the enemy and choose to believe You and only You.*

*Lord, I ask You to open my eyes to the difference between truth and lies so that I can lay the lies at Your feet and not question my identity anymore.*

*In Your precious name I pray.*

*Amen.*

## Betrayal and Unconditional Acceptance

We must unconditionally accept the fact that life is not fair and injustice happens. We cannot avoid it nor is it in our power to stop all rejection or betrayal. It is only in our power to trust that God will walk us through all our hurts.

*When Adam sinned, sin entered the world. Adam's sin brought death, so death spread to everyone, for everyone sinned. Romans 5:12*

Do you have a steel wall of sorts built around your heart because you are afraid to invest or get too close to someone? Are you trying desperately to avoid betrayal? Where do you see this in your life?

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On the other hand, are there people or relationships in your life where there are red flags or that feeling in the back of your tummy that says this person may be dangerous? Do you need to set a boundary in those situations?

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## Let's pray:

*Dear Jesus,*

*You so marvelously designed me to be in community. My heart is wired to love and connect. I know that Your desire is for those relationships to resemble Your love, but because of the sin that has set its course amongst all people, betrayal and rejection are hurts I must encounter as I love others.*

*But You, my ever-faithful God, are there in the midst of that hurt. You are there to pick me up and hold me tight. Redeeming every ache and hurt I suffer.*

*Lord, I ask You to fill me with wisdom to discern safe and unsafe people. Let me see others with open eyes and feel when You nudge me to recognize the red flags. Let me then use Your strength to draw firm boundaries.*

*But Lord, when You call me into community, I bravely and authentically enter into that relationship knowing full well that whatever may result will be worked to Your glory. Please break down any steel walls I may have erected so that I can continue to fully love my neighbors even in the face of betrayal.*

*In the Name of Jesus I pray.*

*Amen.*

## Betrayal and Revenge

Revenge will not make betrayal better. It will only make the brokenness within ourselves greater. The difficult truth is we may never witness the justice we believe is right or sufficient. But we must hold onto our faith that assures us the Lord is fully in control of justice and will do so in His perfect timing and manner.

*Do not say, "I will repay evil"; Wait [expectantly] for the Lord, and He will rescue and save you. Proverbs 20:22 (AMP)*

Are there current or past situations of rejection or betrayal you are privately contemplating or seeking revenge? If so, is this thought process resolving the ache in your heart? Or is it merely giving relief to the surface level anger of your flesh?

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Is there a situation that is wreaking havoc within your soul and growing bitterness? Do you need to lay down your right to see justice in order to stop the growing bitterness? Is there a situation that you need to let go of and be okay knowing that in His time, God will see justice through?

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## Let's pray:

*Dear Jesus,*

*You know the depths of my heart. You know the where I have extended forgiveness and you know where I harbor a desire to take justice into my own hands.*

*Lord, I ask for Your forgiveness for my thoughts, ideas, or actions of revenge. I know that revenge is contrary to Your Word and I know it is not what You desire for me. I boldly ask You to take that desire of revenge from me. I ask You to fill my spirit with complete disdain for the idea of revenge. Instead, fill it with the courage to trust You with justice.*

*I want to be free of the root of bitterness growing in my heart and instead glorify You with joy and kindheartedness. May my story of surrender and trust only magnify You and glorify Your holy Name. Thank You for Your grace. Your care. Your promise of justice.*

*In Your holy Name I pray.*

*Amen.*

## Betrayal and Lessons Learned

Both rejection and betrayal stink. But, it also allows us the opportunity to grow. Simply being able to look this kind of hurt in the eye and say, "I will grow from this", is defeating the intent of the offender – the intent of the enemy. When we recognize that on the other side of this betrayal lies a healed heart and newfound joy, we become victors through Christ and over darkness.

*"When a woman gives birth, she has a hard time, there's no getting around it. But when the baby is born, there is joy in the birth. This new life in the world wipes out memory of the pain. The sadness you have right now is similar to that pain, but the coming joy is also similar. When I see you again, you'll be full of joy, and it will be a joy no one can rob from you. You'll no longer be so full of questions. John 16:21-23  
MSG*

What are some ways you have grown from past betrayal?

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Fill in the blanks to speak this truth over your life. Whatever situation has robbed you of your joy, know that it can and will be restored.

*But \_\_\_\_\_ (your name) who trusts in the Lord will find new strength. She/He will soar high on wings like eagles. She/He will run and not grow weary. \_\_\_\_\_ (your name) will walk and not faint. Isaiah 40:31*

*\_\_\_\_\_ (your name) who has been ransomed by the Lord will return. He/She will enter Jerusalem<sup>[a]</sup> singing, crowned with everlasting joy. Sorrow and mourning will disappear, and \_\_\_\_\_ (your name) will be filled with joy and gladness. Isaiah 51:11*

## Let's pray:

*Dear Jesus,*

*I thank You that You have armed me for the battle. Your Word says that You are made strong in my weakness, so I thank You for being what and where I am not.*

*My reaction is to draw away from betrayal. To not feel the hurt. I don't like to suffer. But Lord, I hold onto Your promises that tell me I can walk through the suffering and I will have a new strength and a new joy. Even when, to my eyes, it doesn't seem possible, I am claiming the promise of that new joy and strength.*

*And just as a Mother's pain is wiped out by the joy of the birth of her child, I too, will open my eyes to the joy available in the midst of my pain. Lord, I ask You to help me look to You in this time. Keep my eyes planted firmly on You and help me to feel Your strength, compassion, love, comfort, and hope as You walk alongside me. May You take my pain and give me a story that will point to the glory of Your Name.*

*In Jesus Name I pray.*

*Amen.*



## Betrayal and Living Again

We will trust again. Love again. Find joy again.

*I'm not saying that I have this all together, that I have it made. But I am well on my way, reaching out for Christ, who has so wondrously reached out for me. Friends, don't get me wrong: By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us onward—to Jesus. I'm off and running, and I'm not turning back. Philippians 3:12-14 The Message*

What goal do you have your eyes on? Is your focus on the betrayal or rejection at hand or on the goal to which God is beckoning you?

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Write out one scripture that you can commit to memory that will inspire you to look to the future – the goal of Jesus. Make sure it is one that inspires you to take off running without looking back! If you do not have a Bible or know where to start, simply go online and search “looking to the future scripture”.

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## Let's pray:

*Dear Jesus,*

*You are Jehovah-Jireh and Jehovah-Rapha. The God who provides and the God who heals. Thank You, Lord Jesus. You know my need in this situation and I believe Your promise to provide for that need and to heal what has been broken.*

*I am tired of not living life to its fullest. You came so that I could have not only eternal life, but life here to its fullest. I am ready to live again. Lord, I boldly ask You to give me what I need to trust again, to love again, and to experience joy again.*

*Peel away the protective walls I have built around myself and fill me up once again.*

*In Your precious Name I pray.*

*Amen*

## Betrayal and the Church

Betrayal represents people as a whole - *all* people both in and out of the Church. We will encounter both rejection and betrayal *in* the church, but that does not mean betrayal *is* the church.

*Then Judas Iscariot, one of the twelve disciples, went to the leading priests and asked, "How much will you pay me to betray Jesus to you?" And they gave him thirty pieces of silver. From that time on, Judas began looking for an opportunity to betray Jesus. Matthew 26: 14-16 NLT*

Undoubtedly, there has been a time in your life that you have been hurt by someone in the Church. What did that experience leave you feeling about your Church?

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If there was betrayal within the select group of 12 that Jesus chose as His disciples, how can there not be betrayal within the hundreds, if not thousands within our churches today? Is there a part of us that has made the church our idol, believing it is infallible and that sin is stopped at the doors? Is there a possibility of reframing your disappointment so that it is reflective of individuals who are fully human and fully susceptible to sin rather than of the Church as a whole?

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## Let's pray:

*Dear Jesus,*

*I thank You for creating the Church. You created us with a wiring to be in community with others. You also knew that we would need fellow believers to cheer us along the road of life and help us to stay true to Your path. You are the head of the Church and Your desire for it is to be a place to worship You and serve others in love. But our sin messes all that up.*

*Within our churches are those who come fueled with envy and rivalry. They are members of leadership and of the body. Lord, I ask You to protect our leaders from the attacks of the enemy. I know full well that he would love nothing more than to stop them from increasing Your Name and bringing forth new believers. He would love to see their character slashed and their motives destroyed. But I pray for Your hedge of protection around our Pastors and their families.*

*I also pray for a spirit of discernment within our leadership as they hire new staff and as they raise up new servant ministers. Let their spirits be sensitive to divisive or corrupt spirits that have come with the wrong motives.*

*Protect the humble of spirit. Protect those who want nothing more than to serve and love You with their whole heart, soul, and mind. For those who have been hurt, I ask for their healing right now and that, in the Name of Jesus, they be freed from the chains of betrayal. That the enemy does not win by keeping them out of the church and out of community.*

*I thank You for Your grace, Your hope, and Your redemption.*

*In Jesus' Name I pray.*

*Amen*



## About the Author

*Because Lori has a passion to see lives transformed, she spent many years as an educator in both the Elementary school setting and at the college level. Once she garnered the title of “Mommy” 16 years ago, her focus shifted from schoolrooms to her family, friends, and church ministries. Now a certified Christian Life Coach, writer, and speaker, she uses her passions to point people to her Redeemer. Her prayer is that each reader who visits her little corner of the world will walk away knowing Jesus a little more, believing the power and hope available in Him, and feeling loved and encouraged by not only her, but by the King of Kings! Her blog, Searching for Moments, can be found at [www.LoriSchumaker.com](http://www.LoriSchumaker.com). She would love to connect with you on [Facebook](#), [Twitter](#), [Pinterest](#), and [Instagram](#)*

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