

I Need That Back

Reference to the Refrigerator Story from January 2009:

Take into consideration a man moving a refrigerator in his home. He is struggling to get and a man walks by, offers his help. The two men begin to move the refrigerator, but they aren't making any progress. The second man finally says to the first man, "Man, I can't understand why we can't get this refrigerator in your house!" The first man replies, "While you were trying to get the fridge in, I was trying to move it out!"

The same thing happens in our daily lives. God wants us to move one way and the devil continue to try to push us in another.

Purpose of CAYA services: Remove obstacles that get in our way with having a closer relationship with God and to convict.

Review the prior three lessons on time and relationships.

- 1. Failure to prioritize time – especially time with God**
- 2. Inappropriate relationships (48%)**
 - a. These things “call” you away from your time with God**
 - b. Learn to conquer your temptations**
- 3. Personal weaknesses and addictions (26%)**
4. Emotional issues (anger, insecurity, fear, etc.) (17%)

One of the top questions Rev. Wesley gets on Facebook, from women, is “How do I rebound and get over broken relationships?”

Relationships are a journey of progressments.

Refer to the ME vs. WE investment from CAYA session #2:

[Relationships draw on two individuals from two different pasts and perspectives](#)

- [The struggle of ME vs. WE](#)
- [How much of ME do we invest in WE and what will be the return on WE with my ME investment.](#)

All of us have been in relationships that were hard to get over. We've all had the one relationship and we wonder WHY we aren't with that person to this day.

Read 2 Samuel 13:1-19 (Rev. Wesley referred to this as a very disturbing passage/scripture)

- 1** In the course of time, Amnon son of David fell in love with Tamar, the beautiful sister of Absalom son of David.
- 2** Amnon became frustrated to the point of illness on account of his sister Tamar, for she was a virgin, and it seemed impossible for him to do anything to her.
- 3** Now Amnon had a friend named Jonadab son of Shimeah, David's brother. Jonadab was a very shrewd man.
- 4** He asked Amnon, "Why do you, the king's son, look so haggard morning after morning? Won't you tell me?" Amnon said to him, "I'm in love with Tamar, my brother Absalom's sister."
- 5** "Go to bed and pretend to be ill," Jonadab said. "When your father comes to see you, say to

him, 'I would like my sister Tamar to come and give me something to eat. Let her prepare the food in my sight so I may watch her and then eat it from her hand.' "

6 So Amnon lay down and pretended to be ill. When the king came to see him, Amnon said to him, "I would like my sister Tamar to come and make some special bread in my sight, so I may eat from her hand."

7 David sent word to Tamar at the palace: "Go to the house of your brother Amnon and prepare some food for him."

8 So Tamar went to the house of her brother Amnon, who was lying down. She took some dough, kneaded it, made the bread in his sight and baked it.

9 Then she took the pan and served him the bread, but he refused to eat. "Send everyone out of here," Amnon said. So everyone left him.

10 Then Amnon said to Tamar, "Bring the food here into my bedroom so I may eat from your hand." And Tamar took the bread she had prepared and brought it to her brother Amnon in his bedroom.

11 But when she took it to him to eat, he grabbed her and said, "Come to bed with me, my sister."

12 "Don't, my brother!" she said to him. "Don't force me. Such a thing should not be done in Israel! Don't do this wicked thing.

13 What about me? Where could I get rid of my disgrace? And what about you? You would be like one of the wicked fools in Israel. Please speak to the king; he will not keep me from being married to you."

14 But he refused to listen to her, and since he was stronger than she, he raped her.

15 Then Amnon hated her with intense hatred. In fact, he hated her more than he had loved her. Amnon said to her, "Get up and get out!"

16 "No!" she said to him. "Sending me away would be a greater wrong than what you have already done to me." But he refused to listen to her.

17 He called his personal servant and said, "Get this woman out of here and bolt the door after her."

18 So his servant put her out and bolted the door after her. She was wearing a richly ornamented robe, for this was the kind of garment the virgin daughters of the king wore.

19 Tamar put ashes on her head and tore the ornamented robe she was wearing. She put her hand on her head and went away, weeping aloud as she went.

The book of Genesis makes it clear to us that, as God looked over the earth, He did not intend for man to be alone. Adam was instinctively created to need a helpmate. God initially, created animals, in hopes that the animals would cure the loneliness of Adam. God realized that the animals weren't cutting it and Adam was still lonely. God then creates Eve. This shows us two things:

1. Everything that is made is not comparable to you, good for you, nor part of God's plan for you. A lot of things in the world "cure" our loneliness, but compliment our soul.
 - a. We are all instinctively relational. We have desires to be in relationships.
 - b. No matter how much of a player you are, at the end of the day that gets old (going to the club, meeting people on the internet, etc.).
 - c. We all instinctively search for love (unconditionally, for a lifetime, etc.).
 - d. Refer back to **ME vs. WE**; One doesn't know whether or not if the relationship is going. One must selflessly surrender themselves over to the relationship and stop playing games and get real.
 - i. For men, this happens a little later than women.
 - e. Rev. Wesley states that it would be very easy of all we had were animals and Eve was the only one because there is no one else out there to choose from. But, that's not realistic. Wouldn't it be nice if we woke up and God said, "Him/her (person of the

opposite sex)?”

- i. Be cautious of folks who tell you the Lord told them that they are supposed to be your spouse. The Lord speaks to ALL of us, not just one! So, you will BOTH know.
- f. What happens when we make the investment and we find out that’s not our God-ordained mate? One won’t know until we start make investments. Everyone is “normal” when you meet them. Every relationship is not for a lifetime.

Relationships typically end in three ways:

1. Relationships can end on peaceful terms. The attempt at being friends may or may not work.
2. Relationships end where you are thanking God that it ended (lose the number, don’t reach out to me, etc.). The older you get, the less you ought to be in relationships that end like that (slashing tires, busting out windows, etc.).
3. Relationship ended, but it ain’t really over. We make investment after investment in relationships and have to pull out early (similar to early-withdrawal penalty with monetary investments) and you don’t make it to the finish line, to find out we don’t get as much of us back as we put in.
 - a. In every relationship, there is a part of us that is retained with the one we had the relationship with and the reason is hurts so bad is because we don’t get all of us back.

Referring back to the story of Tamar:

Amnon pretended to be sick so that he could draw Tamar to him. NOTE: There is a mothering and/or nurturing instinct in women that the devil will pull an Amnon in our lives who will want us to cater to his illness and creates a nurturing spirit in women.

1. Relationships aren’t projects.
2. Women aren’t social workers.

Be careful of men who don’t want to talk to the King about their relationship. You can always tell the depth of a relationship about how one responds after sex.

Tamar does something very interesting after being raped by Amnon. She begs him to let her stay. All of us have been in a Tamar place in a relationship (where one party didn’t accept the relationship was over or the person you were walking away from didn’t want to do so).

1. People will try to “get right” (only for a season) and do what the other party wanted us to do.
2. Some of us can look back on relationships and we know, had we been more mature, the relationship would have worked.
 - a. Ever broken up with someone and found out a year later they were married? Maybe that person hadn’t had that experience that God has to take us through to get us ready to accept what marriage is all about.
 - b. Relationship is over, but it isn’t over. We don’t want the relationship back, but we are trying to be friends, and we have unresolved issues.

Ending a relationship is like dealing with a death. Elizabeth Kubler Ross (psychologist) – cycle that people go through when we realize something is dying. Ross says that there are 5 emotions we go through with death:

1. Denial – refusing to accept relationship is over. We see the signs, but we know it’s over.
2. Anger – quite easy to become bitter when relationship ends (hence, that says we aren’t accepting that the relationship is over and are still emotionally attached).
3. Bargaining – trying to make deals – “make up to break up” (you know the song!).
4. Depression – loss of joy.
5. Accepting – we are at peace that we didn’t get back all that we put out and we move on.

To be in that place where we haven’t accepted, though, leave us in a dangerous place:

1. We are vulnerable. We are looking on, hanging on that thread of hope. We lose control of the bargaining because we surrender control to that other person.
2. We become bitter. We need to learn being wiser vs. bitter (with relationships).
3. We become susceptible to another relationship to get us through. It takes our minds off what we didn’t have. Problem: you can never fully give of yourself because you’ve left part of you with that old relationship that you’ve invested in and haven’t cut your losses.

Question: How do we get **ME** back? How do we move on?

Refer to 2 Kings 7:3-9

3 Now there were four men with leprosy at the entrance of the city gate. They said to each other, "Why stay here until we die?"

4 If we say, 'We'll go into the city'-the famine is there, and we will die. And if we stay here, we will die. So let's go over to the camp of the Arameans and surrender. If they spare us, we live; if they kill us, then we die."

5 At dusk they got up and went to the camp of the Arameans. When they reached the edge of the camp, not a man was there,

6 for the Lord had caused the Arameans to hear the sound of chariots and horses and a great army, so that they said to one another, "Look, the king of Israel has hired the Hittite and Egyptian kings to attack us!"

7 So they got up and fled in the dusk and abandoned their tents and their horses and donkeys. They left the camp as it was and ran for their lives.

8 The men who had leprosy reached the edge of the camp and entered one of the tents. They ate and drank, and carried away silver, gold and clothes, and went off and hid them. They returned and entered another tent and took some things from it and hid them also.

9 Then they said to each other, "We're not doing right. This is a day of good news and we are keeping it to ourselves. If we wait until daylight, punishment will overtake us. Let's go at once and report this to the royal palace."

Realizing that there is no food in the city, they make the decision to go to the camp of the enemy where they *might* find some food. Refer to v4.-They refused to stay in a dying situation and allow their lives to wither away in a place where they know there is no possibility.

1. Be honest about the possibilities in the situation you are in. Be honest about what it is and what it is not. Is it death just waiting for us? Open your eyes and admit, it ain't what it really is.
 - i. There is a difference between living and waiting to die. Let’s not get in a place where we are waiting to die. Don’t waste who we are in a dying relationship. Ask yourself – Is this where God wants me? Does God want me attached to this brother/sister? Does God want me in denial about the relationship? Does God want us bitter? Often in relationships, we don’t seek God’s “advice” in prayer because part of us knows what God’s answer is going to be!
 - ii. A lot of times, what holds us back is God is trying to pull us from relationships

that we shouldn't be in. God loves us too much to allow us to mess up our lives.

Another thing that is amazing about this story is the timing: the men left at night, when things can't be seen clearly.

1. Closure is not a benefit that we always get in relationships. We may not get an "I'm sorry", "the Lord has moved on my heart", etc. We are looking for someone to give us something that they aren't going to give! We are releasing out destiny in a man/woman when it should have been released to God.
2. The men went up the road and had they stayed, they would have missed what the Lord was preparing for them. Sometimes we have to move on, even when we don't get closure and a trust God has something else for us.
3. The men moved together. They were headed toward a populated city, which means they were probably not going to be the ones with leprosy. We need to surround ourselves with folks who aren't going to let us go back to that relationship! All of us need friends that we can be vulnerable with.
 - a. Refer back to the Ghetto Boys' song *My Mind Is Playing Tricks On Me*.
 - b. We get this thing called "selective amnesia". We'll be lonely and realizing that the cards, pictures, etc., are gone (from the relationship) and we'll remember the bits and pieces of the **good** parts of the relationship, but skip over the bad parts.
 - c. When we get down the road of selective amnesia, the devil will make your phone ring and guess who it is?
4. The men finally arrived at the place God prepared for them.
 - a. For some of us, while it may be difficult, we must remove all contact with that person we were in the relationship with (not in an evil way). For some of us, that is the only way we can move on. Every time we communicate, it pulls a stitch out of what God is trying to heal.
 - b. Some of us need to go on a relationship fast. Sometimes it's good to just step back and let God work with us.
5. Read Jeremiah 18. We don't know what caused the clay to be damaged in this scripture, but the potter never gave up on the clay.
 - a. No matter how damaged we get in relationships, as long as we stay in the hands of God, he can remake and shape us for what He wants us to be.
 - b. We need to reach a point where we can say it's XXXXX we want, but it's God we need and we choose our relationship with God before anyone else.
 - c. There is a certain level of pain that only God can heal in our lives. It will take us surrendering to Him fully and that means some relationships will have to be put on hold. The danger of some relationships is we invest more in the relationship with the other person than the relationship with God.
 - d. We can never be right with anyone else if we aren't right with God. Being right with God makes us whole, wise without being bitter, allows us discernment to pick what is right for us, etc.

Housekeeping notes:

1. May's CAYA service will be held Wednesday, May 6th. The lesson will be around *Let's Talk About Sex*.
2. June's CAYA lesson will be around *Can You Hear Me Now* (communication breakdown and patterns).