

## Can The Chain Be Broken?

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Persons who feel unloved have a hard time loving others. They often enter into relationships like sponges. They think they have to soak up love before they can give love to others. Many times their focus in a relationship is on themselves and not on the other person. The only parties they really enjoy are their own pity parties.

Adults who feel unloved can often trace the root of their feelings of rejection to their childhood. They may remember times when they were put down or criticized by their parents. Their inability to gain the blessing of their mother or father still haunts them as adults.

As adults they still yearn for the approval of their parents. *"If my dad would just tell me he appreciates me, then it wouldn't hurt so much,"* they say.

Sadly, their elderly parents likewise may yearn for a blessing from their own parents. Because they have never been blessed by their parents, they have a very difficult time blessing their adult children.

So how can the chain be broken? One key is to begin to express love even if you are hurting for love. Persons who think they cannot love until they are healed are like persons who say they cannot exercise until they are in shape. Love is something that is gained by giving, not by receiving.

Another way to help break the chain of rejection is to bless your parents even if they have never blessed you. By showing them love and acceptance, they may begin to feel the love they missed in their childhood. In a sense, a loving child then becomes a type of surrogate parent to his or her own parents.

As the parent begins to feel love, he or she will hopefully begin to return love and acceptance to the child. By giving love the adult child may gain the parental blessing he so desperately needs.

Unfortunately, it doesn't always work. Some adult children will never be blessed by their parents. Perhaps the parents are deceased, or perhaps they are so hard and distant that nothing can change them.

Children of such parents often feel a great emptiness. They desperately yearn for a blessing from their parents that they will never receive. Because they feel empty, they have a hard time blessing their own families.

The good news is we have a Father who loves us with a steadfast, never-dying love. That Father is God himself. By realizing the extent of his love, persons can begin to feel secure and appreciated regardless of the pain and rejection they have felt from their earthly parents.

However, many persons see God in the same way they see their earthly fathers. Those with loving fathers see God as loving and accepting, but those with fathers who never seemed satisfied see God as someone who is impossible to please.

The greatest thing some persons could do for their families is to begin to see God as he really is. Once they realize that God loves them regardless of how they were treated by their earthly parents they can begin to be healed.

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