

WHO DROPPED YOU!

BISHOP RC BLAKES, JR.

We all have a story of a fall. But the most devastating injuries in life are rarely the ones we inflict upon ourselves. The most profound psychological and emotional wounds happen when we are dropped by the very people who were supposed to carry us.

When someone you trust - a parent, a mentor, a spouse, a leader - lets you slip from their grasp, the impact doesn't just bruise you. It paralyzes you. You become emotionally immobilized, unable to walk forward into trust, unable to step into vulnerability, and unable to move past the memory of the pavement.

To understand the anatomy of emotional paralysis, we have to look at one of the most tragic and redemptive stories in the Old Testament. It is the story of Mephibosheth.

2 SAMUEL 4:4 NIV

Jonathan son of Saul had a son who was lame in both feet. He was five years old when the news about Saul and Jonathan came from Jezreel. His nurse picked him up and fled, but as she hurried to leave, he fell and became disabled. His name was Mephibosheth.

Mephibosheth did not choose his disability. It was handed to him by someone else's mistake. The nurse who was supposed to protect him was the very one whose mishandling caused his permanent brokenness.

How many of us are sitting in the church today, walking with an emotional limp, because somebody dropped us? You were dropped by a father who walked out. You were dropped by a spouse who broke a vow. You were dropped by a business partner who betrayed your trust. And just like Mephibosheth, that single moment of being dropped resulted in a lifetime of relational and emotional paralysis.

But God does not want you to live the rest of your life defined by the drop. To find our way out of this emotional bondage, we have to change our internal dialogue. The profound truth of psychological and spiritual recovery is this: the healing is in the questions we ask ourselves about the drop. If we ask the wrong questions - Why am I so broken? Why does everyone leave me? - we will stay paralyzed. But

when we ask the right questions, we unlock the door to our own freedom.

Let's look at the biblical and psychological prescriptions for healing this kind of trauma by asking three deeply personal questions.

1. WHO DROPPED ME?

When we are deeply hurt, our minds tend to magnify the offender. We turn them into villains, monsters, or intentionally malicious actors. But to find psychological freedom, we have to draw a hard line of reality between the person who dropped us and the limitations we refuse to acknowledge about them.

PSALM 27:10 NIV

Though my father and mother forsake me, the LORD will receive me.

Look closely at the text in 2 Samuel. Who dropped Mephibosheth? It wasn't an assassin. It wasn't an enemy soldier. It was his nurse. A caregiver.

Often, the people who drop us are not inherently evil; they are just severely limited. We hold them to a standard of perfection and capacity that they simply do not possess. We expect a mother to give us the emotional intelligence she never developed. We expect a father to provide a sense of stability he never experienced himself. Even those meant to protect us can fail us profoundly, which is why the

Psalmist reminds us that our ultimate security can only be found in God's capacity to hold us.

**Dr. Henry Cloud, a brilliant Christian psychologist, states:
"We change our behavior when the pain of staying the same becomes greater than the pain of changing."**

Consequences give us the pain that motivates us to change.

But what happens when the person who dropped you doesn't even realize they dropped you? You are left waiting for an apology from someone who lacks the capacity to give it.

Healing begins when you can look at the person who dropped you and say, "They were limited." They were working with a deficit. They did not have the emotional strength, the spiritual maturity, or the psychological wholeness to carry the weight of my heart.

When you accept their limitations, you stop taking their failure as a reflection of your worth.

2. WHY DID THEY DROP ME?

If you don't understand the "why" behind the drop, your mind will invent a narrative. The narrative trauma usually writes is: "I was dropped because I wasn't worth holding onto."

But let's look at the psychology of the nurse in 2 Samuel 4. Why did she drop the young prince? She wasn't trying to hurt him. The text says she heard the terrifying news that the king and the prince were dead, and the enemy was coming to slaughter the rest of the royal family. She picked him up and fled.

LUKE 23:34 NIV

Jesus said, Father, forgive them, for they do not know what they are doing.

She dropped him because she was in survival mode. She was acting out of pure, unadulterated panic. Her intention was to get him to safety, but her panicked rush resulted in a devastating fall. Jesus modeled this profound psychological insight on the cross: recognizing that the people hurting Him were operating out of spiritual blindness and fear, not ultimate authority over His worth.

Psychologically, this is one of the most mesmerizing truths about human behavior: Much of the trauma inflicted upon us was not born out of malice, but out of someone else's unhealed panic.

Dr. Gabor Maté, a leading expert on trauma, explains:

"Trauma is not what happens to you. Trauma is what happens inside you as a result of what happens to you."

The nurse's impact on Mephibosheth was catastrophic, but her intent was preservation. How many people dropped you because they were running from their own demons? Your parents may have been fleeing their own generational poverty, their own unhealed childhood wounds, or their own broken marriages. In their frantic attempt to survive their own lives, they fumbled yours.

Understanding this does not excuse the pain they caused, but it changes the narrative. You weren't dropped because you were worthless. You were dropped because the person carrying you was terrified, overwhelmed, and operating in a state of emotional emergency.

3. WHERE AM I NOW?

Because of the drop, Mephibosheth ended up in a place called Lo-debar. Lo-debar translates to "a place of no pasture" or "the place of nothing." It was a barren wasteland. That is exactly where trauma wants you to live - in a state of isolation, believing you are damaged goods, hiding from the world because of your brokenness.

But years later, King David is sitting on the throne. He remembers a covenant he made with Jonathan, and he asks, "Is there anyone still left of the house of Saul to whom I can show kindness for Jonathan's sake?"

EPHESIANS 2:6 NIV

And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,

They find Mephibosheth. They pull him out of Lo-debar and bring him to the palace.

2 SAMUEL 9:7 NIV

Don't be afraid, David said to him, for I will surely show you kindness for the sake of your father Jonathan. I will restore to you all the land that belonged to your grandfather Saul, and you will always eat at my table.

This is the ultimate psychological and spiritual prescription for emotional paralysis. Mephibosheth comes in bowing, calling himself a "dead dog." He identifies completely with his trauma. But the King doesn't see a cripple; the King sees the

covenant.

Notice what happens. David does not miraculously heal Mephibosheth's feet. Sometimes, the scars of what happened to you remain. But David does something better. He invites him to the King's table.

When you sit at a royal banqueting table, your upper body is elevated in fellowship, and your broken feet are hidden beneath the tablecloth of grace. Just as Paul writes in Ephesians, God's grace raises us up and seats us in a heavenly position regardless of our earthly limps.

You may still have a limp from the divorce. You may still walk with a slight hesitation because of the betrayal. But the King of Kings is inviting you to His table. Your brokenness does not disqualify you from royal fellowship. The grace of God covers the places where you were dropped, elevating you from a posture of trauma to a position of triumph.

MAJOR PRINCIPLES TO REMEMBER

- People usually drop us not because we are too heavy, but because they are too weak or panicked to carry the weight of relationship.
- Trauma is often the collision between our vulnerability and someone else's unhealed survival mode.
- You cannot heal while demanding an apology from someone who does not have the emotional capacity to give one.
- God's grace doesn't always erase the memory of the fall, but it covers your brokenness and restores your seat at the table.

PRAYER FOR HEALING

Holy Spirit, I come to You today acknowledging the places where I have been dropped. For too long, I have allowed the mishandling of others to dictate my self-worth and paralyze my progress. Today, I release the people who dropped me. I recognize their limitations, their panic, and their brokenness, and I choose to forgive them so that I can go free. Lord, thank You for seeking me out in my isolation. I accept Your invitation to the King's table. Let Your grace cover my brokenness, and restore my soul to a place of royal fellowship and unshakeable peace. In Jesus name, Amen.

