



## HE WAS DESPISED

May 2020

*He was despised and rejected by mankind,  
a man of suffering, and familiar with pain.  
Like one from whom people hide their faces  
he was despised, and we held him in low esteem.*

Isaiah 53:3

I've written much about how stigma has affected me. My story. My pain. But I realize everyone has a story. Everyone has experienced some form of rejection. It must be one of the worst sources of emotional pain. For many of us, the memories never go away. We tell our stories, express our pain, and hope the telling will make things better. But it only does so temporarily.

My mind often goes to one person who also experienced rejection—but in the worst way possible. I've talked about Jesus' story many times before, but I believe it's worth re-telling here. We may find comfort in it. Jesus was a perfect man—God in human form.

*And being found in appearance as a man,  
he humbled himself*

© marja Bergen

Copy to your heart's content. Share. But don't sell.

*by becoming obedient to death—  
even death on a cross!*

Philippians 2:8

Jesus suffered the ultimate rejection but bore the pain without complaints. Why? Because he knew that he was suffering for the sake of many.

Have you ever found how, when you're hurting, it's easier to bear if there's a good reason for it? Interesting how pain seems to lessen if it's with the welfare of others in mind. Nevertheless, I'm not Jesus, and I still feel I need to complain when I'm hurting. If I didn't, I think I would feel even worse. I think my heart would burst.

I'm reminded a lot of artwork comes about in response to pain. In response to a bursting heart. Some of the best paintings, sculpture and photography have been artists' responses to deep feelings they have inside. Feelings that include emotional pain. Maybe what matters is not *whether* we complain and express pain, but *how*.

Is your pain and suffering bearing fruit? What are you doing with it? Could it benefit others in some way? . . . in the way Christ's example showed? It might very well be easier to bear.

marja