

Rejection



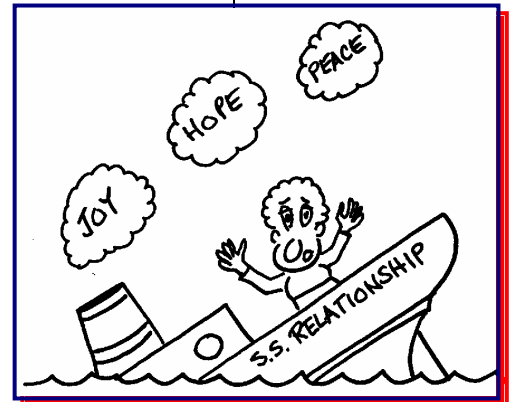
What is Rejection?

Rejection may be defined as, “the attitudes and actions of others (real or simply perceived as real) that signal to us that we are not worthy, but are worthless.”

Rejection’s message is that we are not accepted – that we are not of value. To be rejected is to be forsaken... to be abandoned, deserted, discarded or dumped.”

Rejection causes the hurtful destruction of a relationship. What we feel when we are rejected is nothing less than the impact of emotional violence. Rejection torpedoes our self-confidence, scuttles our joy and sends our hope to the bottom! It delivers a sense of turmoil, loss and hopelessness.

Rejection takes aim and does its best to sink your ship.



We all experience rejection in our lives. God, however, will never reject us! He says that we are of immeasurable value to Him, and when we are in Christ, His love and acceptance of us is complete and absolute (Ephesians 1:6).

God will never reject you!

(Deuteronomy 31:8 NKJV) “And the LORD, He is the one who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed.”

Spiritual Consequences of Rejection

When we experience rejection from one person, we often become anxious about how other people will judge us in the future. This results in two things: **(1) the fear of exposure and (2) the fear of disgrace.** None of us wants our shortcomings uncovered. We instinctively try to protect ourselves from this possibility at all costs.

People who have been rejected are potential victims of three spirits that feed off these fears being exposed and disgraced. They are:

1. The Spirit of Isolation



Isolation

The principle of “divide and conquer” works very well in the arena of human emotions. Rejection isolates us. People isolated in their fears and denied interaction with others by rejection become targets, easy prey for the trap set by their own emotions.

2. The Spirit of Loneliness



Loneliness

Loneliness is a feeling that comes after we have been isolated. It is debilitating and a constant hurt! It is a condition in which there is no support system available. We have to go it alone!

Our support system comes from those around us. God designed us to thrive in relationships. We can be there for each other, experiencing the joys only found in the midst of family, friends and church.

3. The Spirit of Self-Destruction



Destruction

Self destruction easily falls on someone who has no support system. Destruction is Satan’s goal for us all. He assigns spirits of isolation and loneliness to open the door for self-destruction. He wants to kill, steal and help you destroy yourself with emotions that deny the care and friendship of God!

Support Systems



Rejection targets our support systems!

Biblical remedies for isolation and loneliness, which end in destruction.

- Embrace the opportunity to value and be with others, even if you do not feel like it!
- Stop judging people by how you think they might judge you.
- Confront these three spirits in Jesus’ name. Take authority and command them to go.

(2 Timothy 1:7 NKJV) “For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

Key Principle

God has given you truth. When you know the truth and use it, it sets you free. Use it or lose it!

Biblical Remedies

- 1. Get rid of your negative feelings. They are not your friends. The Holy Spirit is your friend.**
- 2. Refuse to judge people by what your emotions tell you. Let God be their judge. Simply forgive them.**
- 3. Hate the spirits who hate you. Give them no ground.**

Rejection, when allowed to influence us for long periods of time, leads us to the opinion that escape is hopeless.

- We find ourselves denying our present opportunities.
- We find that our future expectations are diminished or destroyed.
- We find ourselves prisoners to negative emotions.
- We find that rejection steals our appreciation for the good things that God has already given us.
- Our will to change is destroyed.

The Good News



All of these consequences of rejection are subject to change, by the exercise of our own wills!

We need to look carefully at ourselves. Are there things in our lives that contribute to others rejecting us? Are we too sensitive and easily offended? What are our priorities when we enter into relationships? Are these priorities selfish, self-centered or prideful?

Rejection feeds on feelings of inadequacy. When we say, *“I am not good enough to fit and function in a healthy way,”* we are really saying, *“God will not deliver His promises to me.”* We ought to look to see if we doubt God. We ought to ask ourselves, Are comfortable in our discomfort? Are we fixed in our unhappiness?

Companions of Rejection

1. Anxiety

Anxiety is a lack of peace, which comes from a lack of trust in God. It is a weight that grows heavy.

The Bible says this about anxiety:

(Philippians 4:6-8 NKJV) “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; {7} and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. {8} Finally, brethren...

3. The Teaching Ministry of Dr. Bob Abramson

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*whatever things are true,
whatever things are noble,
whatever things are just,
whatever things are pure,
whatever things are lovely,
whatever things are of good report,
if there is any virtue and if there is
anything praiseworthy; meditate
on these things.”*

*(Philippians 4:9 NKJV) “The
things which you learned and
received and heard and saw in
me, these do, and the God of
peace will be with you.”*



Biblical Remedies for Anxiety
Meditate only on things with these qualities:
1. Things that have the quality of being fully virtuous.
2. Things that have the quality of being praiseworthy. Such as... things that are true, noble, just, pure, lovely, and words that give good reports.

**Key
Principle**

Fix your mind on the things of God.

Amplified Bible Paraphrase: Portions of Philippians 4:7-9

Verse 7 *“And God’s peace [...that tranquil state of soul assured of its salvation through Christ, and so fearing nothing from God and content with its earthly lot of whatever sort that is, that peace] which transcends all understanding, shall garrison and mount guard over your hearts and minds in Christ Jesus.”*

Verse 8b *“...fix your mind on them.” (NKJV meditate on these things)*

Verse 9a *“Practice what you have learned... and model your way of living on it,”*

2. Shame (Loss of Face)

Shame is a condition in which we feel dirty and polluted.

Shame may infect us because of what someone did to us; what we did to someone; or perhaps what we failed to do. When we feel shame, we withdraw to protect ourselves. We contribute to our own rejection. The Bible says this about shame:

(Romans 10:11 NKJV) “For the Scripture says, “Whoever believes on Him will not be put to shame.”

(Psalms 22:5 NKJV) “They cried to You, and were delivered; They trusted in You, and were not ashamed.”

(Psalms 25:20 NKJV) “Keep my soul, and deliver me; Let me not be ashamed, for I put my trust in You.”

Biblical Remedies for Shame

1. Know your position as a believer in Christ. Believers will not be put to shame.
2. Trust in Christ. It will keep you from shame.

You are a child of the King!

You have the opportunity right now, to walk before God with a clear conscience. Accept your true identity as a child of the King. You are royalty! If there is any reason you are feeling shame, give it to the Lord, ask forgiveness and consider it gone! God is not ashamed of you! He takes great pride in His children. You are a child of the Most High!

3. Guilt (in some cases)

(Psalms 103:8-12 NKJV) "The LORD is merciful and gracious, Slow to anger, and abounding in mercy. {9} He will not always strive with us, Nor will He keep His anger forever. {10} He has not dealt with us according to our sins, Nor punished us according to our iniquities. {11} For as the heavens are high above the earth, So great is His mercy toward those who fear Him; {12} As far as the east is from the west, So far has He removed our transgressions from us."

We can ask for God's forgiveness any time. Many who feel rejected and guilty refuse the remedy. Out of guilt, they reject the One who will not reject them.

Biblical Remedy for Guilt

Ask God for forgiveness. His blood will be like a flood that washes away every reason you have to feel guilty!

4. Depression

Depression is "the weakening or dulling of our spirits."

Living with rejection can easily sap the energy from us. It can weaken us so much that we are no longer able to make even small decisions. It works to drain our strength. It steals our vitality and anesthetizes our emotions. It drugs us into a foggy, inactive, unfocused existence. If left to work its evil, depression can bring about emotional and volitional paralysis.

(Romans 12:1-2 NKJV) "I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. {2} And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

Biblical Remedy for Depression A Renewed Mind

A renewed mind will come as you apply the Word of God to it. Even if you cannot spend any significant time reading the Word, you can begin by focusing on one verse. Then revisit it until it drives out enough of that weakening spirit to make room for you to visit a second line of Scripture... and a third! Start with this one.

“I can do all things through Christ who strengthens me.”
(Philippians 4:13)

5. Busyness

We cannot face the hurt, so we distract ourselves with all kinds of activities... all the time!

It is like being stuck in a revolving door: lots of activity, but no focus on changing our situations or ourselves. We cannot face the important issues of life. Like mice on a treadmill, we get addicted to going in circles and never getting anywhere. We go full speed until one day we just give out. The Biblical remedy for busyness is to be still!

(Psalms 46:10 NKJV) “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!”



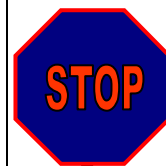
**Key
Principle**

**Be still.
Turn your face to
God, and listen!**

(Luke 10:38-42 NKJV) “Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. {39} And she had a sister called Mary, who also sat at Jesus’ feet and heard His word. {40} But Martha was distracted with much serving, and she approached Him and said, “Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me.” {41} And Jesus answered and said to her, ‘Martha, Martha, you are worried and troubled about many things. {42} But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.’”

(Mark 4:39 NKJV) “Then He arose and rebuked the wind, and said to the sea, “Peace, be still!” And the wind ceased and there was a great calm.”

Biblical Remedy for Busyness
STOP... the scurrying.
LOOK... to Jesus.
LISTEN... to what He says.



*Peace,
be still!*

6. Reluctance to give ourselves to New Relationships

Nobody likes to repeat unpleasant experiences. We may decide that our rejection experiences are the norm and should be expected. In truth, these experiences do not decide the success

of our future relationships. It is the conclusions we make about those experiences that really decide for us. The judgments we form about our experiences today will rule our decision-making processes tomorrow.

We tend to withdraw and shy away from new relationships for fear we may get hurt again by rejection. **We clam up.** We stand aside. We reject others, just as we have been rejected. The basis for these behaviors is our cynical view of previous experiences. Cynicism about relationships is a huge handicap. It will stop us from every divine appointment God makes for us. The Biblical remedy for a cynical reluctance to enter into new relationship is...simply trust in God and desire to let our lights shine for Jesus.



Pity Party Time

(Ephesians 1:3-6 NKJV) “Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ, {4} just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, {5} having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, {6} to the praise of the glory of His grace, by which He has made us accepted in the Beloved.”



Key Principle

You are accepted in the beloved.
Accept others.
Now... shine your light!

What are the gates of this pity party that has its roots in rejection? Where does it enter?

- Emotions
- Thoughts (What we choose to dwell upon)
- Memories
- Fears

Take Action! Reject rejection! Do not sit in its gates. Destroy it with the weapons God has given you.

(2 Corinthians 10:3-5 NKJV) “For though we walk in the flesh, we do not war according to the flesh. {4} For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, {5} casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,”

You may not be able to control when memories pop up, but you can respond Biblically to what they are trying to say to you. Cast them down! Cast them down repeatedly! Cast them down violently! Show them no mercy. They are not showing you any!

Key Principle

Quality choices
silence all the
wrong voices!

Consider these Three Thoughts

1. **Today can be the day of change for you!** It is time to forget the past. Something is about to spring forth. You can do it! You can make it! You are looking good!

(Isaiah 43:18-19 NKJV) "Do not remember the former things, Nor consider the things of old. {19} Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness And rivers in the desert."

2. **It a new day, and you are a new person, today!**

(2 Corinthians 5:17 NKJV) "Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."

3. **God has new mercies for you today!**

(Lamentations 3:22-23 NKJV) "Through the Lord's mercies we are not consumed, Because His compassions fail not. {23} They are new every morning; Great is Your faithfulness."

Let this be your prayer.

"Lord Jesus. I recognize that I do not have to continue the way I have been (anxious, shameful, guilt-ridden, weak, or unfair to others). I repent of my sins. I look ahead to a bright future. I am not trying to fix blame on others for the rejection and hurt I have felt. I release them and forgive them. Again, I release them and forgive them. I turn to you and ask you to show me how to walk into God-given relationships... and how to be a blessing to others.

I come against any spirit of rejection and all other spirits that it may have brought with it. I command you, every one, to get out of my life and stay out. I command this in the name of the Lord Jesus Christ. I take authority over you as a blood-bought, forgiven child of God. The blood of Jesus is against you. Get out now!

Now, Father, I am so grateful for Christ in my life. I am so grateful that you would never leave me nor forsake me – that you would never reject me. I will do my best to be the same kind of person to others that you are to me. When I feel myself weakening, I will call upon you and obey. You will see me through. I thank you for freedom, for hope and for a bright

future. It is in the name of Jesus I ask these things and I thank you in advance for their coming into my life.

Help me to be a blessing and a testimony that you are who you say you are. Help my faith to grow and my face to glow.

*I thank you and praise you.
In Jesus' mighty name. Amen”*