

# Resolving Rejection

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## The Importance of Belonging

- Adam had a place to belong in the Garden of Eden where he fellowshiped with God (Genesis 2:8).
- God called out a people from the seed of Abraham to belong to Him (Gen. 17:7).
- Marriage is a relationship where we belong to another person (Genesis 2:24-25; Genesis 2:18—*“Then the LORD God said, It is not good that the man should be alone; I will make him a helper fit for him.”*)
- As individuals, we are God’s children and we belong to Him (Romans 8:14-16).
- Because God created us to belong to someone, we have deep needs to feel loved and accepted by others.
- We experience joy in our lives when the personal people we belong to (life-long relationships) take joy in our existence. Joy relationally means that we are “glad to be together.” (1 John 1:3, 4—*“that which we have seen and heard we proclaim also to you, so that you too may have fellowship with us; and indeed our fellowship is with the Father and with his Son Jesus Christ. And we are writing these things so that our joy may be complete.”*)
- Our desire to belong is a great motivator in our lives.



## The Curse of Rejection

**Rejection defined:** Forsaking or neglecting a person for who they are as a human being; a refusal to accept someone’s significance and value as created in the image of God.

- When rejection enters a person’s life, they are denied love, security, acceptance, identity, and recognition. It can become very difficult for that person to receive or give love.
- Satan uses rejection to impact many people’s lives. Satan himself is eternally rejected by God. I believe he is jealous of us and would like to use rejection to bring harm to us as God’s children. The wounds of rejection go deep into our soul.
- God does not take rejection of one of His children as a light matter. In Matthew 5:21-22, Jesus said, *“You have heard that it was said to those of old, ‘You shall not murder; and whoever murders will be liable to judgment.’ But I say to you*

*that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire."*

- Regarding the seriousness of mistreating a little child, Jesus said in Matthew 18:5-6, "*Whoever receives one such child in my name receives me, but whoever causes one of these little ones who believe in me to sin, it would be better for him to have a great millstone fastened around his neck and to be drowned in the depth of the sea.*"
- The curse of words is deadly. "*And the tongue is a fire, a world of unrighteousness. The tongue is set among our members, staining the whole body, setting on fire the entire course of life, and set on fire by hell. For every kind of beast and bird, of reptile and sea creature, can be tamed and has been tamed by mankind, but no human being can tame the tongue. It is a restless evil, full of deadly poison. With it we bless our Lord and Father, and with it we curse people who are made in the likeness of God.*" (James 3:6-9)

It is important to renounce any words that have been spoken to you that have penetrated your heart. There are three powerful weapons to overcome the damaging words that have been spoken towards us:

1. **The Word of God**—It is easy to easily accept what others say about us, but overlook what the Word of God says about us. The real truth about us is what God's Word says about us and nothing more.
1. **The character of Jesus**—God says that we are in Christ and that He is conforming us into the image of His Son, so hurtful words are really of no consequence to us.
3. **The blood of Christ**—We do not have a single problem for which the atonement does not have an answer for.

### **Prayer**

*Lord, I renounce the words spoken over me that have been destructive in my life. I specifically renounce the lie that \_\_\_\_\_ and choose to believe the truth of who you say I am in Christ. I receive your plan for my life to conform me to the image of Christ and believe that your blood cleanses me of every sin past, present and future. I ask that you would take back the ground that Satan gained in my life through the curse of words. Amen.*

# Type A Trauma: Absence of good things

## *Unmet relational needs in childhood and their impact in my life and relationships*

Unmet Need	Impact in my Life
1. Your parents failed to take joy in your existence.	Insecure and emotionally disconnected from others
2. The love you experienced from your parents was conditional.	Performance-based acceptance, self-focused, demanding with others
3. You grew up meeting your parents' emotional needs instead of them meeting your needs.	Confused by having your own needs, tired of meeting the needs of others, frustrated in communicating your needs to others
4. You had to internalize your emotional difficulties as you grew up.	Stuck in certain emotions, difficulty in regulating emotions, feeling alone in your emotional upsets
5. Your parents did not notice when you were having an emotionally difficult time.	Feeling like problems are all up to you and taking matters into your own hands
6. Your own desires and opinions did not matter and were not allowed to be shared.	Difficulty in sharing what you think and feel with others
7. Your parents did not sit down and help you evaluate choices in life and their consequences.	Life is filled with unproductive activities, difficulty in knowing what brings satisfaction
8. Your father was not there to help guide and encourage you through the hard things in life.	Experience failure, negative thoughts about self, undependable
9. You were not given opportunities to develop talents.	Involved in unproductive activity
10. Your parents did not understand your heart.	Hard time communicating your heart and understanding others at a heart level

Adapted from *The Life Model*

Acknowledge the impact of these losses, and ask God to redeem your past and become involved with others in relationships where trust can be built in these areas.

### **Prayer**

*Heavenly Father, I acknowledge that I was wounded by \_\_\_\_\_ (list relational loss) causing me to \_\_\_\_\_ (list impact on your life). I ask that you would heal me from the impact of this relational loss, and that you would help me to be more relational with the people I love by living and expressing myself at a heart level. In Jesus' name, Amen.*

## Other Steps to Resolve Rejection

**Psalm 27:9-11** *“Do not hide your face from me, do not turn your servant away in anger; you have been my helper. Do not reject me or forsake me, O God my Savior. Though my father and mother forsake me, the LORD will receive me. Teach me your way, O LORD; lead me in a straight path because of my oppressors.”*

- Acknowledge the impact of your wound and grieve the loss. Accept the loss as a part of something that God can use for good in your life (*Romans 8:28*).
- Forgive those who have wounded you (*Ephesians 4:32*).
- Release all rejection, pain, and anger to Christ and ask Him to heal your heart (*Isaiah 61:1*).
- Replace the lies from your pain with the truth of God’s Word (*John 8:32*).
- Accept the fact that you are accepted in the beloved (*Ephesians 1*).
- Discover your identity in Christ (*Colossians 2:7-10*).
- Build healthy, life-giving relationships with others (*1 John 1:4*).

# Emotional Pain from One's Past

Abandoned, Neglected, Ignored, Insensitive, Emotionally Detached, Rejected, Disowned, Humiliated, Despised, Disrespected, Betrayed, Drained Emotionally, Physically/Sexually/Spiritually/Verbally Abused, Expectations, Controlled, Anger, Critical, Judgmental

List the areas where your heart has been damaged.

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How can your spouse care about that pain?

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