

2 | REJECTION



What does God do with those who have been rejected?

Isa 49:15, 16

Can a woman forget her child that she should not have mercy on the son of her womb? And though she could forget it, yet I will not forget you. Behold, I have marked you in both palms; your walls are standing before me.

Jer 29:11

11 My plan for you is established, says the Lord. I envision your happiness, not your misfortune: I will give you a hopeful future.

Ps 147: 3

He heals the broken hearted and binds up their wounds.

Heb 13: 5

After all, he himself said: "I will never fail you, never forsake you,"

Ps 27:10

Though my father and mother leave,
the Lord receives me lovingly.

In these texts we read that God takes the initiative. God loves people, especially those who have been abandoned and rejected. Even if there is rejection by others, He will never reject us.

How can we respond when God shows that we live from a place of rejection?

Gal 4: 4-7

But when the time came, God sent his Son, born of a woman and subject to the law, but sent to redeem us from the law, that we might become his children. And because you are His children, God has given us the Spirit of His Son, who calls "Abba, Father." You are no longer slaves, you are children of God, and as his children you are heirs by the will of God.

God wants to give you His Spirit, the Spirit by which we are accepted as His children. Children who are even called heirs.

What is rejection?

- The feeling of not being loved, accepted and appreciated.
- Not being valued for who you are such as a boy or girl, old or young.
- Your skin color and / or your family lineage is rejected or made fun of.
- Physical abnormalities, deficiencies or differences that give rise to unkind comments.

- Not included in a group such as your family, your co-workers or a group of children at school.

How does rejection arise?

From Ancestors

- Due to the sin of Adam and Eve, a distance between God and man came (Gen 3:23)
- Sin has been passed on to the children throughout the generations along with their pain in life.
- In the womb because a parent does not want the child or the child's gender is not accepted
- Attempted abortion.
- If one of the parents leave their partner, this can have serious consequences of rejection.
- Children who take the place of a deceased brother or sister.
- Negative statements from parents.
- Parents who argue a lot causing the child to feel guilty.
- Out-of-home placement due to illness or circumstances that prevent parents from providing care.
- Wrong religious pressure and legalistic thinking.
- Pressure to perform that produces comparisons to others who do it better.
- Opinions that are not considered to be important or are usually dismissed.
- Nicknames
- Constantly feeling guilty
- Emotional neglect
- Not accepted by partner
- Congenital anomalies like speech problems or thick glasses that silence children

By Culture

- from other people
- forced relocation due to violence, war or economically hard situations

What are the consequences of rejection?

Negative reaction

- You will react negatively to certain situations; no trust in God and others.
- You will reject yourself inwardly because you believe in what people have said.
- Low self-esteem, sad or inferior feeling
- Self-accusation, self-judgment, fear of failure, hopelessness, worry
- Want to be liked by others

Aggressive response

- You will react aggressively to certain situations
- Reject others
- Disbelief, skepticism, always criticizing and always defending yourself
- Anger and rebellion

Defensive response or action to protect yourself

- React defensively
- Often fear that rejection will repeat itself
- Driven to perform extremely well; do your best to get attention
- Competitive drive and self-justification
- Perfectionism
- Self-deception

How did Jesus experience rejection?

- When Jesus was a baby His family had to flee because babies in His home area were murdered.
- Jesus was conceived in a strange way. His mother Mary was unmarried when she became pregnant.
- Jesus was not accepted by the spiritual leaders.
- Jesus was abandoned by His disciples in the most difficult times of His life.
- Peter denied Jesus even saying that he did not know Him.
- People chose Barabbas instead of Jesus. Barabbas was a criminal, while Jesus did good.
- On the cross, Jesus thought that even the Father had left Him.

Steps to Recovery

1. Recognize where you have been rejected and that Jesus understands you
2. Ask the Holy Spirit to heal you in areas where rejection has taken place
3. Jesus bore the pain of rejection for you, now you can give that pain to Him. Believe that Jesus on the cross bore and overcame this pain for you.
4. Break the power of words of rejection over your life
5. Command the spirit of rejection and fear of rejection to leave you.
6. Accept and believe that God has become the Father to you. You are His child and He has accepted you as you are. You are perfect to Him.
7. Ask God the Father for strength to change your thought patterns. You must make the choice to allow new thinking, especially that you are now loved and accepted.
8. Now is also the time to forgive people who have hurt or hurt you.



PRAYER:

Thank You for understanding me Jesus. You too have been rejected and carried my pain of rejection. I acknowledge and confess that I have accepted rejection and have come to believe lies about myself. I ask forgiveness for having sinned against You and others by believing a false self-image. You love me and have forgiven me, I now forgive myself too. I accept the truth that You have accepted me as Your child, that You will never leave me and that You know my name.



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