

Dealing With Self-Rejection

At some point, each of us will experience some form of rejection. God has an affirming and empowering solution for those moments. God speaks belonging and worth into us every day. As we listen to His voice, His words, His understanding of who we are, and apply that to your hearts, whatever another person says or does will no longer have control over us.

Some Sources of Feelings of Rejection

- ✓ Hurtful words -- "I don't want you."
- ✓ Death
- ✓ Divorce
- ✓ Abuse (you aren't worth more than a thing for my gratification)
- ✓ Guilt feelings of past mistakes/sins
- ✓ Criticism of other people
- ✓ Neglect
- ✓ Comparison with others - why aren't you like ...
- ✓ Singles - unmarried - "There must really be something wrong with me"
- ✓ Physical deformity

There are three feelings each of us must have in order to be healthy. They are: **a) I belong; b) I am worthy; c) I am adequate/competent.** Feelings of rejection say the opposite of each of these. God has something to say about each of these.

God considers our lives so precious and valuable that He sacrificed His only Son for us, guaranteeing acceptance by Him forever should we choose to make Him Lord of our lives. **"But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name." We are His children—children that belong.** (John 1:12) Absolutely no one loves us with tenderness and commitment like God. There's no friend who even comes close. We belong. We will forever belong.

Not only do we belong, but we have great value. Regardless of what others tell us, God says we have worth because of who He created us to be and because Christ lives inside of us. That's what counts! We are valuable to God because of our personality, our gifts, our talents and our uniqueness. God not only values us but enjoys us as well and invites us to enjoy this person He's created too. **So God created human beings in his own image. In the image of God he created them; male and female he created themThen God looked over all he had made, and he saw that it was very good!** (Genesis 1:27,31)

We are capable. With the Holy Spirit living inside of us, we have the power to accomplish whatever God calls us to do. **"I can do all things through Christ who strengthens me."** (Philippians 4:13) Here and there we might make a mistake or find that one particular kind of work

isn't our strength. But we know that God has prepared good work for us to do because He knows the person He created us to be is capable of doing wonderful things, in the power of His Holy Spirit. God will teach us and direct us into the fulfilling work that blesses others and give us joy.

No one can make us feel rejected. We have to choose it. When we choose to live in feelings of rejection, we need to recognize that we have based our self worth on the opinions of others rather than on what God says. We've given more weight to their limited understanding of our situation than to God's. The good news is that we can choose to believe what God says about ourselves and help our feelings follow that truth rather than being controlled by sad and negative feelings.

Jesus understands our feelings of rejection but His death and resurrection clearly show us that we are forever accepted. **You were once far away from God. You were his enemies, separated from him by your evil thoughts and actions, yet now he has brought you back as his friends. He has done this through his death on the cross in his own human body. As a result, he has brought you into the very presence of God and you are holy and blameless as you stand before him without a single fault. But you must continue to believe this truth and stand in it firmly. Don't drift away from the assurance you received when you heard the Good News.** (Colossians 1:21,22)

How can I deal with feelings of rejection?

1. Identify the feelings of rejection
2. Resist and reject the feelings of rejection – when feelings of rejection overpower you, choose to reject those feelings based on what God says.
3. Affirm healing truth: **God I thank you I am unconditionally loved. I am completely forgiven. I am totally accepted. I am complete in Christ.**

God says that we are unconditionally loved. God never leaves nor forsakes His children. He will forever stand by us. We are totally accepted. Gaining God's acceptance is simple: accept His love and forgiveness for our lives. We are complete in Christ today. Our searching ends once we enter into relationship with the Lord. Nothing else will ever satisfy us like He does.

Questions For Reflection and Discussion

1. What does rejection often look and sound like in my life?
2. How do I reject myself? (What do I think and say to myself?)
3. What do I do when I feel rejection?
4. How can I let God help me with the pain of rejection that I experience?

Some Characteristics of Self-Rejection

- ✓ Cannot accept myself
- ✓ Cannot live up to my own expectations, God's, or those of other people
- ✓ Often have difficulty trusting God
- ✓ Fear of other people's opinions: what will they think? How will they respond?
- ✓ Difficulty loving others or being loved
- ✓ A critical spirit
- ✓ Feeling of inferiority
- ✓ Anger
- ✓ Perfectionism - everything must be exactly right
- ✓ Easily hurt
- ✓ Self verification