

Dealing With Self-Rejection

At some point, each of us will experience some form of rejection. No one can make us feel rejected. We have to choose it. We have based our self worth on the opinions of others rather than on what God says. We've given more weight to their understanding than to God's. We can choose to believe our feelings or to believe what God says.

- 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"

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 deemed 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)

We have worth. Regardless of what others tell us, God says we have worth because of Christ who lives inside of us. That's what counts! 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)

The world is wrong—we are valuable. And we are valuable to God, who places great importance on our lives and invites us to enjoy them as well.

Jesus understands our feelings of rejection. However, it was His death and resurrection that led to our eternal acceptance. ***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)

- 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

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. 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 look and sound like?
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?

(Adapted from Charles Stanley's "In Touch" radio broadcasts – March, 2001)