

**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)

# I BELONG to JESUS

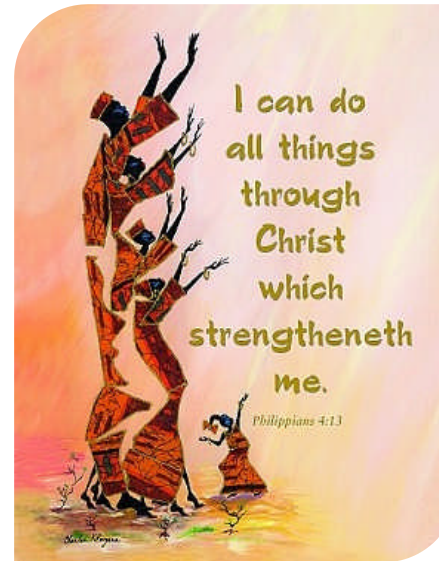
There are three feelings each of us must have in order to be healthy. They are: **1) I belong; 2) I have worth; 3) I am adequate and/or competent.** Feelings of rejection say the opposite of each of these.

God deemed our lives so precious and valuable that He sacrificed His only Son for us, guaranteeing acceptance by Him forever. When we choose to make Jesus Lord of our lives then God acknowledges us as His children. **“But to all who did receive him, who believed in his name, he gave the right to become children of God.”** (John 1:12) God is our Father and we are His cherished children.

We have worth because God created and cares for us. We are precious in His sight. Regardless of what others tell us, God’s word proclaims we have worth. That’s what counts! **“Make sure no outsider who now follows God ever has occasion to say, 'God put me in second-class. I don't really belong.' And make sure no physically mutilated person is ever made to think, 'I'm damaged goods. I don't really belong.' (Isaiah 56:3 MSG)** We are His workmanship and He is a skilled craftsman.

### 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



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 when it says we don’t matter—we **are** valuable. We are valuable to God, who places great importance on our lives and invites us to live life abundantly with him.

### 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 or forsakes His children. He will forever stand by us. We are fully accepted by Him.

Acknowledging God’s acceptance is simple: receive





His forgiveness for our sins; embrace the love He freely gives; believe that His word spoken over us is truth.

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. How do I reject myself? (What do I think and say about myself?)
2. When I feel rejection, how do I cope with it?
3. How can I let God help me with the pain of rejection that I experience?



**“Accepted in the Beloved”  
Dealing With Self-Rejection**

*“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, 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, having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, to the praise of the glory of His grace, by which He made us accepted in the Beloved (Ephesians 1:3-6 KJV)*

At some point, each of us will experience some form of rejection. When something negative is said about us, over and over again, we begin to believe what is said. We begin to base our self-worth on the opinions of others rather than on the truth of what God says. We begin to give more weight to other’s words than to God’s word. Our feelings and actions follow what we believe, so our self-image reflects this. God calls out to us, **“I have spread out My hands all the day long to a rebellious people, who walk in a way that is not good, after their own thought”** (Isaiah 65:2)

**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 be something wrong with me”
- ✓ Physical deformity



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**