

Overcoming the Root of REJECTION

- **Part 1** -The Root Causes of Rejection
- **Part 2** -The damaging effects of Rejection
- **Part 3** -Wrong Reactions to REJECTION
- **Part 4** -God's plan for Healing & Restoration

ISA 61:1-3

*The Spirit of the Lord God is upon me,
because the Lord has anointed and qualified me:*

- ... to preach the Gospel of good tidings to the meek, the poor, and afflicted.
- ... He has sent me to bind up and heal the broken-hearted,
- ... to proclaim liberty to the (physical and spiritual) captives, and the
- ... opening of the prison and of the eyes to those who are bound.
- ... to proclaim the acceptable year of the Lord
- ... to comfort all who mourn. To grant consolation to those who mourn
- ... to give them an ornament of BEAUTY instead of ASHES.

According to Isaiah 61:1-3 ...The Lord will make it up to us for all the hurts we have experienced in life.

God will give us BEAUTY →for our Ashes, HEALING →for Harm, RESTORATION →for Destruction.

REJECTION is the **opposite** of what God desires for you.

From beginning to end Scripture reveals **God's plan to free you from the bondage rejection causes.**

You are the accepted in the beloved. His love for you is unconditional!

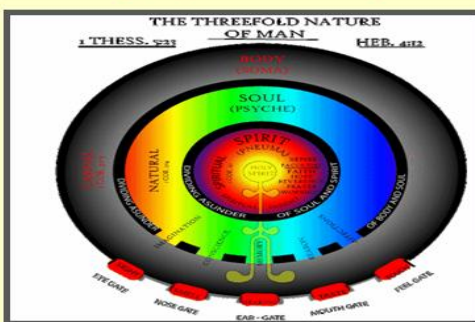
Rom. 5:8 But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

Rejection is not God's plan, but the enemy's!! *John 10:10 says: The thief cometh not, but that he may steal, and kill, and destroy: I came that they may have life, and may have it abundantly.*

Rejection is one of Satan's most effective forms of OPPRESSION.

- * Rejection may keep a *sinner from coming to God for salvation* and
- * A *Christian from reaching his or her full potential in God*
- * It *breaks, and prevents normal and harmonious relations* between family members, marriage partners, fellow workers, and friends
- * It also distorts our **image of God** as a loving heavenly Father who loves us, who wants only the best for us

Rejection affects the **WHOLE PERSON:** **Spirit, Soul and Body**



Rejection affects the WHOLE PERSON

Spirit Proverbs 18:14 - "A man's spirit sustains him in sickness, but a crushed spirit who can bear?"

Soul The mind, will, and emotions.

Body A dislike of body and it affects health

Rejection reaps rejection!

**People who have received their more than their fair share of rejection in their past,
...usually **reflect this same rejection to others**, or like a "MAGNET" are always attracting further rejection.



Taking a closer look at the roots and symptoms of REJECTION....

does not encourage you ...to live in the past or be self-centered, **but** makes you aware of **where** the enemy has stolen, so you can be set free from the PAST in order to bring **Healing** to your life!

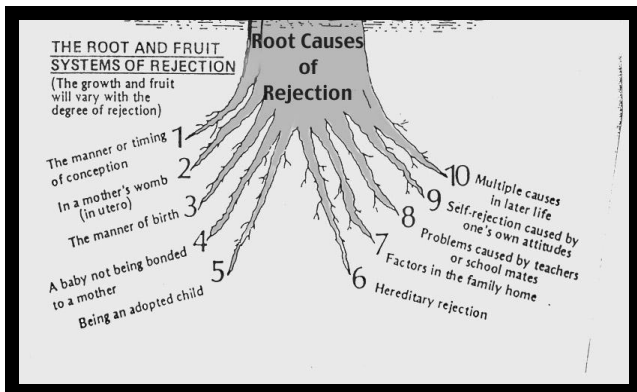
Overcoming the Root of REJECTION * PART I

➤ Root Causes of Rejection

10 Root Causes of Rejection

(See Hand-out: Personal Notes (10 Roots of Rejection))

- 1) The manner or timing of conception
- 2) In a mother's womb
- 3) The manner of birth
- 4) A baby not being bonded to a mother
- 5) Being an adopted child
- 6) Hereditary rejection
- 7) Factors in the family home
- 8) Problems caused by teachers or school mates
- 9) Self-rejection caused by one's own attitudes
- 10) Multiple causes in later life



The resulting damage from Rejection depends on the **“DEGREE” of Rejection**

For example: -persons age -the closeness of the relationship -how young -how many years etc.

*Those who suffer multiple roots or a deep level of rejection will have damaging effects.

*But remember God is our HEALER !

* Let's first identify some of the damaging effects of Rejection in light of this fact. God's purpose for revealing the negative effects of rejection, is **ONLY for the purpose of HEALING** and not condemnation!



John 10:10 The thief comes but to kill, steal and destroy, but I have come to give life and life in abundance.

10 Root Causes of REJECTION

1. The manner or Timing of conception and 2. In the mothers womb

- baby not wanted (out of wedlock or rape) -bad financial circumstances
- too young, not ready -mother has poor health
- traumas during pregnancy which can affect the developing baby emotionally
- baby conceived after losing other babies.
- attempted abortion

Psalm 139:14-17

I will give thanks unto thee; for I am fearfully and wonderfully made: Wonderful are thy works; and that my soul knoweth right well. My frame was not hidden from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth. Thine eyes did see mine unformed substance; And in thy book they were all written, Even the days that were ordained for me, When as yet there was none of them. How precious also are thy thoughts unto me, O God! How great is the sum of them!

3. Manner of Birth

- long and traumatic delivery (can cause person to fear death or feel they have to prove their right to be alive)
 - child not desired gender (later child can reject their male/female identity(tomboy girls)
 - drug addicted mother (child is lethargic and weak can be afraid to sleep in case they die)
 - mother has fear of delivery –child feels anxiety
- *Take a look at the situation and environment surrounding your birth (situation in family, death, financial bankruptcy etc.) and see if there could have been a brooding ground for rejection.

John 16:21 A woman, when she is in labor, has sorrow because her hour has come; but as soon as she has given birth to the child, she no longer remembers the anguish, for joy that a human being has been born into the world.

4. Baby not being bonded to its mother

- delay of early bonding (because of isolation caused by either the mother or the baby becoming sick or in trauma at birth)
 - Long absence of mother during the first 2 years of life.
 - The separation causes damage, as the child sees itself as a unity with the mother .
 - Depending on how long the separation, the child blocks all attempts of mother to love him because of "fear of rejection".
- The *ability to trust* and the ability to *know that they are treasured* and have their *own identity* which God has given them can be damaged. This can also affect the child's ability to have a relationship to God. (Bonding to God / mistrust)
- Can also eventually can lead to child looking for substitute mother (Lesbianism)
 - Child left often having a feeling of emptiness, which is filled with addictions or dependant relationships with people.

Isaiah 49:15 Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you!

5. Being an Adopted Child

- adopted child*, (is always a rejected child) Causes feelings of abandonment as well as rejection and fear of rejection or forced either to live with relatives or in a foster home, or to live in a different culture -sent to a boarding school

Psalms 27:10 Although my father and my mother have forsaken me, yet the Lord will take me up [adopt me as His child].

Psalms 68:5 God is the Father of orphans,God makes homes for the homeless, leads prisoners to freedom,

6. Inherited rejection

- Rejection issues passed down from generation to generation. -Several generations of alcoholism in families.
- Family social status –financial bankruptcy for many generations -Black/White/Turkish/Moroccan - racial issues
- Sexual abuse carried down to next generation

Psalms 94:14 For Yahweh won't reject his people; neither will he forsake his inheritance.

7. Factors in Family Home

- Dysfunctional family** –one or both parents are dysfunctional (sickness, depression, psychological problems)
 - Physical, emotional or sexual abuse (most devastating)-Father weak-willed, dominated by wife.
 - Neglect of basic needs -love must be earned by good behavior
 - Parents are not able to show love and give praise
 - Parents disharmony in marriage -divorce, separation. (Esp. when child under 12 years)
 - When parents fight, child feels guilty
 - Jealousy and strife problems with sister/brother –brother/sister favored by one or both parents
 - Family with handicapped child not giving other children special attention alone or having to carry too much responsibility
 - Dictatorship authority* structure in home –over disciplined or controlled,(destroys self-worth, feelings helplessness, resignation.)
- Overprotective Mothers** --the child is subconsciously communicated that they are not good enough.
Ex.: “you can't do that, I will do it for you”, -not allowing child to learn household tasks etc.
- Children who have to take on adult responsibilities or care for the other siblings in the family and suffer untold rejection for the other brothers, sisters they have been put in charge of, and also from the parents because they cannot master this task without mistakes and keep the children and house in order.

Matthew 12:20 A bruised reed he will not snuff out, till he leads justice to VICTORY.

8. Problems caused by Teachers or other classmates

- learning abilities/handicap or slow learner
- teachers put students down that are not as gifted academically.
- Bullying or Name calling -no friends
- College or University years -not finding yourself fitting in the “in group”
- “**broken heart**” caused by relationships with the opposite sex. Men and women have suffered deep rejection in these years to the point of swearing themselves to stay single or in some cases preferring same-sex relationships.
- unsuccessful cutting off umbilical cord from the parents
- foreign student not accepted in school friendships

Psalms 72:4 He will defend the afflicted among the people and save the children of the needy. He will crush the oppressor.

9. Self-Rejection caused by their own attitudes

- due to rejection suffered, a self-hate and low self-esteem has taken hold in their life.**
- reap rejection from others by own attitudes or way of doing things.
- having made dumb decisions and are unable to forgive self
- fear of close relationships (often sabotage relationships when they get too close)
(Unconscious message is “no one will love me if they really knew the real me”)
- lack of interest in getting job training (self-sabotage)
- reckless relationships (hells angels, abortions etc.)
- they defy social norms in the way they dress, the way they act, that are socially unacceptable. (Subconsciously you believeif you defy the rules of society you can console yourself that any rejection is *only the rejection of your appearance or mannerisms*, and you can distance yourself from “rejection of a personal nature”).)

Psalms 109:22 & 31 I am oppressed and needy. I can feel the pain in my heart. He stands at the right hand of the needy one, to save his life from those who condemn him.

10. Multiple causes in later life (a) Career and Job (b) Marriage & Family Relationships (c) Elderly years

***10a) Career and job**

- successes or failures, in your ability to provide financially (unemployment, disability)
- working your way up the ladder (oversight or mobbing)
- Rejection from boss or other workers.

Ephesians 2:10 For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

***10b) Your own marriage and family relationships**

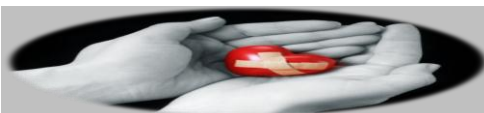
- Unfaithfulness –partner controlling finances, or stingy
- parent takes side of child (against the other parent)
- own children rebelling
- rejection from your marriage partner leading to divorce etc.

Jeremiah 30:17 But I will restore you to health and heal your wounds, declares the LORD, because you are called an outcast, Zion for whom no one cares.

***10c) Rejection in elderly years of life**

- not accepting or coping growing older (wrinkles, bodily changes) or with retirement
- financial lack or poverty.
- early death of wife or children,
- financial lack, chronic sickness and helplessness
- coping with children leaving home (empty nest)
- Older Children living misguided or sinful lives.

Isaiah 46:4 Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.



Jeremiah 30:17 For I will restore you to health And I will heal you of your wounds,’ declares the LORD, ‘Because they have called you an outcast (rejected)

**REJECTION
PART I**

➤ **10 Root Causes of Rejection**
? Are there roots of rejection in MY life ?

1) The manner of or timing of conception

2) In a Mother's Womb

3) The manner of birth

4) De baby krijgt geen band met de moeder

5) Being an adopted Child

6) Hereditary rejection

7) Factors in the family home

8) Problems caused by teachers or school mates

9) Self-rejection caused by one's own attitudes

10) Multiple causes in life

Overcoming the Root REJECTION * PART II

➤ The damaging effects of Rejection

Proverbs 18:14 *The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?*



... some forms of a wounded spirit which are serious. Some have a wounded spirit through the rejection and cruelty of people, or because of unthankfulness of people they have helped. It is a terrible wounding when someone who should be your friend, becomes your foe and when, like Jesus, you also have a Judas Iscariot.

DEGREE OF REJECTION

Children are especially vulnerable to the damage of rejection, because they are still developing their identity and learning about who they are.

- A person's age also has a lot to do with their vulnerability to rejection.
- The closer a person is to you,
- the seriousness of the rejection that can wound you.

Authority figures are also able to deeply wound you, because you look up to them and rely upon them.



People have received excessive amounts of rejection in their past,

- 1) ... usually reflect the same rejection towards others, ("I will reject you before you reject me")
- 2)... Or they are like a magnet attracting even more rejection (They keep reaping rejection everywhere they go)

FIND OUT THE ROOT CAUSE of REJECTION:

To look at the past to find roots and symptoms from REJECTION is **NOT** dwelling on the past or **LIVING IN THE PAST** BUT instead we uncover the roots where the enemy has stolen from you in your PAST, so that FREEDOM and HEALING can come to your NOW and your FUTURE!!

INTENSIONAL REJECTION:

Intentional rejection is basically emotional abuse in it's most simple form. It wounds a person's spirit, sometimes slightly, other times those wounds can be deep and very painful. Those wounds must be healed

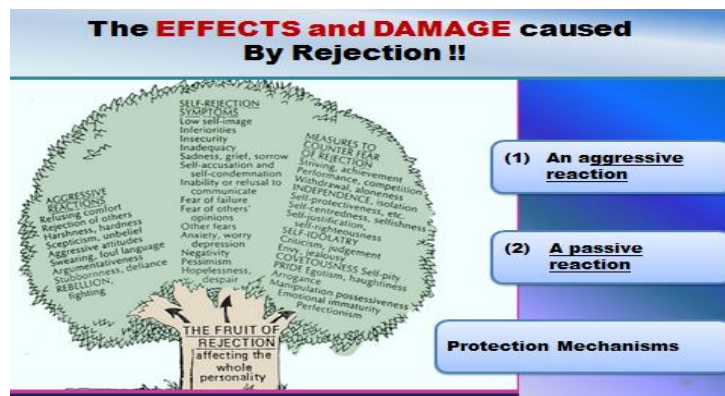
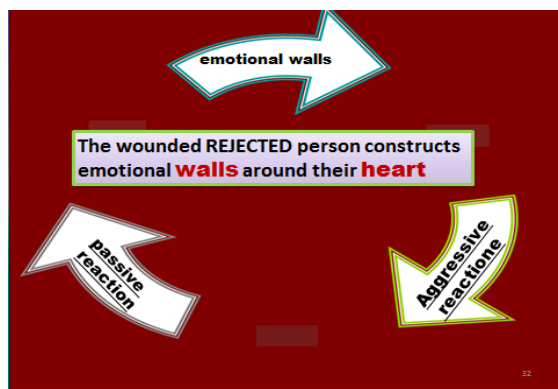
PERCEIVED REJECTION: Then there's **perceived rejection**, where a person receives something as rejection when it really isn't. For example, "Why is that person not coming over here to talk to me?"When the person may not be trying to reject you, but just feel shy at the time in stepping out and meeting you (or anybody else for that matter). People who have spirits of rejection can have a tenancy to receive perceived rejection, because **the purpose of a spirit of rejection** is to make us feel rejected.

-Rejection in roots produces Bad FRUIT which are WRONG REACTIONS to the Rejection.

The Results and Effects of REJECTION affect the whole personality.

***Interestingly, underneath, these **two personality types, the roots** are fairly similar. In both cases, the root problem underlying their responses to the things of life is the same: **rejection and hurt**

The wounded REJECTED person constructs emotional walls around their heart and typically makes vows, such as "no one will ever hurt me again"



WRONG REACTIONS: (1) Aggressive Reactions (2) Passive Reactions (3) Emotional Walls

The outward expressions or symptoms of rejection result in one of **three major areas** of response:

(1) an aggressive response (rebellion, anger) (EXTROVERT) (which exhibits rebelliousness, sexual promiscuity, self-sufficiency, anger, rejection of others, deception, and/or defiance).

Those who respond 'OUTWARDLY' to the hurts of rejection tend to live life with a **defiant or even a rebellious type attitude**.* (see list of aggressive responses)

(2) a passive response (self-rejection, fear) (INROVERT) or those that respond INWARDLY (exhibits an approval-seeking nature, submissiveness, loneliness, and/or depression).

Those who respond 'INWARDLY', a passive response to the hurts of rejection in their lives tend to **live behind walls and masks**, hiding from others and themselves. Since they don't know how to just 'be themselves,' they're always **trying to be what others want them to be**.* (See list of self-rejection responses)

(3) Emotional Walls:to counter fear of further rejection we often use protection mechanisms

* (see list of protection mechanisms used to protect self from further rejection)

What destroys us is not "rejection itself", but ...WRONG reactions to Rejection

What destroys us is **WRONG reactions to Rejection**.

OUR wrong REACTIONS: 2) Or Those that fight back AGGRESSIVE RESPONSES: (Rebellion, anger)

- Fights everything - oppositional.
- Reactions to rejection begin with resentment, then hatred and finally rebellion. (See 1 Samuel 15:23)
- Need for control
- Engages in self-injury
- Characterized by deep shame.

What destroys us is **WRONG reactions to Rejection**.

OUR wrong REACTIONS: 1) Those who give in. PASSIVE RESPONSES: fear, self-rejection

- Believe there is nothing they can do against rejection.
- Leads to spiraling of negative emotions ending in desire for and inflicting of death.
- Self-destructive or risky behaviors.
- They have an inner desire to die.

What destroys us is **WRONG reactions to Rejection**.

OUR wrong REACTIONS: 3) Those who hold out (cover up) - PROTECTION MECHANISMS

- Build up a defense which is really a facade that covers the person's struggle.
- May appear very strong.
- Develops a superficial happiness.

!! What destroys us is **WRONG reactions to Rejection !!**

(1) An aggressive reaction

***ANGER & Rebellion**

THOSE THAT FIGHT BACK:

- *Fights everything – oppositional
- *Reacts with resentment, then hatred and finally rebellion
- *Need for control
- *Engages in self-injury
- *Characterized by deep shame

(2) A passive reaction

***FEAR & Self-Rejection**

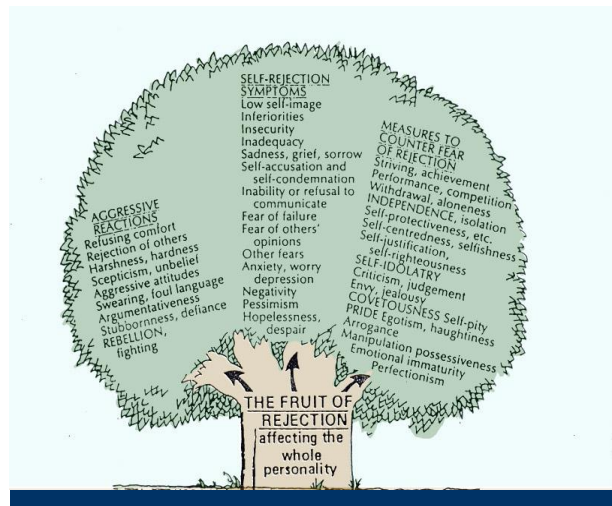
THOSE WHO GIVE IN:

- *Believe there is nothing they can do against rejection.
- *Leads to spiraling of negative emotions ending in desire for death
- *Self-destructive or risky behaviours
- *They have an inner desire to die

(3) Protection Mechanisms

THOSE WHO HOLD OUT (cover up):

- * Build up defense which is a facade and covers the persons struggle
- * May appear very strong
- * Develops a superficial happiness



People are generally **motivated to do what they do** because of the **deep and hidden hurts** in their lives. Choices are often made primarily to **avoid further hurt and pain**, and to find **ways and means to cope with the pain** they already have. When you understand this, then the reasons people do certain things begin to make sense. **Because rejection hurts**, people will often go to extreme lengths to **avoid the possibilities of further rejection**.

BIBLE says a bitter root ...takes over... (helplessness to the reactions sets in)

Hebrews 12:15 See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled;

!!! Satan stirs up "further" REJECTION wherever he can find a BITTER ROOT.

REJECTION

Psalmen 55:12-15

For it was **not an enemy** that reproached me; then I could have borne it: neither was it he that hated me that did magnify himself against me; then I would have hid myself from him: **But it was thou, a man mine equal, my guide, and mine acquaintance.** We took sweet counsel together, and walked unto the house of God in company.



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Rejection comes from people we love and trust. Jesus was also rejected by Judas who kissed him while selling Jesus out to the Pharisees, behind his back . **If Jesus suffered Rejection. So will we!**

*****Rejection caused by those who are close to us, causes PAIN*****

Rejection deals specifically with relationships. So it affects the **Relationship to GOD** to **Relationship to OTHERS**, Friends and Family, co-workers, and **Relationship to OURSELVES**.

A. Rejection results in wounding of the heart, sometimes so painful that the mind refuses to deal with it, so we bury it in our subconscious.

B. Later it comes up in other ways to cause us problems. —our reactions!!

What destroys us is not "rejection itself", but ...WRONG reactions to Rejection

Overcoming the Root REJECTION * PART III

➤ Wrong Reactions to REJECTION

!! What destroys us is **WRONG reactions to Rejection !!**



(1) An aggressive reaction *ANGER & Rebellion (Extrovert personality) *rebelliousness, *anger *rage *rejection of others *sexual promiscuity *Mistrust toward others *act loud or tough *argumentative *reject comfort from others	(2) A passive reaction *FEAR & Self-Rejection (Introvert personality) *an approval-seeking nature *self-rejection *sadness *submissiveness, loneliness, *depression *hopelessness *despair *self-condemnation *fear *anxiety *expecting further rejection from others
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1) Aggressive reactions
Rebellion and Anger



- ➔ Refusing Comfort
- ➔ Rejection of others**
- ➔ Harshness, hardness***
- ➔ Sceptische, ongelovige opstelling
- ➔ Aggressive attitudes
- ➔ Swearing, foul language
- ➔ Argumentativeness
- ➔ Stubbornness, defiance
- ➔ **REBELLION**
- ➔ Fighting

1) **Aggressive Reactions (Anger, Rebellion) (Extrovert Personality)**

- Refusing comfort, supersensitive, touchy.....the problem is not with those who constantly offend you or hurt your feelings, but it is with you and your super-sensitive nature. 95% of the time when people hurt your feelings, they didn't intend to do so.
- Rejection of others (protection mechanisms) *...I will attack you before you attack me... If I reject you before you have a chance to reject me I will feel better.....(expecting rejection from past experiences)*
- Harshness, hardness, skepticism, unbelief (Some of it is bitter expectation (from their past experiences) this is projected thru their facial gestic and how things are said to others.
-Because they are or unconsciously (sometimes consciously) projecting rejection towards you, it is hard not to reject these people. When helping someone with a root of rejection, allow God's unconditional love to shine thru you.
- REBELLION, aggressive attitudes, swearing, foul language, argumentativeness, stubbornness, defiance, fighting - rejection is definitely one of the roots of why children rebel.

During the time where we are reaping bad fruit from our bad roots, we look for ways to cope. These “ways of coping” in **PASSIVE REACTIONS**, are self-destructive, and usually make our situation worse!

→ Not only that but we are still harvesting “the rejection” we are so desperately wanting to avoid.
→!! God has no chance to intervene. (we are in Control) !!

2) **Passive Reactions (Fear and Self-rejection) (Introvert Personality)**

!! What destroys us is **WRONG reactions to Rejection. !!**




Our wrong reactions: Passive Reactions

2) Those who give in. (Fear and Self rejection)
(Introvert personality)

- *an approval-seeking nature
- *self-rejection *sadness
- *submissiveness, loneliness, *depression
- *hopelessness *despair
- *self-condemnation *fear *anxiety
- *expecting further rejection from others

2) Passive Reactions
***Fear and Self-rejection**



- * Low self-image, Inferiorities
- * Personal CORRECTION*
- * Insecurity, inadequacy
- * Psychische blokkades
- * PERCEIVED REJECTION ***
- * Sadness, grief, sorrow
- * Self-accusation and self-condemnation
- * Inability or refusal to communicate
- * Fear of failure
- * Fear of others opinion
- * Other fears**
- * Anxiety, worry
- * Negativity, Pessimism
- * Depression**, hopelessness, despair***

2) **Passive Reactions (Fear and Self-rejection)**


- **Low self-image, inferiorities, insecurity, inadequacy** (don't understand why they receive repeated rejection, and feel they are "cursed")
- **Personal CORRECTION:** Person cannot take any small suggestions or light criticism. Even if you tell them 99% is good but there is 1% where there can be improvement, these people's world fall apart and for 3 days they are in misery. It is very difficult to communicate to such a person.
- **Unworthiness:** -rejection can cause feelings of unworthiness, shame-based self-hatred, a sense of self-rejection, and an *inner voice that tells them they are no good*. -that something is wrong with them.
- **Psychological blocks.** Because of the walls built the person becomes totally blocked. Totally closed, and blocked. Resistance to open up in relationships.
- **Sadness, oversensitivity:** -.many are supersensitive because they have been hurt in the past, and so their *bruised emotions are easily pained*. *Sadness and depression then occur*.
- **Self-accusation and self-condemnation, inability to or refusal to communicate** (these things lead to depression, psychological problems, self-mutilation, suicidal thoughts etc.)
- **Fear of failure, fear of others opinions, other fears** -you fear expressing your honest opinions and feelings. You adapt your opinions to try to match those expressed by people you are associating with at the time.
- **Depression , negativity, Pessimism, hopelessness, despair**

During the time we are reaping bad fruit, from our bad roots, we suffer and wonder why we keep getting more REJECTION? That is the REASON we search for WAYS to COPE, in order to feel GOOD

- We want to **AVOID rejection at all costs.**
- We start to **FEAR Rejection**.....
- We are looking for a **way to cope** so it doesn't look so bad on the outside and try to **avoid situations**. The fear cycle begins and protection mechanisms appear.

3. **PROTECTION MECHANISMS (Walls of false Protection)**


3. Protection Mechanisms to avoid further rejection at ALL COSTS!



- *Striving **Performance & achievement***
- *Withdrawal, aloneness
- *INDEPENDENCE & ISOLATION***
- *self-protective *self-centered *Egotism
- *Self-righteous *self-righteous, SELF-IDOLATRY
- *Criticism, Judgment, Envy, jealousy
- **MISTRUST** Self-pity *Pride *Haughtiness, arrogance
- *Manipulation, possessiveness, CONTROL
- ***SELF-PROTECTION *PERFECTIONISM***
- *Emotional immaturity

All these reactions are **WRONG Reactions**

Protection mechanisms are fleshly ways of dealing with and handling things that God has told us to **trust HIM with.**



Protection Mechanisms:

It is important to realize that these REACTIONS will ATTEMPT to **BLOCK all OUTSIDERS**; ...or protect ourselves, **regardless** if it's further harm **OR...** if it is Jesus and His Healing Power !!

These mechanisms *prevent or block Jesusfrom reaching the WOUND* so that it can be healed.



3. PROTECTION MECHANISMS (Walls of Protection)

“Protection Mechanisms” are the walls WE build to protect ourselves from further rejection.

1. ***Walls biblically represent protection**, safety, and keeping us safe from our enemies.

BUT ! God is your protection **Isaiah 26:1– We are surrounded by the walls of God’s salvation!**

2. ***SATAN counterfeits godly walls**. Self-made walls build up a defense which is really a facade (pseudo happiness, or strength) that covers up the person’s struggle and fear of further rejection
→*They live behind walls and masks. Since they don’t know how to just ‘be themselves, they’re always trying to be what others want them to be.

3. →*We need to **tear down self-made walls** so **godly walls** can be erected

3) Protection Mechanismsto counter fear of self-rejection (methods of the flesh)

➤ **Striving, Performance orientation and achievement**, where a person is basing their identity and who they are upon how well they perform at something in life. Whenever **we base who we are upon our performance**, or **our being correct** about something, then we fail,(which is just a matter of time, as no one is perfect except JESUS) it is a **deep blow to our identity and self-worth**. (cycle starts again)

➤ **Associate only with status people** because they derive their sense of self-worth from being accepted by those they believe to be above them. OR **Associate** primarily with people with those they view as **losers** or underdogs, because that is the only group they feel they belong with and can be accepted.

➤ **Withdrawal, loneliness** -you break off relationships with people you care about deeply before they have a chance to **know the real you** and reject you. **Build walls around themselves**. They isolate themselves, and refuse to communicate or associate with others.

➤ **INDEPENDANCE.....isolation, self-centeredness, selfishness, self-justification, self-righteousness**

➤ **SELF-CONTROL**, -Think they are not good enough to be loved by anyone or God . -they are controlling in their relationship to people and God. - don't allow or trust God with difficult situations to **steer their life**.

➤ **SELF PROTECTION**, -Protect themselves, allow no one to speak into their lives.
A person who has a hard **time admitting they are wrong**, or receiving constructive criticism has an underlying problem with rejection. How do we know that? Because they are basing their identity, who they are, upon their ability to be right. **Stubbornness** can also be rooted in rejection as well for this same reason

➤ **SELF-IDOLATRY** -Criticism judgmental attitudes, envy, jealousy, covetousness.
Some people get **addicted to having a problem**. It becomes **their identity**, their life. It defines everything they think and say and do. All their being is centered around it.

➤ **Mistrust**. People who have suffered rejection often lose trust in people, Drs. Leaders etc. You think it is good not to trust people, but you are wrong. God has to set you free from distrust so that you can trust again.

➤ **Self-pity**: -Don't use your problem as a means to **getting attention, or sympathy**

➤ **PRIDE; egotism; haughtiness; arrogance manipulation; possessiveness**: Is a cover up from their low self-worth. Looking down on people makes them feel better than others. Critical and judgmental.

➤ **CONTROL**: someone who wants dominate others, because he is afraid that he would otherwise be hurt.

➤ **PERFECTIONISM** Many become **perfectionists** trying to prove their worth, gain love and acceptance. Problem is that no one can reach that standard all the time and ends up depressed in the end.

➤ **Emotional immaturity**; -codependent on others -you need their affirmation etc. -you are unable to break unhealthy relationships -these people can be mobbing victims.

Protection Mechanisms:

→ Instead of forgiving and receiving God's healing love we try in **our flesh** to cope with the situation in our **own way**.

→ It is important to realize that these REACTIONS will ATTEMPT to **BLOCK all OUTSIDERS** to protect ourselves ... **including blocking JESUS** and his HEALING POWER !!

→ These mechanisms **block JESUS ...from reaching the WOUND** so that it can be healed.

→ We “perpetuate” what the enemy has done to us by “**reacting**” to the rejection instead of asking God to **heal us**, and start the painful healing process with HIM lovingly Guiding us at our side.

Even though a person has suffered DEEP rejection...



➤they are **still accountable** for the ways in which they have handled, dealt with, and reacted to their rejection (such as in anger, rudeness, rebellion, self-pity, etc.).

➤ These injurious behaviours need to be **confessed** and **forgiveness** requested from God.

Even though the person has suffered rejection, they are still accountable for reactions

- ✓ they are **still accountable** for the ways in which they have handled, dealt with, and expressed their rejection (such as in anger, rudeness, rebellion, self-pity, self-rejection etc.).
- ✓ These injurious behaviours need to be **confessed** and **forgiveness** requested from God.

REJECTION is a „make it or break it“ **TEST** for Christians

Almost every important spiritual leader in the Bible had to **overcome rejection**.

Jesus
Noah
Elija
Ruth
Gideon
David
Isaiah
Daniel
Jeremia

Everyone experiences **REJECTION**

?? The question remains ??

1) Will we allow God to heal us of rejection, as He did with many of our biblical heroes?

2) Or will we allow it to **DESTROY** us like King Saul ??(1 Samuel 18)



WRONG REACTION to Rejection. 1 Samuel 18 (Saul killed thousands, David 10-thousands)

First, we see the women praising David for slaying his ten thousands, but Saul for slaying his thousands. This rejection made Saul angry with David, and jealous of him. The very next day, **an evil spirit came upon Saul** and caused him to become exceedingly angry, to the point of attempting to murder David!

Now there's some **ugly fruit that all started with rejection**. It wasn't rejection that opened Saul up to the evil spirit, but rather his reaction to his rejection.

Rejection and rising above rejection is all about identity and what you base your identity upon. The key to overcoming rejection, is to solve the identity problems.

When we base our identity upon what the Word of God has to say about us, we will become **virtually rejection-proof**. We can become immune from the wounds of rejection as long as we are not basing our identity upon what that person thinks of us.

Overcoming the Root of REJECTION * PART IV

➤ God's plan for Healing and Restoration

***The Lord doesn't want you to spend years struggling with the fruit
bycutting back the tree which will GROW BACK!

***He wants to set you **FREE** from that area of BONDAGE. **"right down to the ROOTS"**
(Mk.11 ...roots will wither away ...) The HS wants to go deep to **root out rejection** and **buried hurts**.



Healing comes as the root gets healed!

Healing comes as we discover the root and it is healed by Jesus.

Jesus is in the business of cursing BAD ROOTS, ...so are we!

Mark 11:20-21 And as they passed by in the morning, they saw the fig tree **withered away from the roots**. Peter remembered what had happened and said to Jesus, "Look, Teacher, the fig tree you cursed has died!"

DEMONIC Oppression:

***Afterwards the accusing spirits that are attached to the ROOT will be SILENCED.

***the Accuser attaches itself to the root (from past rejection experiences) to torment you and to keep reminding you of your rejection and worthlessness. The devil will be silenced as the root gets healed.

SILENCE THOSE VOICES from the Enemy! GOD has called you to FREEDOM.

He has **GREAT THINGS** planned for you !! * **ISAIAH 42:6-7** *

Isaiah 42:6-7

"I, the LORD, have called you to

- * ...Demonstrate my righteousness.
- * ...To open blind eyes,
- * ...To bring out prisoners from the dungeon
- * ... And those who dwell in darkness from the prison.

HEALING and RESTORATION

Joel 2:25 Then I will make up to you for the years that the swarming locust has eaten, the creeping locust, the stripping locust and the gnawing locust ...

** When the ROOTS are healed we will have stability thru our new IDENTITY in CHRIST.

** He will restore to us the stolen years!
-It is never too late!

***When the Roots are healed we will have stability thru our new identity in Christ**

Steps to HEALING from the EFFECTS of REJECTION

Joel 2:25 Then I will make up to you for the years that the swarming locust has eaten, the creeping locust, the stripping locust and the gnawing locust.

- 1. Don't just forget it** (denial hinders healing)
- 2. An Honest Appraisal** (Assess the fruit and discover the root)
- 3. Forgive –Yourself, Others and God** (Luke 23:34)
- 4. Make a conscious decision to renew mind and pull down fleshly protection walls** (Romans 12:2)
- 5. Accept yourself** (Eph. 2:10)
- 6. Deliverance prayer from a Spirit of Rejection** (2 Cor. 5:17)
- 7. VICTORY OVER WRONG REACTIONS TO REJECTION** (2 Corinthians 5:17)
- 8. HEALING of the HEART through unconditional love of JESUS** (Eze.36:26)
- 9. PRAYER FOR Freedom from REJECTION**

Rejection and rising above rejection is all about identity and what you base your identity upon. The key to overcoming rejection, is to solve the identity problems. When we base our identity upon what the **Word of God** has to say about us, we will become virtually rejection-proof. We can become immune from the wounds of rejection as long as we are not basing our identity upon what that person thinks of us.

1. Don't just forget it (denial hinders healing)

→One way many people try to get rid of pain is to just *forget what happened* and try to *block out the person who hurt them*. You can tear that person out of your address book and for a while you will be able to forget what happened;

→*or pretend that the pain is not there* ****if complete healing did not occur the pain is still there.**



*****The pain that lingers from the past keeps you tied to the past.**

!! Instead of RUNNING, STOP, turn around and LOOK Rejection in the EYE !!

2. An Honest Appraisal (Assess the fruit and discover the root)

- Call it what it is - **"BY NAME" – REJECTION !**
- This can be painful to do since avoidance feels like protection from the reality. (Psalm 23)
- Take responsibility for your behavior
- Assess the fruit and discover the root

- **The losses** you have experienced in the rejection are one source of pain.

You cannot forgive completely until you grieve what you have lost.

- As long as you **still feel the pain**, there is still **more to grieve** and release.

An Honest Appraisal Healing is like **peeling an onion**, with tears you **peel it one layer at a time**.

The amount of peace you have can be a good **indicator of how much healing** you have received

****Make a list and write down all that you have lost**

I accept the fact that I lost _____ (good mother, or childhood etc.)

I accept the fact that _____ is gone.



3. FORGIVE:

Jesus also suffered Rejection.

→He identified with our rejection and shame.

→He forgave those who have intentionally or unintentionally hurt Him.

Luke 23:34 Father, forgive them, for they don't know what they are doing.

➤ JESUS IS OUR EXAMPLE!!!

→Even in the midst of this rejection **HE** called out to **GOD**.

→He did not allow bitterness or hate to destroy his relationship with Father God.

Matthew 27:46 My God my god why have you forsaken me.

3a. FORGIVE YOURSELF

- For sinning against **ourselves.
- Note that the evil done against us is often not our biggest problem. It is our reaction to that evil.
- This includes wrong attitudes as well as actions.

Isaiah 43:18 Do not remember the former things, nor consider the things of old.

3b. Forgive OTHERS AND GOD

- If you have been rejected, there will undoubtedly be someone who has hurt you that you will need to forgive. (Can include God or even perceived rejection)
- Failure to forgive is one of the most common barriers to receiving God's blessing.
- It is not the one who is resented who suffers the most. It is the one who resents.

3c. Chains of Unforgiveness.

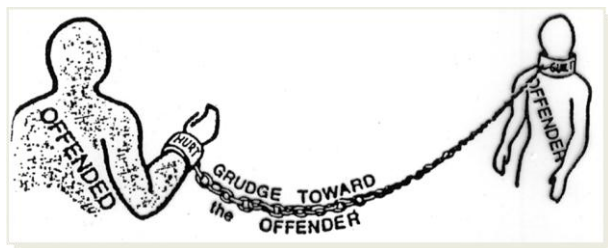
Forgiveness:

*The offended person is emotionally and spiritually BOUND to the offender by unforgiveness.

*Such a grudge sustains the hurt the offended person feels

*This bondage can never be broken (no matter how much distance is put between them)

except by **forgiveness**. WE will need the **POWER OF THE HOLY SPIRIT** to help us to FORGIVE.



.....The offender should ask to be forgiven, but he may never do so.

.....THEREFORE, the offended must initiate forgiveness

3. FORGIVE

FORGIVENESS is not something we do for OTHER PEOPLE, but we do it for OURSELVES – to GET WELL



Lord I choose to forgive for the pain caused to me. I bring this offense to the power of the cross and declare that it is forgiven. I accept that you have shed your blood, Lord Jesus, as a full payment of the debt. They owe me nothing.

PRAYER TO FORGIVE:

Lord I choose to forgive for the pain caused to me.

I bring this offense to the power of the cross and declare that it is forgiven.

I accept that you have shed your blood, Lord Jesus, as a full payment of the debt. They owe me nothing. AMEN.



4. **Make a conscious decision...** to rid yourself of the bad fruit that rejection has produced.

→ verbally commit to a conscious decision to get rid of the “bad fruit” that rejection has produced in their life (such as bitterness, resentment, hatred, and rebellion).

➤ Certain **bitter roots** that have come out of these things ...have to be **broken**,

→For example... “No one will tell me what to do.” (This includes God.)

→For example... “I will never open myself up or trust anyone or trust anyone with my private things about myself again”

4. **Make a conscious decision...** Your Rejection Protection Walls must come down!

*Turn your protection over to God.

*God is your protection !!

Isaiah 26:1 – We are surrounded by the walls of God’s salvation!

You NEED to forget about yourself; reach out, give to others, without fear of rejection and encourage them.

5. **Accept yourself** ! STOP YOURSELF !

→ Put an end to self-criticism and belittling self.

→ WE **have no right to criticize** what God has made.

→ Remember you did not make yourself, God made you. We are God's workmanship

Eph. 2:10 God has made us what we are. He has created us in Christ Jesus to live lives filled with good works that he has prepared for us to do.

5. **Accept yourself**

→→ **The key to overcoming rejection lies in solving the “identity problem”.**

→**Meditate on how God thinks about you** according to His Word, and **resist the old lies** and negative thinking

→You can no longer evaluate yourself based on your *life before Christ*. (2Cor. 5:17)

Whenever we base our identity on what we think or what others think about us...

(1) ...we make ourselves vulnerable to the damage of rejection.

(2) ...then we actually trust our identity to that person.

→→ Realize that your identity is in Jesus (you are loved and accepted, you are His beloved child, etc.) and you do not need the approval of others to feel good about yourself

6. **Pray a Deliverance prayer from a Spirit of Rejection**

The enemy has stolen from you and now God is going to restore the damage done by rejection.

Deliverance Prayer from a Spirit of REJECTION

→ I release all rejection from my past to the Lord
Isaiah 53:3

→ I come against the spirit that says I do not belong anywhere or that I do not fit in anywhere.
Ephesians 2:19

→ I come against the Spirit of inferiority and self-pity
Romans 8:37

→ I invite the Lord to heal every wounded place
Jeremiah 30:17

→ I choose to accept myself as God has accepted me
Ephesians 2:10

→ I am free from the spirit of rejection and from the pain of rejection
2 Corinthians 5:17



Seldom is only the spirit or curse of rejection found. It is almost always accompanied by a spirits of self-rejection, fear of rejection, fear of abandonment, fear, and perceived rejection, Including a nagging voice of enemy –criticizing, reminding you of your past, -telling you “you can’t do anything” – keeping you fearful of “bad things happening”

7. VICTORY OVER WRONG REACTIONS TO REJECTION!!


***In Christ, you can now **react properly** when intended or unintended rejection occurs because HE loves us unconditionally. In the future when rejection occurs instead of avoiding it or “reacting negatively” to it we will have VICTORY in Jesus! Rejection can no longer harm us.

8. HEALING of the HEART through unconditional love of JESUS (Eze.36:26)

One of our GREATEST God-given NEEDS
...Is to be **fully known** and
...to be **unconditionally LOVED**


↓

Only God can do this, for us now
...no one else has this ability to love UNCONDITIONALLY!!




Romans 5:8 But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Stony Heart



New Heart



Ezekiel 36:26
I will give you a **new heart** and put a new spirit within you; I will take the **heart of stone** out of your flesh and give you a **heart of flesh**.

- Jesus identifies with us and protects us so that rejection cannot harm us !
- God is our protection! We no longer need to have protection mechanisms(flesh)
- Fear Of Rejection no longer Rules Your Life !

9. PRAYER FOR Freedom from REJECTION

Lord Jesus Christ, I believe that you are the Son of God and the only way to God the Father. You died on the cross for my sins and you rose again from the dead.

I repent of all my sins and I forgive every other person, as I would have God forgive me. I forgive all those who have rejected me, hurt me, and failed to show me love Lord, and I trust you also to forgive me and them.

I believe Lord, that you do accept me. Right now, because of what you did for me on the cross, I acknowledge that I am accepted. I am highly favored. I am the object of your special care. You really love me. You want me. Your Father is my Father. Heaven is my eternal home. I am a member of the family of God, the best family in the universe. Thank you! Thank You, Lord!

One more thing, Lord; I accept myself the way you made me. I am your workmanship and I thank you for what you have created. . I am the object of your love and care. *You want me*. I believe that you have begun a good work in me and that you will carry it on to completion until my life ends (Phil. 1:6, 1 Thes. 5:24).

Lord, so that your forgiveness can be fully effective in me, I now forgive myself for doing all the things I have brought before you in prayer, and I release myself from previous feelings of guilt and from constantly going back into the past when I have already asked for your forgiveness.

I break any bondage condemning myself and judging myself unacceptably to you and to others. Release me from these self-destructive thoughts and behaviors, in the precious name of Jesus.

Now Lord, I proclaim my release from any dark, evil spirits that has taken advantage of the wounds in my life. Lord, I bind the spirits of rejection, self-rejection, perceived rejection, and fear of rejection, in the blessed name of Jesus Christ. I break the power of the adversary over me and I command him to leave, in Jesus' name. I renounce any territory that was previously given to him and I joyfully give it back to God.

I proclaim my release from any and all dark and evil spirits that have taken advantage of the past woundedness in my life. I release my spirit to rejoice in the Lord.

In Jesus' name, I pray. Amen.