

OVERCOMING REJECTION

- **Rejection can...**
 - Chip away at our confidence, self-image, and our motivation.
 - Keep truth from being spoken to us because we become defensive.
 - Prevent us from giving and receiving love.
 - Lead to disguising our pain with performance.
 - Lead to isolation, loneliness, and unhappiness.
 - Slow down our spiritual growth.
 - Intensify a longing within to be fully known and fully loved.
- **Rejection creates insecurity that leads people to become approval addicts.**

John 12:42-43 Many people, believed in Jesus. But they wouldn't admit it to anyone because of their fear that the religious leaders would expel them from the synagogue. For they loved human praise more than the praise of God.

Striving for other people's approval is temporal.

God has already approved us through Jesus' death on the cross, reconciling us to Himself.

- **Rejection in relationships causes the most pain and lasting consequences.**

GOD IS OUR COMFORTER.

Isaiah 51:12 I am the One who comforts you. So why are you afraid of mere humans, who wither like the grass and disappear?

- **People cannot satisfy our need to be fully loved and accepted!**

God is always there for us.

- **People will fail us and hurt us.**

Hurt people - hurt people!

- **Predetermine how to respond to rejection will respond.**

To predetermine our response is to have a ***‘response plan’*** to rejection.

Choose to forgive ahead of time instead of being offended!

When we internalize rejection, pain enters, and then we are prone to becoming defensive.

BIG IDEA: We have a choice to either forgive and forget or to resent and to remember!

FOCUS ON HOW GOD VIEWS US.

- **God knows us.**

1 Samuel 16:7 The Lord doesn't make decisions the way you do! People judge by outward appearance, but the Lord looks at a person's thoughts and intentions.

We tend to focus on the outward appearance.

- **God sees our potential.**

*Romans 8:15 So you should not be cowering, fearful slaves. You should **behave instead like God's very own children**, adopted into His family - calling Him 'Father, dear Father.'*

He also sees what we can become!

- **God sees us as lovable.**

God knows everything about us, and yet He still loves us!

To understand how God views us we only need to look at Jesus.

Jesus treated people with compassion, love, acceptance, and forgiveness.

RELEASE REJECTION BY RELEASING COMPASSION.

- **Jesus became sin for us and was rejected by His Father**

Matthew 27:46 "...My God, My God, why hast thou forsaken Me?"

Isaiah 53:6 All of us, like sheep, have strayed away. We have left God's paths to follow our own. Yet the Lord laid on Him the sins of us all.

2 Corinthians 5:21 God made Him who had no sin to be sin for us, so that in Him we might become the righteousness of God.

- **Jesus responded to rejection by releasing compassion.**

Before Jesus died on the cross, He chose His beloved disciple John, to take care of His mother.

John 19:25-27 Standing near the cross were Jesus' mother, and his mother's sister, Mary (the wife of Clopas), and Mary Magdalene. 26: When Jesus saw his mother standing there beside the disciple he loved, he said to her, "Dear woman, here is your son." 27: And he said to this disciple, "Here is your mother." And from then on this disciple took her into his home.

- **Don't waste our hurts.**

We can replace the negativity of our hurts into a positive response.

We do this by showing compassion towards others which will help to heal the brokenness in us.

BIG IDEA: We have a choice to either forgive and forget or to resent and to remember!