



Overcoming the Sting of Rejection

If you are alive and breathing you have experienced the sting of rejection at some point in your life. Perhaps you were rejected by a sports team, a customer who chose another company, a church member who decided to leave your church for another, an employer who passed you up for a co-worker. But, the most painful rejection is the one we experience from those whom we love the most -- the rejection of a child, a parent, a spouse, a dear friend, those with whom we have shared our lives and our inner most secrets. This kind of rejection can be devastating, debilitating and cripple our ability to function and move forward in life. What can we do about this awful pain? Jesus told His disciples in Mark 8:31 that He would be rejected and suffer many things. Shortly thereafter, He experienced the excruciating pain of rejection when His very own people gave Him up to be crucified on the cross at Calvary. He loved them more than His own life -- He went about healing all who were sick and oppressed of the devil (Acts 10:38). He left His heavenly home and stripped Himself of all His power and glory to rescue them from certain eternal destruction (Phil 2:6-8). Yet they despised Him (Is 53:3) and rejected Him as many still do today.

Rejection causes suffering and pain. Psychologists at UCLA* have recently shown that the pain experienced from rejection has a similar physiological response in the brain as physical pain. They state the terms "broken heart" and "hurt feelings" are not mere metaphors. In fact, some will attest that the experience of rejection has manifested in physical pain in their chest, arms or stomach. In fact, emotional pain can give way to a host of physical illnesses. Rejection hurts, it's painful, and it affects our physical body and our mind.

Jesus experienced the pain of rejection. How did He deal with it? As He hung on the cross, broken and bleeding to death at the hand of His own people, suffocating from the weight of His body, in His final moments He cried out; "*Father, forgive them for they don't know what they are doing.*" Jesus' way to deal with the stinging pain of rejection was to forgive! As with everything that Jesus taught us, this is totally opposite of what we really want to do. The natural man wants to retaliate -- they hurt me, so I want to hurt them. The natural man wants to get even, to settle the score. Yet, God's ways are higher than our



ways. It may look impossible through the eyes of our pain, but God's ways always bring healing, peace and joy.

OK, I hear you, but how in the world to I forgive someone who has so deeply wounded me? How do I work through the pain? First of all, it cannot be done in your own strength. Psalm 147:3, Isaiah 61:1 and Luke 4:18 all tell us that Jesus Christ is the Healer of the broken hearted. We must rely on and trust in the power of Christ. In the midst of our pain, we are told to "*come boldly to the throne of grace for help in time of need.* . ." (Heb 4:16) God's grace is God's enabling power. It is by His grace and His grace alone, that we can receive the power to forgive those who have so deeply hurt us. And with forgiveness comes healing. Is the healing instant? Most often, it's not. It's a process and it can take some time. The pain is as real as if you had been physically hurt -- would a physical wound heal instantly? Perhaps, with a miracle of God, however, most often the body heals progressively, a little better each day until the total healing is complete. Healing of a broken heart is the same -- a little better each day until healing is complete. God is only asking us to be willing -- to make the decision that we will forgive with the help and grace of God's power. And further, to receive our healing by faith in God and in the power of His unfailing word.

Continued on page 2. . .



Janet DiPietro Ministries

Dynamic Living Now

November 2009 Newsletter
Page Two

Continued from Page One. . .

Jesus experienced the pain of rejection, *"but, for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."* (Heb 12:2) Psalm 30:5 tells us that, *"weeping may endure for a night, but joy comes in the morning."* You may be hurting right now from a devastating blow of rejection but take heart. You are not alone. Jesus Christ is your Healer. If you have to cry, go ahead and cry. Tell the Lord everything that happened, let it all out – then release it into His hands. Determine in your heart to forgive those who so deeply hurt you and you will see the mighty power of God manifest in your life – peace, joy and victory. For who is at the root of all rejection anyway? It's the devil and his cohorts. He plays on the weakness and ignorance of others to bring pain to the unsuspecting. He wants to separate you, intimidate you, and destroy your confidence in yourself and in God. He wants to debilitate and cripple you emotionally to stop you from moving forward in life. But, remember his days are numbered. He does not win – we win by the power of our Awesome God!

Once you receive the grace of God by faith, do battle with the word of God. Meditate on and confess healing Scriptures. Take every thought that goes against God's word captive (2 Cor 10:4-5) and refuse to dwell on what they did to you or what they said to you. If you really want to get back at the devil, pray for those who hurt you (Luke

For more information on how you can be healed emotionally or physically by the power of God order Dr. Janet's newest book; "The Healing Power of God."

5:44). Fill your mind and heart with the word of God, praise and thanksgiving and your healing will come speedily (Phil 4:6-9).

Dear Heavenly Father, I pray for all those suffering today from the pain of rejection. Pour out your grace in great measure upon each one right now that they may know your love for them according to Ephesians 3:16-21; I pray that God;

". . . would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height — to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God. Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory. . ."

Jesus, you are the Healer of the broken hearted – release your healing power to restore every broken heart, to mend every disappointment, and to heal every emotional wound. I pray the spirit of forgiveness to flow like a mighty river to break up and wash away every form of bitterness and resentment. And now Father, let your supernatural peace and joy fill each heart in the Name of Jesus Christ our Lord and Savior.

* <http://www.sciencedaily.com/releases/2003/10/031010074045.htm>

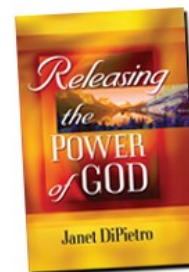


Dr. Janet DiPietro is an author, college professor and ordained minister. She is a graduate of Life Christian University, Rhema Bible Training Center and Rollins College. She holds a Bachelor degree in Business Administration, a Masters in Theology and Doctor of Philosophy in Theology.

Dr. Janet has a noted prayer and healing ministry and has seen God move powerfully to heal the sick and bring the lost to

Christ. She has developed and teaches an extensive list of college courses some of which include; The Dynamics of Faith, Christ the Healer and Principles of Prayer.

Dr. Janet's book, "Releasing the Power of God" has blessed many, teaching them how to release the power of God in and through their life and ministry. Her latest book, "The Healing Power of God" is based on her dynamic course "Christ the Healer" where she has seen many healings take place over the years right in the classroom.



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