

Rejection

“Though my father and mother forsake me, the LORD will receive me”
(Psalm 27:10, NIV).

Every one deals with rejection. Rejection is a part of life and what we do with it determines how we respond in future situations. I have seen rejection destroy a person's life in a way that few other things can. Rejection can occur in a variety of circumstances. Damage from rejection stems from a misplaced identity. Rejection affects people by making them feel as if they are not wanted, valued, or accepted. The way you respond to the rejection will affect your confidence, your passion for living, and your potential for positive relationships.

Sadly enough, many base their identity on what they think parents, teachers, or friends think concerning them. The closer a person is to someone, the deeper the rejection can wound. We agree with their evaluation and carry feelings of inferiority or being damaged goods around with us.

According to recent studies, “Rejection piggybacks on physical pain pathways in the brain. MRI studies show that the same areas of the brain become activated when we experience rejection as when we experience physical pain. This is why rejection hurts so much (neurologically speaking). In fact our brains respond so similarly to rejection and physical pain that...”¹

Rejection often contributes to conditions of stress, anxiety and depression or leads to the lack of development in relationships. Rejection can cause so many emotional wounds, that if not released to the Lord, will grow and fester into bigger spiritual wounds with painful repercussions. The wounds from rejection can open a person up to spirits such as abandonment, despair, worthlessness, etc.

You were created to be loved, accepted, and appreciated. You will not be able to combat rejection until you get it down into your heart/spirit that you are loved, accepted, and care about by God. Rejection cannot take root if we walk in the truth that God calls us “fearfully, wonderfully made.”

“For it is when the Lord thinks well of us that we are really approved...” (2 Corinthians 10:18).

Jesus understands the pain of your rejection in the most real way He took that burden on for you. He was rejected by family members (Matthew 13:57), from his community (John 13:21), from people who claimed to love him and the ultimate rejection when He bore our sin on the cross (Luke 2:44).

Today is a reminder that nothing can separate you from the Father's love (Romans 8:38-39). If you are battling rejection, the Lord can and will help you. You need to release the pain and hurt to Him. Ask Him to speak to your heart. Allow Him to do a work in you to remove the pain that rejections leaves in it's wake.

¹ Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts (Plume, 2014).

Heavenly Father,

Father, I thank You for Your great mercy and love poured out for me through the work of Christ. I ask, in Jesus name to help me. I give you rights to open every closed chamber of my heart associated with rejection. Even the places I am unaware of. I ask You to expose those areas to the light of Your Spirit. I confess that I have allowed my mind to be entangled with aftermath of rejection and its standard instead of the standard of Your Word. You make all things new through the power of Holy Spirit, renew my mind to the truths of Your word. Strengthen my faith, Father, for Your Word says that if I do not stand firm in my faith I will not stand at all. O God, help me to stand. I choose now to cast all of my thoughts or feelings or rejection onto You and ask that Your peace be poured out on me in Jesus Name...(pause and allow the Holy Spirit to speak to you).

Here are some additional articles that are really good!!!!!!

If you need further prayer, don't hesitate to contact me!

Rev. Dr. Gina Cobb

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(1) <https://www.hopefortheheart.org/pdfs/OLQR-pr-Rejection.pdf>

(2) <http://www.crosswalk.com/faith/spiritual-life/how-to-transform-rejection-into-opportunity.html>

(3) http://www.joycemeyer.org/articles/ea.aspx?article=do_you_feel_rejected