



WEEK 7: WEARING GOD'S ARMOR

FREEDOM FROM REJECTION

This worksheet will help you become aware of how different past/present experiences of rejection might keep you in bondage. Set aside the time to read through it and check the boxes that apply to you. Make sure to do this thoroughly and honestly as this will help you to reflect for yourself and connect with strongholds mentioned in previous weeks. Finally, repent of your sin and shame and declare the truths of God over your life! Follow-through with next steps and seek accountability from your LIFE Group and LCGs.

Romans 5:4b-5 (NLT) Our confident expectation of salvation will not disappoint us. For we know how dearly God loves us, because He has given us the Holy Spirit to fill our hearts with His love.

We belong to a society that values winning, chooses favorites and rejects seconds. We learn, nearly from birth, that the most popular, the most attractive, and the most talented are "in". Those who do not fit that description (most of us) are "out". And so, even before a specific action or attitude presents itself, the stage has been set for each of us to live life battling rejection.

Rejection affects our entire personality. It not only tears down an individual, but it infiltrates all relationships: marriage, family, ministry, work and friends. We yearn for love and acceptance, but instead receive rejection. We need to learn our own significance and that if we are in Christ, we do not need to be held captive to the way the world thinks. We are not of this world.

We have not been rejected; we have been ACCEPTED (Romans 15:7). There is NOTHING that can separate us from the love of our Father (Romans 8:38-39). We must not agree with the lies of the world and instead face those lies with the sword of the Spirit - the Word of God.

ROOTS OF REJECTION

- Absence of fathers or mothers / Parents' disinterest in a child's activities / Lack of bonding with parents
- Parent's divorce / Divorce / Breaking off of an engagement
- Not being wanted as a child; favoritism; blamed for your parent's problems
- Adoption
- Competition with brothers and sisters
- Various forms of abuse (physical, emotional, sexual)
- Shame of a family member; because someone in your family did something it brought rejection from others. (e.g., alcoholic parents or siblings)
- Constant fighting or strife
- Unjust discipline
- Various means and degrees of neglect/abandonment
- Having or contributing toward an abortion
- Being mistreated/discriminated by another person
- Living with a physical defect or handicap
- Discontent with one's appearance
- Sense of failure or inadequacy; lack of confidence in abilities
- Infidelity of a spouse
- Loss of valued employment
- Betrayal by a close friend
- Unexpected, premature death of a loved one
- Spiritual abuse, hurt, or betrayal in a church

FRUITS OF REJECTION (EMOTIONAL RESPONSES)

Check all the boxes that apply to you:

1. Nervousness

- I talk over others; interrupting. I fear not being heard or understood
- I experience nervous physical activity, including inability to rest without activity
- I am impatient with my personal growth and the growth of others
- I live in constant fear that others will reject me if this sin is discovered

2. Pursuing Comfort

- Lust
- I live for "the weekend" or for sport
- Procrastination
- I delay taking responsibility. I delay discipline

3. Social Awkwardness

- I am fearful and nervous in social situations
- I gravitate toward those who are shy or inadequate
- I communicate with others in guarded and general terms
- I leave times with others wishing I had spoken or behaved differently

4. Critical attitude toward others

- I do not fully trust others
- I hold others and their motivation suspect
- I am immediately skeptical of new people; they must prove themselves
- I focus on others' weaknesses
- I have a "wait and see" attitude about others' ability to change

5. Inability to accept self

- I am constantly preoccupied and discouraged over my appearance
- I am discouraged over my personal weaknesses
- I am unable to fully appreciate what God has created me to be and do
- I either downplay or boast in my abilities
- I am unable to truly acknowledge or celebrate others' victories
- I am jealous, and I envy the desirable qualities of others
- I am extremely hard on myself
- I become angry at the thought of past rejection, then blame myself

6. What is wrong with me?

- I feel there is something innately wrong with me
- I hate myself because of past rejection
- I must be what people say because I keep getting rejected

7. Isolation

- I am not a "people person"
- I feel like I would be better off alone
- I have a strong desire to get time alone
- Interaction with others is stressful for me

8. Loneliness

- I experience sorrow and depression over being alone
- I believe that no one will ever accept me for who I am
- I fear that I will never have meaningful long-term relationships

RECOGNIZING REJECTION

Check all the boxes that apply to you:

- I usually interpret things that could be either positive or negative as negative
- I receive what others say to me through a lens of rejection
- I am assaulted with paralyzing thoughts such as, "I can't do that!" "How would that appear to ___?" "What would ____ think?"
- I second-guess what I have said or done and I have negative thoughts about what others must think about me as a result
- I find it difficult to freely reach out and exercise my spiritual gifts
- I often try to do too much or go from activity to activity, job to job, or ministry to ministry, striving to earn favor and acceptance from God and/or others
- I find it difficult to accept praise and encouragement freely from others or to demonstrate love and affection
- I do not believe people when they pay me a compliment
- I have a tendency to doubt, to question, or to mistrust authority
- I am inhibited in honestly sharing my deepest feelings/appear weak with others, even with those who are close to me
- People could describe me as harsh
- I struggle to control foul language and abusive speech, especially when I am angry
- I find comfort in isolation; others might consider me a "loner"
- I do not share my testimony or the Gospel, with the unsaved

9. Temporal Values

- I often say, "If I only had ___ then I would be ___"
- I focus on material possessions for satisfaction
- I search for satisfaction through others' approval
- I am concerned with position, or place in life
- I feel if I tried harder, then people would accept me
- I believe that if life was "perfect" then the sting of rejection would leave

10. Self-Pity

- I believe that I am not loved by anyone, even God
- Everyone is disappointed with me, even God
- I feel that I just can't get it together

11. Defensiveness

- If others don't like me that's their problem
- I blame others for my state of mind
- I see correction as an attack, and react harshly

12. Numbness and Resignation

- I react with apathy toward physical or verbal abuse
- I feel like I can never do anything right, so why try?
- I feel like I have crossed the line; so what does it matter anymore?
- I am unable or refuse to have emotion
- I give up on areas of personal holiness (drugs, drinking, sexual relationships)

- When confronted about something, my immediate reaction is defensive or even defiant
- I am afraid that I, or my loved ones, have not been chosen by God for salvation
- I need to control my family in order for them to be safe, to succeed, and so they will love and appreciate me
- I am afraid that if I am vulnerable with my husband/wife, I will appear weak and he/she can take advantage of me
- I have a low estimation of my own appearance, my abilities, and my adequacy to succeed in life and ministry
- I am often fearful and anxious about things, such as how people regard me or my children, how my efforts (or another's) will turn out, and how I will be provided for and protected, etc
- I need to be needed, so I continually place myself in situations where I feel others cannot get along without my help, my presence, my abilities, my ministry, etc.
- I tend to be skeptical and unbelieving
- I am both critical and envious at the same time toward others who are more confident, who are able to express themselves freely, or who have more friendships and opportunities than I think I do
- I am possessive in relationships
- I am prone to depression
- I am competitive and ambitious. I think that if people will not love me at least they will admire me

FALSE REJECTION

The rejection issues noted prior have their roots in reality; the offenses that created the sense of rejection really did happen.

However, sometimes we struggle with two forms of rejection that are not based in reality, which are *perceived* rejection and *feared* rejection. These are pure lies from Satan that convince a person that rejection is present, or pending, when it is not. This can paralyze us in life, strip us of joy, and compel us to always be on guard against what others may be thinking about us.

To walk out of rejection you must constantly ABIDE in Christ and immerse yourself in the truth and put on the armor of God!

Pray through the ABIDE Prayer

Lord Jesus, I ADMIT that I struggle with:

- My past experience of being rejected:
- My tendency to reject myself/reject others because of my own insecurity:
- My unbelief of who You say You are/who You say I am:

God, I BELIEVE in your Word and your truths:

1 Peter 2:9 *"But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light."*

2 Timothy 1:7 *"For God gave us a spirit not of fear but of power and love and self-control."*

Any other verses that come to your mind:

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Now, I INTERCEDE for my own heart, I choose to believe your truths and declare Jesus has accepted me and died on the cross for me. I trust that Your healing power and Your truth is what I can hold on to at times I am struggling with rejection. I want to receive Your love, be rooted in You and declare that I have been set free!

I know I am not perfect, but **I DECIDE and recommit to the following:**

- I will treat other people according to the truth of God's word, not on the basis of my own fears, hurts, and insecurities: I will forgive, I will extend blessing, and I will freely love and accept others
- I will offer encouragement, blessing, and affection to others
- I will express my thoughts and feelings to others honestly, without fear of rejection
- I will no longer resort to rebellion to express my anger over feeling rejected
- I will no longer try to "do" for others so they will love and accept me. I will minister with my spiritual gifts according to the direction and power of the Holy Spirit
- I will not fear weakness and vulnerability with my spouse. I will trust God to support me
- I will not be critical of those who I feel have rejected me, or those who I regard as walking in greater freedom, acceptance, or confidence than me
- I will form attitudes, initiate actions, and speak words that will comfort and encourage others
- I will not seek comfort in self-pity or isolation
- I will be myself, enjoying and becoming more comfortable with how God made me
- I will share my faith in Jesus Christ whenever and with whomever, the Holy Spirit gives opportunity

Lastly, I want to EXPRESS THANKS for revealing these strongholds to me, and yet continuing to heal and transform me. I also want to thank You in advance by faith for the ways you will protect me and give me victory over my strongholds in any future scenarios where I feel rejected. I know I have all I need to fight and find freedom in Jesus Christ. Amen!

OTHER PERSONAL REFLECTION: