

REJECTION

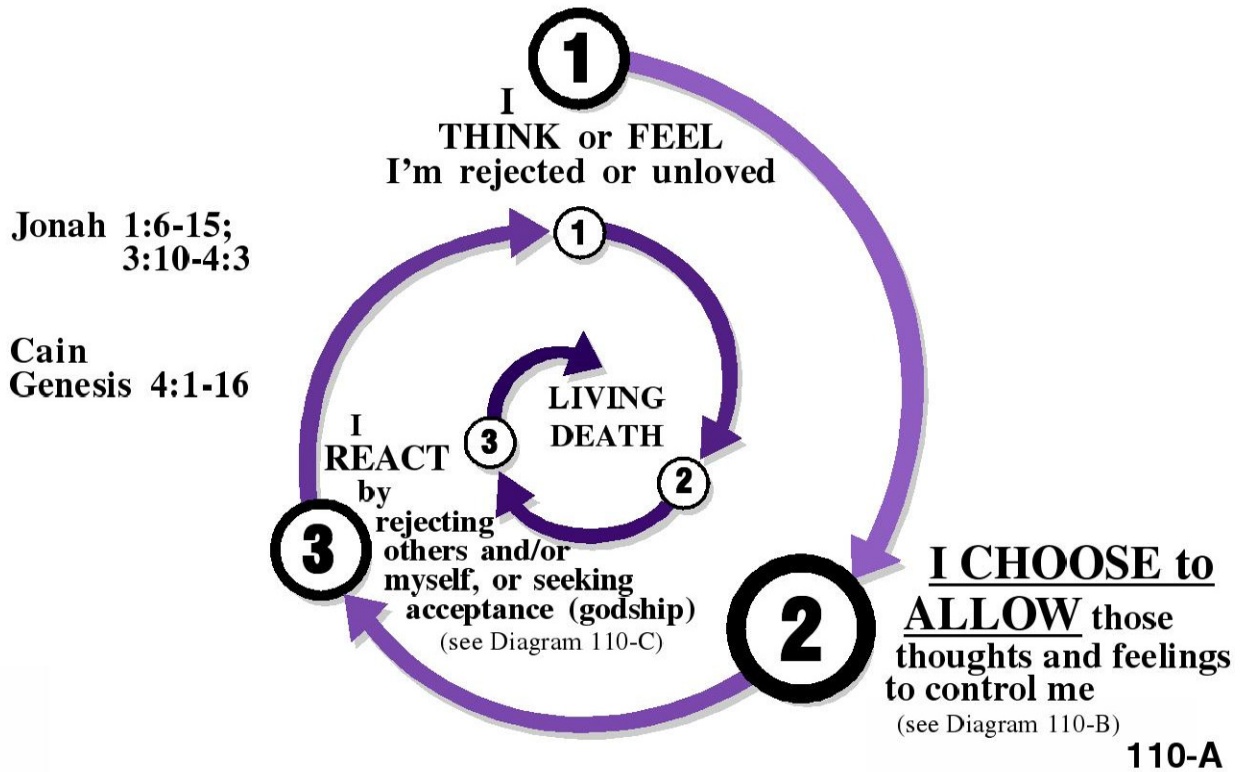
*There is therefore now
no condemnation for those
who are in Christ Jesus.*

Romans 8:1

Rejection is one of the most common reactions when another person does something that doesn't please you or you do something that doesn't please some other person. If your parents didn't reject you, your peers, or the public probably did. You may have even rejected yourself.

Those who feel rejection tend to reject the "rejecter" setting up a cycle of hurt and retaliation. This lesson shows the trauma of rejection in a person's life, its transferal from the rejected person to others, even God, and how the rejection cycle can be broken. We believe that rejection is a consequence of man playing god in his own life or the lives of others—what we call godship.

THE REJECTION CYCLE



NOTES

FEELING REJECTED . . .

John 12:25a

- 1. I AM FILLED WITH SELF-PITY.
- 2. I FEEL THAT LIFE "ISN'T WORTH IT."
- 3. I AM SELF-OCCUPIED.
- 4. I AM UNABLE TO EXPRESS MY FEELINGS.
- 5. I AM EASILY DEPRESSED.
- 6. I INSULATE MYSELF EMOTIONALLY.
- 7. I AM FOCUSED ON MY FEELINGS.
- 8. I AM CONTINUALLY EXAMINING MYSELF.
- 9. I AM PERFECTIONISTIC.
- 10. I AM LACKING IN SELF-DISCIPLINE.
- 11. I AM IRRESPONSIBLE.
- 12. I AM FILLED WITH WORRIES, DOUBTS, & FEARS.
- 13. I AM SELF-CONDEMNING.
- 14. I FEEL GUILTY.
- 15. I TRY TOO HARD TO PLEASE.
- 16. I ANSWER ONLY WHAT I THINK OTHERS WANT TO HEAR.
- 17. I FEEL EVERY CONVERSATION RELATES TO ME AND TAKE IT PERSONALLY.
- 18. I CLING LIKE A LEECH TO ANYONE WHO FINALLY ACCEPTS ME.

110-B

NOTES

REACTING TOWARD OTHERS . . .

**Romans 12:17
1 Thessalonians 5:15
1 Peter 3:9**

- 1. I AM RESENTFUL.
- 2. I AM BITTER.
- 3. I REBEL AGAINST AUTHORITY.
- 4. I HAVE CONFLICTING FEELINGS OF LOVE AND HATE.
- 5. I AM DISTRUSTFUL.
- 6. I AM UNABLE TO ACCEPT OR EXPRESS LOVE.
- 7. I HAVE DIFFICULTY TOLERATING OTHERS.
- 8. I SPEND LITTLE TIME WITH THEM.
- 9. I VENT HOSTILITY IN PUNITIVE WAYS.
- 10. I MAKE OPEN STATEMENTS OF REJECTION.
- 11. I GIVE VERBAL ACCEPTANCE WITH EMOTIONAL REJECTION.
- 12. I MAKE TOO MANY DECISIONS FOR THEM.
- 13. I GIVE TOO LITTLE GUIDANCE.
- 14. I MAY ABUSE THEM PHYSICALLY.
- 15. I REFUSE TO COMMUNICATE.
- 16. I GIVE MORE IMPORTANCE TO OTHER PEOPLE OR THINGS.
- 17. I INTENSELY REJECT ANYONE WHO REMINDS ME OF SOMEONE WHO HAS REJECTED ME.

SUMMARY: *"You reject me; I'll reject you!"*

110-C

REACTING TOWARD GOD . . .

- 1. I RESIST GOD'S AUTHORITY.
- 2. I AM UNABLE TO TRUST GOD.
- 3. I VIEW GOD AS A TYRANT.
- 4. I AM ANGRY AT GOD.
- 5. I REJECT GOD.
- 6. I HAVE LITTLE REAL FELLOWSHIP OR COMMUNION WITH GOD.
- 7. I AM UNABLE TO RECEIVE GOD'S LOVE.

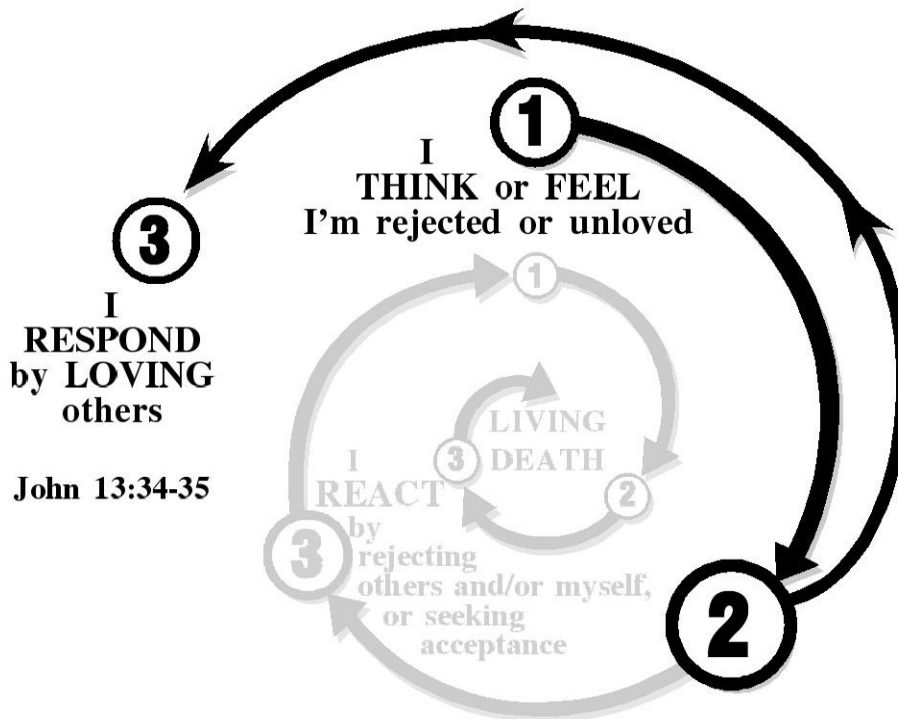
Job 40:1, 4-8
Romans 9:20-21

110-D

NOTES

STOPPING the REJECTION CYCLE

2 Cor. 5:17



2A) **I CHOOSE to ALLOW** those thoughts and feelings to control me

2B) **OR I CHOOSE to BELIEVE**

I AM: *Blessed
Chosen
Holy
Blameless
Loved
Adopted
Accepted
Redeemed
Forgiven*

Eph. 1:3-8 110-E

NOTES

REVIEW

- Rejection happens to everyone.
- A rejection cycle begins when we allow thoughts and feelings of rejection to control us.
- The person who believes he or she is rejectable and unlovable makes a number of decisions that reinforce his or her view of being rejectable. These decisions create a lifestyle consistent with that point of view, bringing more rejection upon the person.
- People who live in a rejection cycle react by becoming self-centered. They also react by rejecting others, even God.
- Choosing to believe who I am in Christ will stop the rejection cycle.



NOTES