

# Rejection

## STUDY GUIDE

**PURPOSE** for Diagram **110-A**:

*To show the three steps of the rejection cycle and how they are repeated.*

1. Study Genesis 4:1-16.
- ? 2. When was a time you were rejected? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- ? 3. Who overtly rejected you? \_\_\_\_\_ Who covertly rejected you? \_\_\_\_\_ How? \_\_\_\_\_  
\_\_\_\_\_
- ? 4. How did you feel? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- ? 5. What did you think? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- ? 6. How did you choose to allow those thoughts and feelings to control you?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- ? 7. What did you do: reject others, reject yourself, seek acceptance from others? Circle those that apply.
- ? 8. Do you see your reaction was godship? Yes No

*So Cain became very angry and his countenance fell. Gen. 4:5b*

*I own my feelings.  
My feelings don't own me!*

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**PURPOSE** for Diagram **110-B**:

*To illustrate how a rejected person's thoughts and feelings control the person.  
(See step two of the rejection Diagram 110-A.)*

- ✓ 1. Look down the list and check the numbers that apply to you.
- ? 2. Are you being controlled by your thoughts or feelings of rejection?  
\_\_\_\_\_  
\_\_\_\_\_
- 📖 3. Study John 12:25. If you love your life, are you more or less likely to experience rejection? How? \_\_\_\_\_  
\_\_\_\_\_
- ? 4. Who or what is responsible for you feeling this way?
  - a. others
  - b. myself
  - c. circumstances

**You can't blame others for your thoughts and feelings.**
- ? 5. If you are controlled by those thoughts and feelings, is it because you love your life? Yes No

*He who loves his life  
loses it . . . . John 12:25*

*Loving myself is destructive!*

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PURPOSE for Diagram 110-C:

*To show the reactions (step three of the rejection cycle) toward others when a person is being controlled by thoughts and feelings of rejection.*

- ✓ 1. Go through this list asking, “Am I resentful? Am I bitter? Do I rebel against authority?” Check those that apply.

*See to it . . . that no root of bitterness springing up . . . defiles; Heb. 12:15*

- ? 2. Who are you currently rejecting or who feels rejected by you? \_\_\_\_\_  
\_\_\_\_\_

- ? 3. Has that person rejected you? \_\_\_\_\_  
\_\_\_\_\_

- ? 4. How have your reactions brought about more rejection? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- 📖 5. Study Matthew 5:11-12, 39-42.

- ? 6. What is to be our attitude toward someone who rejects us? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This is impossible apart from Christ!!  
2 Corinthians 3:5

*Reacting by rejecting is revenge.  
“You hurt me, I’ll hurt you!”*

# Rejection

## STUDY GUIDE

PURPOSE for Diagram 110-D:

*To show how a person's reaction to rejection affects the person's relationship with God.*

✓ 1. Check any of the statements that apply to you.

? 2. Why have you rejected God? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*You shall not  
curse God . . . .  
Ex. 22:28*

? 3. Do you see how being “stuck” in the rejection cycle affects your walk with God? Explain. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

📖 4. Study 1 John 4:20-21.

? 5. How has your relationship with God been affected by your negative feelings toward another person who has rejected you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

📖 6. Study Isaiah 65:2.

? 7. What is preventing you from receiving God's love? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

? 8. Would you like to admit to God the statements you checked and receive both His forgiveness and His love? \_\_\_\_\_  
\_\_\_\_\_











*Being angry at God is judging God!*

# Rejection

## STUDY GUIDE

PURPOSE for Diagram 110-E:

*To explain how to break the rejection cycle by choosing to believe our true identity in Christ.*

-  1. When you last experienced rejection, which choice did you make—2A or 2B? \_\_\_\_\_
-  2. Study Ephesians 1:3-8.
-  3. Do you believe all these statements are really true about you, even if you don't feel all these things? \_\_\_\_\_  
\_\_\_\_\_
-  4. Study 2 Corinthians. 5:17.
-  5. How does God see you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
-  6. What speaks louder to you, the voice of your rejecter or what God says? \_\_\_\_\_
-  7. Study Acts 7:54-60. Stephen was being rejected—unto death.
-  8. Where was Stephen's focus (verses 55-56)? \_\_\_\_\_
-  9. When you choose to allow rejection to control you, where is your focus? \_\_\_\_\_ Where should you focus be? \_\_\_\_\_
-  10. Can you pray and ask God to fill your heart with love for your rejecter? Will you do that now? \_\_\_\_\_  
\_\_\_\_\_

*Bless those who  
curse you . . . .*  
Luke 6:28

*Choose truth!*