

What Is Rejection?

- Rejection is the act of refusing to accept or consider a person or thing that is not wanted or not approved. (Matthew 21:42)
- To be rejected is to be cast aside, cast off, cast away—to be thrown away as having no value. (Mark 7:9)
- To reject someone means to despise, refuse, shun, turn away from. (Luke 6:22–23)

What Is Acceptance?

- To accept someone means to approve or to receive that one favorably or willingly. We should receive and value others because of their God-given worth. (Romans 15:7)

3 Levels of Acceptance

1. Zero Acceptance

“No matter what I do, I’ll never be accepted.”

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you” (Ephesians 4:31–32).

2. Performance-based Acceptance

“I feel accepted only when I perform perfectly.”

“Judgment without mercy will be shown to anyone who has not been merciful. Mercy triumphs over judgment” (James 2:13).

3. Unconditional Acceptance

“No matter what I do, even when I fail, I always feel accepted.”

“Show mercy and compassion to one another” (Zechariah 7:9).

The Fear of Rejection Test

- Do you avoid certain people out of fear that they will reject you?
- Do you become anxious when you think someone might not accept you?
- Do you feel awkward around others who are different from you?
- Do you feel disturbed when someone is not friendly toward you?
- Do you work hard at trying to determine what people think of you?
- Do you become depressed when others are critical of you?
- Do you consider yourself basically shy and unsociable around others?
- Do you try to see the negative in others?
- Do you find yourself trying to impress others?
- Do you look for clues as to how others are responding to you in order to avoid the pain of rejection?
- Do you say *yes* when you should say *no* to others?
- Do you expect others to respond to situations and conversations in the same way you would?
- Do you hear people saying that you are a “codependent person”?
- Do you experience hypersensitivity to the opinions of others but insensitivity to your own emotions?
- Do you struggle with anger and resentment toward others?
- Do you seem to be easily manipulated by others?

“Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.”
(Galatians 1:10)

You Are Accepted Even When Rejected

Admit the rejection of the past and acknowledge its pain.
(Lamentations 3:19–23)

Claim God’s acceptance and unconditional love. (Isaiah 54:10)

Choose to forgive those who rejected you. (Colossians 3:13)

Expect future rejection as natural in a fallen world.
(1 Peter 4:12–14)

Plant Scripture in your mind to produce new thought patterns.
(Romans 12:2)

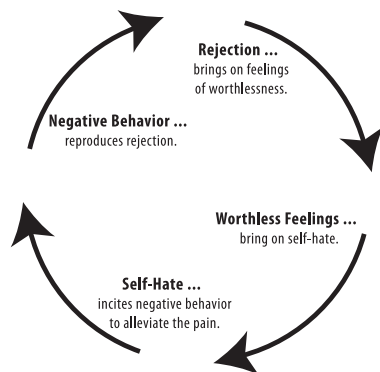
Thank God for what you’ve learned through your rejection.
(Psalm 119:71)

Encourage others as an expression of Christ’s love.
(Hebrews 3:13)

Draw on the power of Christ’s life within you. (Philippians 4:13)

*“I will turn the darkness into light before them
and make the rough places smooth.
These are the things I will do;
I will not forsake them.”*
(Isaiah 42:16)

Rejection Breeds Rejection



How Can You Break the Rejection Cycle?

Rejection

- “Just because someone rejects me doesn’t mean that everyone rejects me. Jesus loves me no matter what others choose to do.” (John 15:9)
- “Just because someone withholds love from me doesn’t mean everyone will withhold love from me. God will always listen to me and will never withhold His love from me.” (Psalm 66:20)

Worthlessness

- “Just because someone may think that I am worthless doesn’t mean everyone thinks I’m worthless. God has already established my worth, and because of Him I will always have worth.” (Luke 12:6–7)
- “Just because someone doesn’t value me doesn’t mean that no one values me. God values me enough to send Jesus to die for me so that I can spend eternity with Him!” (John 3:16)

Self-Hate

- “Just because someone has rejected me doesn’t mean I should hate myself. God has always loved me, and I can rely on His love.” (1 John 4:16)
- “Just because someone has rejected me doesn’t mean I should condemn myself. God will never condemn me, because I am in Christ’s family.” (Romans 8:1)

Negative Behavior

- “Just because someone has rejected me doesn’t mean I should act destructively by behaving in a way that sets me up for more rejection. Since I will pay for my bad choices and be rewarded for my good choices, I am going to make good choices.” (Galatians 6:7–8)
- “Just because someone has rejected me doesn’t give me license to do what is wrong. God has given me the power to do what is right. Sin will not be my master!” (Genesis 4:7)

Key Verse to Memorize

*“The LORD himself goes before you and will be with you;
he will never leave you nor forsake you.
Do not be afraid; do not be discouraged.”*
(Deuteronomy 31:8)

Key Passage to Read

Romans 8:28–39

Do You Feel Rejected by God?

If you are thoroughly persuaded that God has rejected you, then you don’t know the God of the Bible and His special plan for you.

- **Know** God’s character:
 - God is love. (1 John 4:8)
 - God loves you. (Jeremiah 31:3)
- **Know** God’s heart:
 - God wants to adopt you into His family. (1 John 3:1)
 - God wants to be your guide through life. (Proverbs 3:5–6)

- **Know** God’s plan:
 - God offers salvation to all. (John 3:17)
 - God wants everyone to be saved, including you. (2 Peter 3:9)
- **Know** God’s purposes:
 - God uses rejection to produce hope and Christlikeness. (Romans 5:3–5)
 - God gives you compassion and comfort, which, in turn, you can give to others. (2 Corinthians 1:3–5)

“For I know the plans I have for you ... plans to prosper you and not to harm you, plans to give you hope and a future.”
(Jeremiah 29:11)

Questions and Answers

“Can an authentic Christian be rejected by God?”

No. Based on various verses in the Bible, an authentic Christian who has truly trusted in Christ will still sin but will never be rejected by God. If you find yourself fearful of being forsaken by God, claim the following truth from God’s unchanging Word:

“For the LORD will not reject his people; he will never forsake his inheritance.”
(Psalm 94:14)

“My father died six years ago, but I’m still having trouble dealing with the anger I’ve had toward him. He was partial to my brother, but treated my sister, my mother, and me like second-class citizens. I tried to please him with my achievements, but we never communicated and he never recognized my accomplishments. How can I stop being so controlled by my anger?”

Anger has four sources: hurt, fear, frustration, and injustice. The anger you describe comes from at least three of the four. The rejection you experienced is very hurtful. Seeking to please him and never achieving recognition is extremely frustrating, and being treated in a negative way simply because you are a female is most unjust. The truth is that his treatment of you had nothing to do with you, but everything to do with him. He was the one in the wrong. His inadequacies let you down. Recognize this truth and turn loose of your expectations regarding him. Admit that your father was unable to be loving and accept him simply for being your father. Choose to forgive and release him to God so that your anger does not produce bitterness in your own heart.

“See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.”
(Hebrews 12:15)

HOPE FOR THE HEART’s *Biblical Counseling Library* contains our *Biblical Counseling Keys*, providing *God’s Truth for Today’s Problems* on 100+ topics.

The *Quick Reference Guides* contain excerpts from our *Biblical Counseling Keys* and offer immediate, concise answers with *biblical hope and practical help*. For more comprehensive help and additional resources, refer to our *Biblical Counseling Keys on Rejection & Abandonment*.

If you would like more information, biblical counsel, or prayer support, contact:
1-800-488-HOPE (4673)
www.HopeForTheHeart.org

The information in this resource is intended as guidelines for healthy living. Please consult qualified medical, legal, pastoral, and psychological professionals regarding individual concerns.

THE HOLY BIBLE, NEW INTERNATIONAL VERSION®, NIV®
Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™
Used by permission. All rights reserved worldwide.

Related Topics ...

- Abuse Recovery
- Codependency
- Conflict Resolution
- Divorce
- Forgiveness
- Reconciliation
- Self-Worth



*Together ... Changing Minds.
Changing Hearts. Changing Lives.*

P.O. Box 7, Dallas, TX 75221