

Living in Freedom: Fear of Rejection

Week 7

Overview: One of the biggest causes and underlying root of dysfunction in our lives can be traced back to a root of rejection. Every woman deals with some sort of fear of rejection, which is not always identified. The fear of rejection comes in many forms and it usually stems from something in our childhood, which can then get worse in our adulthood. We will be identifying the root of rejection in our life in order to allow God to remove it from us and allow Him to show us that we have been accepted and loved by Him before we were ever born.

Week 9 Source: Book by Doris Wagner

Bad Root , Bad Fruit

- If you are troubled by aggressive reactions, symptoms of self rejections or self centered problems, these are usually traced back to rejection in one form or another.
- Rejection is feeling a lack of worth or value
- Root of rejection will affect your perception.
- Rejection comes through an open door.

**** Open Doors:**

- 1) Manner of timing of conception: Out of wedlock, inconvenient time.
- 2) In a mother's womb: Messages of rejection in the womb, unless genuine love is replaced.
- 3) Lack of physical bonding with mom: Baby is bonding with mom. Children in orphanages unable to ever be touched usually end up incapable of bonding with others. That usually leads to unpredictable behavior. Fear of abandonment is usually always an issue
- 4) Being an adopted child: The adopted child feels rejection, because the question that has bothered them, Why didn't my parents want me?
- 5) Hereditary rejection: Rejected people will usually reject those around them, especially members of their own family.
- 6) Factors in the family home: Examples: absence of a parent, competition with siblings; verbal, sexual, or emotional abuse; constant criticism, control, alcoholism, shame of a family member, constant fighting, disinterest in childhood activities, incest, and unjust discipline, being left alone because of parents' work or social activity.
- 7) Problems caused by teachers or schoolmates: Being accused of something they did not do, bullying or another traumatizing event with children or teachers.
- 8) Self rejections caused by one's own attitude: Guilt and shame are examples of self rejection. This is a common scar caused by having an abortion and being unable to forgive oneself. Being discontent with one's own looks, gender or some physical defect could be other examples.
- 9) Painful factors later in life: Probably the most devastating causes our divorce , death of a spouse or unfaithfulness by a spouse. Other causes could be broken family, the loss of happy employment, the betrayal by a friend, broken family relationships, becoming handicapped by a

traumatic event, marital incompatibility, being unable to resolve emotional problems such as depression or anxiety.

Types of rejection

- **Fear of rejection:** "They said I wasn't any good; I will show them!"
(Striving for acceptance.)
- **Perceived rejection:** They think people are rejecting them even when they aren't.
(They automatically assume they are rejected in situations.)
- **Self rejection:** "They said they didn't want me and they are right, I am not worth anything at all."
- **Inherited rejection:** Description above.

Bad Fruit (Behaviors/Symptoms) of Rejection

Aggressive behaviors

Refusing comfort, rejecting others, harshness, hardness, skepticism, unbelief, aggressive attitude, bad language, argumentative, stubbornness, rebellion, fighting.

Self- rejection symptoms

Low self-esteem, inferiority, insecurity, inadequacy, sadness, grief, sorrow, self-condemnation, inability to communicate, fear of failure, fear of others' opinions, anxiety, worry, depression, negativity, pessimism, hopelessness, despair.

Measure to counter fear of rejection

Striving, achievement, performance, competition, withdrawal, aloneness, independence, isolation, self-protectiveness, self-centeredness, selfishness, self-justification, self-righteousness, self-idolatry, criticism, judgment, envy, jealousy, covetousness, self-pity, pride, egotism, haughtiness, arrogance, manipulation, possessiveness, emotionally immaturity.

The Life of Joseph

“When God spoke from Mount Sinai his voice shook the earth, but now he makes another promise: “Once again I will shake not only the earth but the heavens also. This means that all of creation will be shaken and removed, so that only unshakable things will remain.”

Hebrews 12:26-27(NIT)

“So be truly glad.[b] There is wonderful joy ahead, even though you must endure many trials for a little while. These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold—though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world.”

1 Peter 1:6-7(NLT)

“For You did form my inward parts; You did knit me together in my mother's womb. I will confess and praise You for You are fearful and wonderful and for the awful wonder of my birth! Wonderful are Your works, and that my inner self knows right well. My frame was not hidden from You when I was being formed in secret [and] intricately and curiously wrought [as if embroidered with various colors] in the depths of the earth [a region of darkness and mystery]. Your eyes saw my unformed substance, and in Your book all the days [of my life] were written before ever they took shape, when as yet there was none of them. How precious and weighty also are Your thoughts to me, O God! How vast is the sum of them! If I could count them, they would be more in number than the sand. When I awoke, [could I count to the end] I would still be with You.”

Psalms 139 :13-18 (AMP)

Self Reflection/Small Groups

Self reflection:

Identify and list all the events in your life that could have been an open door for fear of rejection to come in. **See page 29 for “Open Doors”.

1)

2)

3)

4)

5)

6)

7)

8)

9)

Circle all the apply:

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Pray and speak out loud in personal prayer or in study small group:

Identify the open doors/events and behaviors from the previous pages to complete this portion.

1) Father, please shut any open doors where rejection may have entered my life. Especially the door of (the event/open door) .

2) I confess any behaviors that may have stemmed from a root of rejection. Especially behaviors or feeling of (identify behaviors from the list. Speak each one out loud as a confession of repentance)

3) Identify any words spoken over you in these events. Speakout what was said

“Father, I expose these behaviors before You today and ask You to remove them far from me. Thank you for giving me the strength to overcome this area in my life. Thank you for the voice of the Holy Spirit, and I pray that I listen to His voice when these behaviors come up in me. Thank you for leading me and guiding me.”