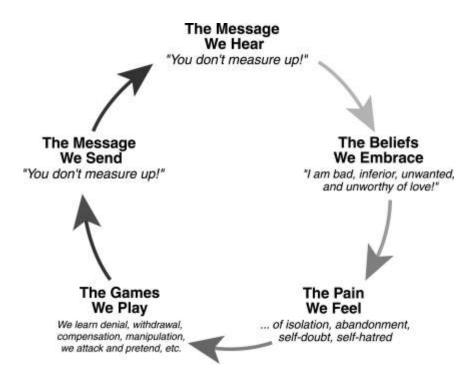
Introduction: "The Rejection Syndrome"



Definitions of rejection:

• To throw out as worthless, useless, or sub-standard; to pass over or skip; to rebuff...especially to deny acceptance, care, or to love someone.

Webster's Dictionary

• "The absence of meaningful love."

from *The Rejection Syndrome* by Charles R. Soloman

Understanding rejection: Two types

- Overt willful, known abuse either verbal, emotional, or physical
- <u>**Covert</u>** unintentional rejection that is emotionally perceived but not intellectually comprehended.</u>

Some examples:

- Physical isolation incubation or medical cause
- Absent parent war, divorce, or death.
- Overprotection
- Spoiling
- Smothering
- Performance-based love "I love if..." or "I love you because..."

Understanding the impact of rejection:

- <u>The behavioral impact</u> When we have been rejected, we will find ourselves rejecting others in the same way.
- The emotional impact -
 - Feelings of worthlessness
 - Wishing I hadn't been born
 - Feelings of inferiority
 - Fear of expressing feelings
 - Depression
 - Emotional insulation
 - Overly introspective
 - Perfectionist
 - Worries, doubts, fears
 - Self-condemnation
 - Self-hatred
 - Guilt
 - Inability to express love

God's solutions for our rejection: Ephesians 1:7-14				
No matter how rejected you have been				
1.	Lie:	I don't measure up because of my past.		
	Truth:	Jesus will put your past		you.
	⁷ In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace, ^{8a} which He lavished on us.			
	• New I	Message – You are	_!	Ephesians 1:7-8a
2.	Lie: I don't measure up because I don't have anything to offer.			
	Truth: Jesus has a for your life today!			
	^{8b} In all wisdom and insight ⁹ <i>He made known to us the mystery of His will,</i> according to His kind intention which He purposed in Him ¹⁰ with a view to an administration suitable to the fullness of the times, that is, the summing up of all things in Christ, things in the heavens and things on the earth.			
	- Nowl	Nessage – You are		Ephesians 1:8b-10
		wessage – rou are	_:	
3.	Lie: What's the use? I was a loser then; I will be a loser now.			
	Truth:	Jesus promises you a	fı	uture!
	In Him ¹¹ also we have obtained an inheritance, having been predestined according to His purpose who works all things after the counsel of His will, ¹² to the end that we who were the first to hope in Christ would be to the praise of His glory.			
	• New I	Nessage – You are	_!	Ephesians 1:11-12

Ephesians 1:13-14

4. Lie: I don't want to get hurt again. It's not worth it.

Truth: Jesus will never ever _____ you!

¹³ In Him, you also, after listening to the message of truth, the gospel of your salvation--having also believed, **you were sealed in Him with the Holy Spirit of promise**, ¹⁴ who **is given as a pledge** of our inheritance, with a view to the redemption of God's own possession, to the praise of His glory.

New Message – You are _____!

Conclusion: "The answer to our problem is a person."

Discussion Questions:

- 1. When and how have you experienced rejection in your life?
- 2. What behavioral and emotional impact has this had on you and your relationships?
- 3. What aspect of "God's Solutions for Our Rejection" helped you the most? Why?
- 4. What <u>specific steps</u> of faith / obedience would help you experience Christ's unconditional love and acceptance?
 - Study this passage
 - Talk with God about your struggles
 - Share deeply in community with other believers

Resource: <u>Tired Of Trying To Measure Up</u> by Jeffrey VanVonderan