

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
- **Covert** - unintentional rejection that is emotionally perceived but not intellectually comprehended.

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:

- **The behavioral impact** - 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.

⁷In 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.

Ephesians 1:7-8a

- **New Message – You are _____!**

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 ⁹He made known to us the mystery of His will, according to His kind intention which He purposed in Him ¹⁰with 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.

Ephesians 1:8b-10

- **New Message – You are _____!**

3. **Lie:** What's the use? I was a loser then; I will be a loser now.

Truth: Jesus promises you a _____ future!

*In Him ¹¹also **we have obtained an inheritance**, having been predestined according to His purpose who works all things after the counsel of His will, ¹²to the end that we who were the first to hope in Christ would be to the praise of His glory.*

Ephesians 1:11-12

- **New Message – You are _____!**

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.*

Ephesians 1:13-14

- **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 specific steps 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: Tired Of Trying To Measure Up by Jeffrey VanVonderan

