

## Experiencing and Overcoming Rejection

### Rejection; what is it?

Rejection is that feeling of not being accepted - being cast aside, overlooked, forsaken - or the feeling that one has failed to measure up to expected standards.

### Rejection comes in relationships between:

**Husbands and Wives.** A wife often feels rejected by her husband, especially if he is not fulfilling his role and encouraging her and helping to build up her self-esteem. Divorce brings with it a deep sense of rejection in both mates.

**Peers.** We may be rejected by other members of the Body of Christ, fellow employees, schoolmates, and social contacts.

**Employers and Employees.** We sense rejection when we are treated less than equal to other employees.

**Parents and Children.** A child may feel rejected for not being the sex his parents wanted, or even for coming along unexpectedly, or perhaps at what seemed to the parents an inconvenient time.

**Brothers and Sisters.** Sibling rivalry etches deep scars of rejection in more sensitive children. But these scars can be healed.

**God and Man.** We cry out, "God, where are You? Have You left Me?" Even Jesus felt forsaken by the Father as He hung on the cross bearing our sins.

We can also reject ourselves and displease God when we do not love ourselves. Needed is not a prideful love. We need to love ourselves because God created us.

But God has promised never to forsake us and never to cast out or reject the one who comes to Him (see John 6:37).

We experience rejection if our talents are ignored or someone thinks we do not have a good personality. Or our achievements may appear less than someone else's. We may feel rejected on our job if we are passed over for a promotion, or among friends if our beliefs differ from theirs.

Christ provides the ultimate example of rejection. "He was despised and forsaken of men, a man of sorrows, and acquainted with grief; and like one from whom men hide their face, He was despised, and we did not esteem Him" (Isaiah 53:3).

### How do we overcome feelings of rejection?

Jesus took our rejection on Himself. He paid the price for our total healing at Calvary. "Surely our griefs He Himself bore, and our sorrows He carried; Yet we ourselves esteemed Him stricken, smitten of God, and afflicted" (Isaiah 53:4).

Because of Jesus' sacrifice, God loves us and will *never* forsake us. (See Hebrews 13:5.)

We need to forgive ourselves and others. If we do not, we break our relationship with God and with those we cannot forgive, even when they reject us. "Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you" (Ephesians 4:32; see also Matthew 6:14-15.)

We must release to God the individuals we feel have rejected us. Otherwise, we may try to pay them back by rejecting or hurting them. And God's Word says, "Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, 'Vengeance is Mine, I will repay,' says the Lord" (Romans 12:19).

Likewise, Jesus commanded us to love our enemies and do good to those who hate us. (See Luke 6:27.)

It is important to keep on loving as Christ did, unconditionally and without limit, through the rejection we suffer. The love of God communicated through us will dispel the hurt of rejection.

Material taken from "*Handbook for Helping Others*" by Ken Stafford