

THE **FEAR** OF REJECTION

We said to you that rejection can happen just about *anywhere* and to anyone. It's possible to experience rejection in the home, in society, at church, etc.. We also said to you that rejection doesn't have to come from people. In other words, it's not just the result of how someone may have treated you. Rejection can be the result of some circumstance, like: a failed marriage, a failed career, or even the loss of a loved one.

Rejection occurs whenever we feel like we're not succeeding, or like others are pushing us away. Most of us are vulnerable to feeling rejected because most of us crave acceptance, particularly by the people who mean the most to us.

Now, all it takes is ONE experience of rejection to cause a person to develop a **fear of rejection**. The **fear of rejection** will cause a person to trauma or emotional pain whenever they believe they're experiencing rejection. Moreover, this *fear* will cause a person to want to either 'pull back' or 'lash out' at others. We see examples of both in Scripture.

[Genesis 4:5-7](#)

In this example, Cain is experiencing rejection from God! (Cain is feeling rejected because his sacrifice was rejected, while his brother's sacrifice was accepted) Moreover, this rejection caused Cain to LASH OUT against his brother. [Genesis 4:8](#)

[1Samuel 15:24](#)

In this example, Saul is the one experiencing rejection. He fears being rejected by the people. As a result, it causes him to PULL BACK on his *duty* (obedience) to God. In both cases, the person who was experiencing rejection reacted (pulled back or lashed out) against the *wrong* person!

Let's look at one last example.

[1Samuel 16:1, 14](#)

Back in [1Samuel 15:24](#) Saul was said to have a *fear of rejection* (he feared being rejected by the people). Now, his *fear of rejection* has exposed him to *spirits of rejection*. Moreover, this spirit is now "troubling" or tormenting him!

Not everyone understands that issues regarding rejection or the fear of rejection often have their basis in demonic activity. The *clinical* name for the pain experienced by those suffering from rejection is

dysphoria or *rejection sensitivity*. This is an extreme pain that is triggered whenever a person (who has a fear of rejection) feels like they're being criticized, OR when they feel like they're falling short of expectations.

However, it's important to see that the pain that accompanies rejection is oftentimes being brought about and even *intensified* by spirits. These spirits will cause a person who is experiencing rejection to feel like it's too painful to forgive the person who has wronged them. When most people might dismiss the offense, the person with an evil spirit will find it too painful to move on!

[1Samuel 18:10, 11](#)

Notice how Saul tried to bring harm to David, even though David was not responsible for Saul's rejection. Again, spirits of rejection will cause you to fight against the wrong people!

Not only will these spirits have you *fight* against the wrong people, but they will cause you to *associate* with the wrong people. For example, they will have you separating from people you should be close to, and getting close to people you should separate from.

[Matthew 8:28](#)

The evil spirits in these men separated them from the 'living', and had them dwelling alone among the 'dead'! Now, it's interesting to note how these men separated from everyone in the city, but they did not separate from each another!

This is a reminder that evil spirits will make you comfortable around people who have the same spirit you do, and cause you to feel hostile towards those who do not share the issues as you. (People with spirits of rejection will often feel unloved and rejected around people who do struggle with rejection, and supported by those who also struggle with issues of rejection!)

The reason evil spirits try to isolate their host from others is because they understand that deliverance often takes place through *association*.

[Hebrews 12:15](#)

Now, this verse is not talking about receiving deliverance through association. Instead, it's talking about being defiled through association. And notice, it only takes ONE person who's "troubled" (infected with spirits)

to defile many! Incidentally, this is another case of rejection. [Hebrews 12:16, 17](#)

Why was Esau rejected? Esau wasn't rejected because his blessing was stolen by his brother. (Jacob pretended to be Esau and tricked their elderly father into giving him Esau's blessing.) The *real* reason Esau was rejected was because HE *CHOSE TO SELL HIS BIRTHRIGHT*. [Hebrews 12:16](#)

Esau sold Jacob his birthright in exchange for one morsel of meat, not knowing that his blessing was connected to his birthright. (This is a warning to us not to exchange *our* birthright for temporary pleasure!)

What is our *birthright*? **FAITH** is our birthright ([John 1:12](#)). Faith is gives us the "right" (or access) to the blessing and *inheritance* of God. However, when we walk in rejection (offense) we are trading our birthright for the *pleasure* of unforgiveness and bitterness. [Hebrews 12:14, 15](#)

Moreover, bitterness and unforgiveness is what causes us to "fail" or come short of the grace or *blessings* of God. Anyone who is walking in unforgiveness cannot walk in faith! [Mark 11:24-26](#)

The enemy wants us to blow things out of proportion and make us think that we're the *only* one who has ever experienced rejection. But, even Jesus experienced rejection. [John 1:10, 11](#)

However, He did not develop a 'fear of rejection' or allow rejection to keep Him from *trusting* God! [Psalm 118:22-24](#)

This represents a situation in Israel's history when it seemed like their enemies had triumphed over them. Even though the nations were discounting Israel as a nation, the Lord was about to make their King and make Him the "head" (cornerstone) of His rule on earth! Jesus quoted this same passage in [Matthew 21:40-43](#)

Here the stone that is rejected is not just Jesus, but His people. Moreover, God will take the rejected ones and place them as the "head" in His kingdom!