

Q4 Consecration – Day 3

THE FEAR OF REJECTION

I want to talk to you today about *Rejection*. Whether you call it *attention bias* or *social anxiety*, the fact is people everywhere have experienced or are experiencing rejection. Rejection can occur just about anywhere, like the home, society, and even church. Rejection can also be the result of traumatic events like: a failed marriage, a failed pregnancy, being overlooked for a job, or even being overlooked in church. Also, rejection comes with its own set of emotions like: sadness, shame, grief, and even anger.

It seems that we struggle with rejection because we crave to be and to feel accepted. In fact, just one experience with rejection can cause us to develop a ***Fear of Rejection***. A fear of rejection occurs when you develop a sensitivity (or pain) to being rejected. Moreover, this fear of rejection can cause you to want to ‘pull back’ and avoid any contact with others, Or it can possibly cause you to ‘act out’ in fear of being further rejected!

[1Samuel 16:1a](#)

Notice that the Bible says here that Saul was “rejected” from being king. Therefore, Saul is biblical example of someone who experienced *rejection*. Now, this probably wasn’t Saul’s *first* encounter with rejection. It’s likely that he had some experience with rejection, to the point that he developed a *fear of rejection*.

[1Samuel 15:24](#)

We spoke to you last time about fear, and we said to you that all fear is *not* the same. For example, we know that we’re expected to walk in the *fear of the Lord*, but we’re *not* expected to walk in the fear of man or the fear of circumstances. Saul admitted to having a fear of man (a fear of being rejected by man). As a result, this caused him to be rejected by God.

[1Samuel 15:23](#)

Notice how God’s rejection of Saul was rooted in his disobedience. This is because the root of all rejection is disobedience. [Genesis 4:5-7](#)

Here again, Cain was rejected because he disobeyed God (he would not do what the Lord had commanded). People don’t normally see rejection as their fault. We see others as responsible for our pain (feelings of rejection). The reality is, we often refuse to take responsibility because we fear being further rejected.

We must take responsibility for our actions if we want to overcome the fear of rejection. (I'm not saying we need to take responsibility for what happened. I'm saying we need to take responsibility how we *respond* to what happened!)

[Hebrews 12:16-17](#)

Esau is another bible character who struggled with issues of rejection. Why was Esau rejected?

If you ask Esau he would say that his rejection stemmed from his brother's deceit. (Jacob tricked their father into giving him Esau's blessing!) However, the truth is Esau was rejected, not because his brother stole the blessing, but because Esau traded his birthright. Esau *willingly* traded away his birthright (to Jacob) not knowing that his birthright was connected to his blessing!

Our birthright is our *faith*.

[John 1:12](#) NIV

¹² Yet to all who did receive him, to those who BELIEVED in his name, he gave the RIGHT to become children of God—

Now, it's possible to trade away our birthright (faith). We trade it away whenever we refuse to *forgive*! [Hebrews 12:14-16](#)

Notice that failing to “follow peace” (or forgive) is placed on par with selling one's *birthright*! Therefore, whenever we harbor bitterness and unforgiveness in our heart we are trading our “right” (faith) for a *morsel* of meat (*temporary* satisfaction)! In other words, when we *fail to forgive*, we also *fail the grace of God* (i.e. or come short of it).

When we don't forgive, then we can't be forgiven or receive grace.

[Mark 11:26](#)

This is why God requires us to take responsibility for how we respond to what happens to us—so we won't come short of His grace. People who don't show mercy, don't receive mercy (grace). Also, people who do not rejoice and believe, will not receive God's grace! [Romans 5:2](#)

The enemy wants to make us think that we're the only one who's ever experienced rejection. However, *Jesus* also experienced rejection.

[Psalm 118:22-24](#)

Someone might say, “That’s well and good, but I’m *NOT* Jesus!” Don’t say that. Anyone (or spirit) that tries to convince you that Christ is not “in” you (in your flesh) is of the *antichrist*! [1John 4:3](#)

Moreover, it’s this *antichrist spirit* that likes to attach itself to those with rejection issues. They like to pile on other issues (spirits) in an attempt to try and make men feel like a lost cause until they give up (stop seeking deliverance). [Matthew 12:43-45](#)

Notice how this spirit claimed “ownership” over the house (person). In other words, he had a right to be there! This is a reminder that there are things we can do that will open the door to evil spirits.

[1Samuel 16:14](#)

Notice how the Bible says that the evil spirit was “from the Lord.” In other words, this spirit received permission by God to trouble Saul! Why would God give the devil permission to trouble a person who was experiencing rejection? Because he was rejecting God’s command.

[Matthew 5:22-26](#)

Failure to reconcile with your *brother*, or even your *adversary* (enemy), will expose to judgement. Moreover, we’ll remain under this judgment until we have “*fully* paid” the price for our rebellion.

[Hebrews 10:25-27](#)

Notice how the writer connects “sinning willfully” with “forsaking the assembling of ourselves together.” No, he’s not saying that it’s a sin to miss church. Instead, he’s saying one of the *signs* that a person might be committing willful disobedience, or one of the things that can *lead* to a person committing willful disobedience, is when they *willfully* stop gathering together for worship!

But, he goes on to say that there’s *no* “sacrifice” (payment) for any sin committed willfully. (*Willful* sins are sins we commit *AFTER* we have received a “knowledge” of the truth.

(This *knowledge* represents a *full knowledge* of the truth. It’s the kind of knowledge we acquire through *experience*.) Thus, willful disobedience are those sins we commit *after* we’ve tasted victory!

[Hebrews 6:4-6](#)