

Free From The Arrow Of Rejection



**“To the praise of the glory of his grace, wherein he hath
made us accepted in the beloved.”**

Ephesians 1:6 (KJV)

**Part 2: Getting Your Whole Heart Back
Session 5: Free From The Arrow Of Rejection**

Freedom

Becoming Fully Alive!



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Freedom

Becoming Fully Alive!

PART 2: Getting Your Whole Heart Back

- Session 1 Free From The Message Of The Arrows**
- Session 2 Free From The Arrow Of Pride**
- Session 3 Free From The Arrow Of Shame**
- Session 4 Free From The Arrow Of Fear**
- Session 5 Free From The Arrow Of Rejection**
- Session 6 Free From The Arrow Of Anger**
- Session 7 Free From The Arrow Of Depression**



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I. FREE FROM THE ARROW OF REJECTION

A. REJECTION - *AN ISSUE OF ACCEPTANCE*

Ephesians 1:6

B. EXAMPLES IN THE BIBLE OF THOSE WHO EXPERIENCED REJECTION

1. Jesus

- a. Isaiah 53:3-6
- b. I Peter 2:21-24

2. The Apostle Paul

- a. II Corinthians 6:3-13
- b. II Corinthians 12:9-10
- c. II Corinthians 4:7-12

C. HAVE YOU EXPERIENCED REJECTION IN YOUR LIFE?

- 1. Who in your life has rejected or hurt you the most?
- 2. How has the rejection of others affected your opinion of yourself?

D. ACCEPTANCE IS AN ISSUE OF SIGNIFICANCE

Significance - what is it?

- 1. Worth
- 2. Value
- 3. Purpose
- 4. Meaning
- 5. "Belonging"
- 6. "Fitting In"
- 7. Importance
- 8. Status
- 9. Validity
- 10. **Acceptance**

Significance...an "identity issue"

E. WHY ARE WE SO PRONE TO BELIEVE THAT WE ARE REJECTED AND UNLOVED?

We tend to look to the wrong source for our personal significance (identity).

1. Others, especially “significant” others
2. Ourselves
3. What we think or feel
4. Circumstances

F. HOW TO BE FREE FROM THE ARROW OF REJECTION

1. See: **“Processing The Issues Of Your Heart”**
 - a. Leading to forgiving others
 - b. Experiencing a “release” from a false identity
2. **Exchange** the **“identity lie”** that you are **rejected** for the **“identity truth”** that you are **accepted** in the Beloved.

Ephesians 1:6

See: **What Is Your New Identity?**

3. **Break The “Rejection Cycle!”**
 - a. **Reject Rejection!**
 - b. **Receive the Truth** Of Who You Are In Christ!
4. **Renew Your Mind** in your true identity in Christ.
 - a. Romans 12:1-2
 - b. II Corinthians 10:3-5
 - c. See: **The Christian’s Identity In Christ**
5. **Give Thanks.**
 - a. I Thessalonians 5:18
 - b. Ephesians 5:20
 - c. Genesis 50:19-20
6. **Submit** to God and **Resist** the Devil.

James 4:7
7. **Put on the Armor of God daily.**

Ephesians 6:10-18

II. APPLICATION

- A. What has been your most painful experience of feeling insignificant **OR** rejected?
- B. Who was/were the person(s) involved?
- C. In light of your answers to the above, please answer the following:
 - 1. How have **you** been affected?
 - 2. How has your relationship with **others** been affected?
 - 3. How has your relationship with **the Lord** been affected?

Please be thorough in answering these questions and use additional paper if necessary.

GOD'S ANTIDOTE FOR THE ARROW OF REJECTION:
REJECT REJECTION AND RECEIVE YOUR ACCEPTANCE IN JESUS CHRIST!

What Is Your New Identity?

Christian, Do You Know Who You Are?

**Do you believe you are the sum total
of your life's experiences?
Or any part thereof?**

- What you have done?
- What you haven't done?
- What has been done to you?
- What others have said to you or about you?
- How your parents treated each other and you?
- What has happened in the lives of those around you?
- What you think or feel?

OR

**Do you believe who God says you are in
Christ?**

- When He died, you died.
- When He was buried, you were buried.
- When He was resurrected, you were resurrected.
- When He ascended, you ascended.
- Where He is seated, you are seated.
- His Wisdom is your wisdom.
- His Righteousness is your righteousness.
- His Holiness is your holiness.
- His Acceptance with the Father is your acceptance with the Father.

**If so, you are really believing in yourself
(i.e., putting confidence in the flesh – life
with Jesus left out).**

You have believed the lie:

Your Life's Experiences = You

*Colossians 3:2
Philippians 3:3
Ephesians 4:14-24*

Natural Minded

Do you believe the truth?

His Life Is Your Life!

*Romans 6
Ephesians 2:5-6
1 Corinthians 1:30
Ephesians 1:6
Colossians 3:1-4*

Spiritual Minded

**It's NEVER
TOO LATE**

**for a
FRESH START!**



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How To Process The Issues Of Your Heart:

"Above all else, guard your heart, for it is the wellspring of life." Proverbs 4:23 (NIV B4)

1 Who has offended or hurt you? Or, Who or what have you lost?

Psalms 26:2 "Test me, O Lord, and try me, examine my heart and my mind..." (NIV)

- Choose one person or loss to process.

2 How have you been affected?

Psalms 139:23 "Search me, O God, and know my heart; test me and know my anxious thoughts." (NIV)

- Describe your thoughts • Describe your feelings

3 How have you responded?

Psalms 139:24 "See if there is any offensive way in me, and lead me in the way everlasting." (NIV)

- What have you said? • What have you done? • What have you decided?

4 Pour out your heart to the Lord

Psalms 62:8 "Trust in him at all times, O people; pour out your hearts to him, for God is our refuge." (NIV)

Psalms 142:1-2 "...I pour out my complaint before him..."

- Tell God all about it

1 Thessalonians 5:18 • Ephesians 5:20 • Psalm 50:14-15:23 • Romans 8:28-29

- Give Thanks and submit to His sovereignty

5 Forgive

Matthew 18:21-35

- Forgive the person who hurt or offended you • Repent and receive God's forgiveness for your response.

CANCEL THE DEBT! FORGIVE as you have been FORGIVEN.

6 Release

Psalms 19:14 "May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD...." (NIV)

Matthew 5:44 "...love your enemies...bless those who curse you... pray for those who spitefully use you and persecute you," (NKJV)

Release the person (the one you have forgiven) to the Lord, and be willing to pray for him/her.

YOU can be FREE to be the person you were created to be!