

“How to be Healed From Rejection”

John 18:12-27

For God So Loved the World – John, Part 2

Pastor Paul Bartelme

New Vintage Church, West Allis

You didn’t fit in at school because you were “different.” One of your parents didn’t want you. You experienced workplace discrimination due to your race or faith. You’re misunderstood by many due to your age. Your significant other or spouse was unfaithful. You’re estranged from your family due to your political affiliation.

- As a result of these examples and 101 others, we all have experienced _____.
- Rejection can lead to many issues: low self-esteem, self-sabotage, relationship difficulties, and more.

How to be healed from rejection? *The most infamous act of rejection ever is found in our main passage.*

John 18:12-27... In verses 15-18, we learn that Peter denied, or rejected Jesus because Peter was caught _____.

- This came about due to _____ - _____ (Jn 33:33-37) and a lack of _____. (Mt 26:36-41)
- **VV 25-27...** Just as Jesus prophesied (Jn 33:38), Peter ended up rejecting Jesus _____ times! (Lk 22:60-62)

“Pastor, this is a mind-blowing story. Yet, in the light of my own rejection, how can I apply it in my life?” *Great question.*

- Know this. You have a Savior and Lord who can _____. (Jn 7:5; Mk 6:4; Lk 4:24; Jn 1:11; Isa 53:3; Heb 4:14)

Not only can Jesus relate to us... but _____ can relate to Peter denying Jesus (gulp). *“How’s that?”* Well, when we depart from biblical teachings, living a godly life, or wavering in our faith, we in essence deny Jesus! *Below are 5 examples.*

1. **Silence in the Face of Injustice** – By remaining silent or passive when witnessing injustice, discrimination, or suffering, Christians might fail to stand up for the values of justice and compassion that Jesus espoused.
2. **Not Expressing Faith for Social Acceptance** – Christians may deny Jesus by not speaking up about their faith, but rather conforming to non-Christian behaviors and attitudes in order to gain social acceptance or avoid conflict.
3. **Ignoring or Misrepresenting Biblical Teachings** – By selectively choosing to ignore or misinterpret the teachings of Jesus to fit personal desires or societal pressures, Christians can deny His teachings and authority.
4. **Avoiding Personal Sacrifice** – Denying Jesus might occur when Christians refuse to make personal sacrifices, such as time, money, other resources, or comfort, for the sake of serving others or advancing God’s kingdom.
5. **Neglecting to Share the Gospel** – Christians who fail to share the message of Jesus with others, due to fear, apathy, or lack of conviction, is denying Jesus’ command to be a witness.

In response to this, we should be “_____ to the heart.” (Ac 2:37) This should drive us to our knees. *Let’s pray.*

“Awesome. I feel like a weight’s been lifted off my shoulders! Now, tell me how to be healed from rejection.” *Sure.*

TURN OVER FOR TIPS ON HOW TO BE HEALED FROM REJECTION... AND THE GOING DEEPER QUESTIONS

How to be healed from rejection:

1. _____. Be still. (Psa 46) So you can hear His voice. He will help you reflect on how you were hurt.
 - a. *Action Step:* Start writing in a journal. The benefits will be clarity and managing your emotions well.

2. _____. He will say the following to you: "You're of invaluable worth!" (Eph 1:4-12)
 - a. *Action Step:* Write down on 3 x 5 cards... a different aspect of who you are in Christ and the supporting verse. Each morning, grab a 3 x 5 card to take with you throughout the day and memorize what's on it.

3. _____... to BE the church. (1 Pet 2:9 – *ekklesia*)
 - a. *Action Step:* Go to church faithfully and consistently. This is where your support network should be. This is mainly how God will minister healing and restoration in your life.

In closing: How will your life be blessed by following through? Be specific and detailed in your answer. _____

How will the lives of others be blessed by you following through? _____

GOING DEEPER FOR "HOW TO BE HEALED FROM REJECTION" – 08/25/24

Go through this note sheet and discuss with your growth group and/or your family at the dinner table. Seek opportunities to also share this with your *oikos* network. Bring this note sheet to your work or school and discuss it with your workmate or schoolmate over lunch. Read the main passage and look up all of the supporting verses. Pray with one another.

1. We either need healing from rejection and/or need to be better equipped to help others who need healing.
 - a. Be encouraged to share in detail an experience you had with being rejected. How did you respond to the experience? Was it in a way that was pleasing to God? Y/N Do you still struggle with unforgiveness as a result of this experience? _____

2. One of the amazing things about experiencing rejection, or any trauma for that matter, is that God never wastes a hurt. He will use your experience to build a testimony of healing and restoration. This testimony will be instrumental in helping others!
 - a. What are your thoughts on this? _____
 - b. Do you have a story you can share about how you were able to help someone heal from rejection? If yes, then please share. _____

3. Which of the five examples regarding how we can reject Jesus do you relate to the most and why? _____

Please share a story that relates to this topic. _____

4. Share your thoughts regarding the three action steps you can take towards healing from rejection. _____
