

FREEDOM FROM YOUR FEARS

Patrick Gitto | JULY 22-23, 2023

Week 3: Fear of Rejection

Fear of failure: Experience; what I do; focuses on performance

Fear of rejection: Label; who I am; focuses on my value

HOW THE FEAR OF REJECTION BECOMES A TRAP

- Conforming chameleon → false-self
- Overly cautious → avoidance
- Self-isolate → no life-giving relationships
- Over commit/compensate → unhealthy approval seeking
- Silences our sharing about Christ
- Delay/neglect spiritual maturity

Be careful how you think; your life is shaped by your thoughts.
Proverbs 4:23 (GNT)

There is a _____ voice to listen to.

[Jesus] My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they will never perish. No one can snatch them away from me...

John 10:27-28 (NLT)

HOW DO I OVERCOME THE FEAR OF REJECTION?

1. Don't put so much weight into _____

I have sinned. I violated the Lord's command and your instructions. I was afraid of the men and so I gave in to them.
1 Samuel 15:24 (NIV)

I, am the one who comforts you.
So why are you afraid of mere humans,
who wither like the grass and disappear?
Isaiah 51:12 (NLT)

2. Focus your attention on how _____ sees you.

The incomplete and untrue stories that we adopt as "truth," cannot hold up against the complete and infallible truth that we find in God's Word.

All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.

2 Timothy 3:16 (NLT)

We are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.
Ephesians 2:10 (NLT)

People will not love you as much as you need to be loved.

3. Fall back on God's _____ love.

This is real love— not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins.
1 John 4:10 (NLT)

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?... No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8:35, 37-39 (NIV)

God's perfect love drives out fear.

4. Live to please an audience of _____.

Obviously, I'm not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ's servant.
Galatians 1:10 (NLT)

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Be careful how you think; your life is shaped by your thoughts.
Proverbs 4:23 (GNT)

There is a BETTER voice to listen to.

[Jesus] My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they will never perish. No one can snatch them away from me...

John 10:27-28 (NLT)

HOW DO I OVERCOME THE FEAR OF REJECTION?

1. Don't put so much weight into OTHERS' OPINIONS

I have sinned. I violated the Lord's command and your instructions. I was afraid of the men and so I gave in to them.

1 Samuel 15:24 (NIV)

I, am the one who comforts you.
So why are you afraid of mere humans,
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Isaiah 51:12 (NLT)

2. Focus your attention on how GOD sees you.

The incomplete and untrue stories that we adopt as "truth," cannot hold up against the complete and infallible truth that we find in God's Word.

All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.

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Ephesians 2:10 (NLT)

People will not love you as much as you need to be loved.

3. Fall back on God's UNCONDITIONAL love.

This is real love— not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins.

1 John 4:10 (NLT)

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?... No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8:35, 37-39 (NIV)

God's perfect love drives out fear.

4. Live to please an audience of ONE.

Obviously, I'm not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ's servant.

Galatians 1:10 (NLT)



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FEAR OF REJECTION

Talk-it-Over Notes | July 22-23, 2023

REVIEW IT

Fear of failure and fear of rejection often go hand-in-hand, but they are different. Failure is, “I burned the chocolate chip cookies.” Rejection is, “I am a horrible cook and nobody will ever want to eat my cooking.” Failure is an experience. Rejection is a label. You may have failed, but you are not a failure. When we blur failure and rejection, we can fall into traps that affect our relationships and delay our spiritual maturity. But there is a better voice to listen to! We can overcome our fears of rejections when we don’t put so much weight in others’ opinions, focus our attention on how God sees us, fall back on God’s unconditional love and live for an audience of one.

*Obviously, I’m not trying to win the approval of people, but of God.
If pleasing people were my goal, I would not be Christ’s servant.
Galatians 1:10 (NLT)*

Spend some time in the word: Read Ephesians chapter 2

TALK ABOUT IT

1. Look over how the fear of rejection becomes a trap. What do you see that resonates with you there? What things might you add?
2. How do you see the fear of rejection impacting our culture and being a relevant message for our community?
3. Is there some way God is asking you to change or believe but you don’t for fear of rejection?
4. What in this message do you wish a family member or friend could hear or be reminded? How can you communicate it to them?

ACT ON IT

This week, you’ll hear many opinions about who you are from the world, from yourself, from others. So, this week spend at least five minutes each day in the Bible to see what God thinks of you. Read through the book of 2 Peter in the New Testament each day.

PRAY ABOUT IT

Ask how you can pray for a support one another this week and then close in prayer.