



Rejection – how do you deal with it?

It all starts with your thinking. Rejection is a place where you're easily attacked by lies, uncertainty, and fear.

If you take to heart everything others say about you, it can deeply affect your life. You may become trapped by the words others have spoken over you. Perhaps your thinking has become so clouded that you've developed low self-esteem.

But remember, you have power over your thoughts—what comes into your mind and what you allow to influence you. Don't believe every thought you have. First, examine where it comes from—what the source is.

God's Supernatural Power

Rejection Can Also Lead to Addiction

Rejection can also lead to addiction—to alcohol, drugs, social media, gaming, gambling, eating, or other addictive behaviors.

Addictive behavior keeps you away from the things you don't want to be reminded of, such as rejection.



Rejection can also stem from your parents or ancestors—through statements they made about you, perhaps even from the womb. An example during pregnancy could be: “Can we afford to take care of it?” or “Wouldn’t it be better to terminate?”

Rejection is “the feeling of not being wanted,” and that needs to stop with you, so it doesn’t continue with your children. Rejection can have many consequences in your life; it can lead to loneliness, self-pity, depression, and even the desire to give up on living.

God has forgiven you, and He wants to set you free from the rejection that still holds you captive. You may still be struggling with things, but know this:

“You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.” — 1 John 4:4

Conquer Rejection

Rejection, inferiority, depression, and other problems can be compared to a tree. You may cut off the branches here and there, but eventually, as time goes by, the branches grow back.

Even if you completely cut down the tree, life will persist—small shoots will emerge and grow again.

But if you tackle the root, the tree will no longer live or grow. Rejection is the root—not the surrounding issues. Those are the consequences of rejection.



It's the same with us: you can keep trimming the branches, but the problems won't disappear unless you deal with the root. In God's plan, the axe is laid at the root of the problem:

"And even now the axe is laid to the root of the trees. Therefore every tree which does not bear good fruit is cut down and thrown into the fire." — Luke 3:9



Make the decision to break this today:

- It starts with forgiveness—forgive everyone who has rejected or hurt you. Also, forgive yourself.
- If you experienced rejection at a young age, it's important to break the negative declarations made during pregnancy or birth.
- If rejection runs in the family, break this generational bond over yourself, your family, and your children.

Jesus bore all our moments of rejection on the cross. All the pain and emotional suffering came upon Him. And we are accepted because He was rejected—we are accepted in the Beloved.

Encouraging Bible Verses

"Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand." — Isaiah 41:10

"The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly." — John 10:10

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