

4 Acceptance rooted in the cross, gives us stability because it's not dependent upon our performance, but rather on the sinless life of Jesus.

"God made him who had no sin to be sin for us, so that in him we might become the righteousness of God." 2 Corinthians 5:21

5 Find your acceptance and approval in God.

"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light." 1 Peter 2:9

6 Receive, believe, and declare these statements of acceptance.

"Consequently, faith comes from hearing the message, and the message is heard through the word about Christ." Romans 10:17

I am loved by God. John 17:23

I am accepted by God. Ephesians 1:6

I am complete in Christ. Colossians 2:10

I am an heir of God. Romans 8:17



FREEDOM
from REJECTION

*"To the praise of the glory of His grace,
by which He made us accepted in the Beloved."
Ephesians 1:6*

The anatomy of REJECTION

Finding freedom from rejection first involves understanding the components that make up rejection.

We've all experienced rejection when we feel unloved or unwanted. Jesus also experienced rejection.

"He was despised and rejected by mankind, a man of suffering, and familiar with pain." Isaiah 53: 3

How Rejection Affects Us

Symptoms of rejection include:

Loneliness

Self-hate

Low self-worth

Need for approval – fear of man, people pleasing

Not fitting in or feeling like we don't belong

Performance – believing our acceptance hinges on what we do

Victim mentality

We often respond to rejection by closing ourselves off to God and others. If left unhealed, the scars of rejection repeat themselves: rejected people reject people. Rejection prevents us from embracing and loving who we are and keeps us from fulfilling our God-given destiny.

6 STEPS TO FREEDOM from REJECTION



1

There is nothing we could ever do to make our heavenly Father stop loving and accepting us.

"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." Romans 5:8

2

God's love and acceptance of us is based on God's nature and what His Son Jesus did for us.

"This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins." 1 John 4:10

3

Jesus' death and resurrection for us proves our worth and value.

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." John 3:16

