

Quest 180°

Christ Centered Recovery



Rejection

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“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

Rejection is something we all face in life. Rejection comes in many forms—affairs or divorce, supervisors who can’t be pleased, teenage rebellion, being turned down for a job, shut out from a club or group, the betrayal of a friend. Although this list is not exhaustive, you get the idea. These things have one thing in common—they are painful and very damaging to our self-esteem.

In the midst of rejection we are so focused on ourselves that it is difficult to pull away from the hurt and think clearly or rationally. Our thoughts are often: How could that person have done/said that to me? Do they know how much I have done for them? Have they taken a hard look at themselves? We all share these thoughts when we are consumed with despair caused by hurtful words or actions from others.

There are three basic truths in handling rejection:

Truth #1: Understand that you are made in the image of God. We are told in Genesis 1:27 that God created man in His image. Men and women are God’s most unique works of creation. His masterpieces! There is no one more valuable and precious than the children of God. Remember who you are in Christ and choose to see yourself through God’s eyes.

Truth #2: Rejection is only destructive when we internalize it, allowing it to creep into our personal belief system. Since we cannot control what other people think we have no control over whether or not people approve of us. We are only in control of our own attitudes and beliefs. If we allow the opinions of others to affect the opinions we have of ourselves, then we are allowing those who hurt us control our thoughts. If we keep our thoughts focused on how much God loves us, we won’t dwell on the opinion of others.

Truth #3: We can combat the destructive forces of rejection by understanding our position in Christ. We are God’s most prized possessions! Spend time focusing on whom we matter to instead of who we don’t. We are told throughout the first book of Peter that we are chosen, royal, holy, accepted, and instruments for God’s work. Our position is one of royalty, and we are each a significant instrument in God’s spiritual orchestra.

During painful times in our life, we can triumph if we remember that God is our strength. God is a forgiving God, and He desires for His children to be forgiving as well. He is sufficient to get us through our problems. He is our Almighty Redeemer. We do not need the world’s approval, and we will never be able to please everyone. We only need the approval of God. God is waiting to wash our souls with His grace and mercy to help us through any situation, but first we must have our spiritual eyes and ears open to hear His loving, comforting voice.

Forgiveness

“And forgive your people, who have sinned against you; forgive all the offenses they have committed against you, and cause their conquerors to show them mercy.” 1 Kings 8:50

The New Zealand Medical Journal published a letter from a clinician who did an analysis of 200 case histories showing that 60% of chronic pain patients exhibit a strong element of a failure to forgive. We tend to think of unforgiveness as an emotional issue and not a health or medical issue. But it is critically important to realize that unforgiveness is a toxic emotion; it is like taking a deadly poison and expecting your enemy to die instead of you.

On the bright side, the benefits of forgiveness are endless. From an emotional perspective, forgiving others decreases anger, depression, and anxiety; it increases self-esteem, self-control and our emotional stability; it strengthens our relationships, and promotes peace. From a health perspective, the benefits of forgiveness include lowered blood pressure, improved immune systems, improved sleep, reduced stress, increased energy, improved sense of empowerment, reduced dysfunctional patterns of behavior, and an increased peace of mind.

Those people that have hurt us or rejected us, or made us feel unworthy may not deserve our forgiveness, but the key to possessing the ability to forgive is understanding that forgiveness is for us. When we truly forgive our debtors, our heart is filled with a peace that we never thought possible and our relationship with Christ can flourish and grow as we love and shower him with our gratitude.

We need to live for today, walking with God, finding joy in the little things, learning to laugh at our mistakes, being appreciative of the gifts God has given us, burying resentments, and most of all TRUSTING GOD. Trust that God has the power to help you forgive those who have hurt you. Trust that God will reward you for your faithfulness. Trust that God may want to use you to teach other people how to forgive, and that your forgiveness may be the key that unlocks the door for a non-believer's eyes to see the Lord.