How to Handle our Rejection

Charles Stanley

I. Introduction.

A. Text: Colossians 1:21-22.

B. We cannot control rejection—we can only control how we handle rejection.

C. Rejection is refusal to accept a person.

D. Rejection is a form of communication.

E. Rejection can be a form of manipulation, control or punishment.

II. A person should not base his self-worth based on what others think over God.

A. Fear of rejection results in a lack of feelings of love, a negative spirit, feelings of inferiority, costly perfectionism, feelings of superiority, over-sensitivity, suspicion, self-isolation, depression, self-verification, emphasis on the material, over-sensuality, and dominance.

B. The one who knows us best loves us best.

C. Mistreatment and neglect by parents result in feelings of rejection among children.

III. We need to feel that we belong, we are worthy, and we are capable.

A. When we became children of God, we belonged.

B. We were made worthy by the work of Christ in God.

C. The Holy Spirit gives us ability to do all things.

IV. Steps to overcoming self-rejection.

A. Identify the feelings of self-rejection.

B. Reject those feelings.

C. Affirm that you belong, are worthy and that you are able in Christ.

Application questions:

1. How do feelings of rejection manifest themselves negatively?

________________________________________________________________________
________________________________________________________________________
2. When have you been careless with your words towards others? How can a careless joke have negative consequences?

________________________________________________________________________
________________________________________________________________________

3. How would you encourage someone who you feel like is struggling with feelings of rejection? Explain.

________________________________________________________________________
________________________________________________________________________