

# Overcoming A Feeling of Rejection

## Prayers and teaching for overcoming a feeling of rejection

### Introduction

Rejection seems to create an identity crisis. Rejection by those in the Body of Christ is especially cruel, but it happens more often than it should. When you are thrown into an identity crisis, you have the opportunity to erase old tapes, which have played in your mind for a long time, and replace those self-destructive thoughts with God-thoughts.

Your heavenly Father saw you and approved of you even while you were in your mother's womb. (Ps. 139:13-16.) He gave you survival tools that would bring you to the place where you are today. He is a Father Who has been waiting for you to come home to truth — the truth that will set you free. (John 8:32.)

Future rejection may hurt, but it will be only for a season. (1 Pet. 1:6.) The Word of God is your shield against all the fiery darts of the devil. (Eph. 6:16,17.)

For victory over your feeling of rejection, pray the following prayer in faith and joy. For further support, I encourage you to read Psalm 27 and the book of Ephesians in their entirety.

### Prayer

Lord, Your Son, Jesus, is my High Priest. He understands and sympathizes with my weaknesses and this excruciating pain of rejection. In His name I approach Your throne of grace with confidence, so that I may receive mercy and find grace to help me in my time of need. I ask You to forgive my sins, and I receive Your mercy; I expect Your healing grace to dispel the rejection I am suffering because of the false accusations and demeaning actions of another.

Father, Jesus was despised and rejected — a man of sorrows, acquainted with bitterest grief. The grief of \_\_\_\_\_ turning against me and treating me as an outcast is consuming me, just as my rejection consumed Your Son, Who freely gave His life for me.

Forgive me for turning my back on Jesus and looking the other way — He was despised, and I didn't care. Yet it was my grief He bore, my sorrows that weighed Him down. He was wounded and bruised for my sins. He was beaten that I might have peace; He was lashed, and with His stripes I was healed.

In the face of rejection I will declare, The Lord is my Light and my Salvation — whom shall I fear or dread? The Lord is the Refuge and Stronghold of my life — of whom shall I be afraid? (Ps. 27:1 amp.)

I know right from wrong and cherish Your laws in my heart: I won't be afraid of people's scorn or their slanderous talk. Slanderous talk is temporal and fades away. Your Word will never pass away.

Father, I choose to look at the things that are eternal: Your justice and mercy shall last forever, and Your salvation from generation to generation. Your eyes are upon me, for I have right standing with You, and Your ears are attentive to my prayer. You spoke to me and asked, "Now who is going to hurt you if you are a zealous follower of that which is good?"

In my heart, I set Christ apart as holy [and acknowledge Him] as Lord. I am always ready to give a logical defense to anyone who asks me to account for the hope that is in me, but I do it courteously and respectfully. I purpose [to see to it that] my conscience is entirely clear (unimpaired), so that, when I am falsely accused as an evildoer, those who threaten me abusively and revile my right behavior in Christ may come to be ashamed [of slandering my good life].

There is wonderful joy ahead, even though the going is rough for a while down here. These trials are only to test my faith, to see whether it is strong and pure. It is being tested as fire tests gold and purifies it — and my faith is far more precious to You, Lord, than mere gold; so if my faith remains strong after being tried in the test tube of fiery trials, it will bring me much praise and glory and honor on the day of Jesus' return.

In spite of the rejection I have experienced, I declare that everything You say about me in Your Word is true:

I am blessed with all spiritual blessings in heavenly places in Christ. (Eph. 1:3.)

I am chosen by You, my Father. (Eph. 1:4.)

I am holy and without blame. (Eph. 1:4.)

I am Your child according to the good pleasure of Your will. (Eph. 1:5.)

I am accepted in the Beloved. (Eph. 1:6.)

I am redeemed through the blood of Jesus. (Eph. 1:7.)

I am a person of wisdom and prudence. (Eph. 1:8.)

I am an heir. (Eph. 1:11.)

I have a spirit of wisdom and revelation in the

knowledge of Christ. (Eph. 1:17.)

I am saved by Your grace. (Eph. 2:5.)

I am seated in heavenly places in Christ Jesus. (Eph. 2:6.)

I am Your workmanship. (Eph. 2:10.)

I am near to You by the blood of Christ. (Eph. 2:13.)

I am a new creation. (Eph. 2:15.)

I am of Your household. (Eph. 2:19.)

I am a citizen of heaven. (Eph. 2:19.)

I am a partaker of Your promises in Christ. (2 Pet. 1:4.)

I am strengthened with might by Your Spirit. (Eph. 3:16.)

I allow Christ to dwell in my heart by faith. (Eph. 3:17.)

I am rooted and grounded in love. (Eph. 3:17.)

I speak the truth in love. (Eph. 4:15.)

I am renewed in the spirit of my mind. (Eph. 4:23.)

I am Your follower. (Eph. 5:1.)

I walk in love. (Eph. 5:2.)

I am light in You. (Eph. 5:8.)

I walk circumspectly. (Eph. 5:15.)

I am filled with the Spirit. (Eph. 5:18.)

I am more than a conqueror. (Rom. 8:37.)

I am an overcomer. (Rev. 12:11.)

I am Your righteousness in Christ Jesus. (1 Cor. 1:30.)

I am healed. (1 Pet. 2:24.)

I am free. (John 8:36.)

I am salt. (Matt. 5:13.)

I am consecrated. (1 Cor. 6:11 amp.)

I am sanctified. (1 Cor. 6:11.)

I am victorious. (1 John 5:4.)

Everything You say about me is true, Lord.

In Your name I pray, amen.

If you would like to continue to pray on this topic, Germaine suggests that you pray the Overcoming prayers in the Prayers for the Needs and Concerns of the Individual section to be found in the Prayers That Avail Much Commemorative Edition.

### Scripture References:

Hebrews 4:14-16 niv Isaiah 51:7,8 tlb

Isaiah 53:3-5 tlb 1 Peter 3:12-17 amp

2 Corinthians 4:18 1 Peter 1:6,7 tlb

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