

SET FREE MINISTRIES

# FREEDOM *according to* JESUS



Session 5

## Rejection

SetFreeMinistries.ca  
JesusMinistries.ca

# 5 Rejection

## **A Mistaken Identity**

Rejection is such a big cause of bondage, and it's one of the most common issues that need addressing when being set free. It seems that almost everybody is affected by rejection to some degree and for us; it's vital that we understand how it works.

Inherited rejection, fear of rejection, self-rejection, perceived rejection, and intentional rejection are basically emotional abuses in its most simplest form. It wounds a person's spirit with the full intent of steering us into an identity crisis that will totally mess us up

When walking in the midst of that crisis, that's when all those old tapes play like a carousel in our mind, — tapes that need to be erased and replace with God thoughts on how He truly sees us.

## **Why does the Wound of Rejection go so Deep?**

Because it attacks the very person that we are, it destroys our self-esteem, destroys who we are, and destroys our purpose in life.

This is one of the most common tools the devil uses to destroy a person's life. His plan has always been for us to feel like we are on the outside looking in.

God never wanted us to feel rejected or abandon, — never! But in this world, rejection is all around us. No one is really exempt from the battle.

Rejection and shame walk hand in hand. Shame says that we are something bad, rejection confirms it and off we go down this destructive path of being rejected and forsaken!

When we walk in rejection, most of us become quite defensive in our relationships, attitudes and opinions, because we feel our personhood is being attacked, or the value of who we are or what we represent is being both questioned and rejected.

Rejection has a way of destroying a person's life in a way that few other things can. The sad fact is the number of people who are affected by rejection is staggering. All of them running around like bumper cars.

We need to be all that God has created us to be. Overcoming rejection and its affects is vital and absolutely essential.

Gods desire is for all of us to know who we really are, and to know how deeply He loves us, accepts us, and appreciates us, — so that we can live out the fullness of all that God has granted us to be.

## **The Fruit of Rejection**

Many young people, who have faced rejection and abuse, grow up with deep, unresolved, emotional wounds.

And if not dealt with, will grow and fester into unforgiveness, envy, jealousy, guilt, shame, double-mindedness, perfectionism, despair, suicide, and self-hatred.

This will steer many into the fear of man, fear of failure, only to totally burn them out where they now stand front and center with that lying spirit as it now tries to convince them that they are not loveable, that they are not acceptable, and that they are not worthy!

## **Emotional Baggage**

The goal of the enemy is to get us filled with emotional baggage so that we release negative feelings against one another, ourselves, and towards God.

A person, who has a hard time admitting they are wrong, or has difficulty receiving constructive criticism, has a serious problem with rejection. They have covered themselves with a pretty hard protective shell. They have based their identity upon their ability to be right about everything.

## **Stubbornness**

Stubbornness can also be rooted in rejection. They have to be right, or else they feel worthless, — that's because who they are is based upon them being right, and in their stubbornness they will push the envelope.

This also ties in with opinionated personalities, always directing us about something, even if they have little or no real understanding on the subject. Our opinions must line up with their opinions, another form of protection.

## **Performance Driven**

Then we have performance and driven personalities, with certain variances of OCD where a person is basing their identity and who they are upon how well they perform at something in life.

## **Starved Love, Starved Acceptance**

The truth is that we were created to be loved, to be accepted, and to be appreciated. Rejection is part of the anti-Christ spirit because it opposes the very nature that God created in us. Rejection starves a person from love and acceptance as it sends them off into a tailspin.

The problem is that when we turn to others for that love and acceptance, we are setting ourselves up for failure, and the damage of rejection starts to leave an ugly trail. Only God can be trusted as the source of our identity.

## **Self Rejection, Perceived Rejection, Intentional Rejection**

*Self-rejection* is where a person rejects them self, they do not like who they are, often leading to self-resentment. *Perceived-rejection* is where shame, guilt, sadness and rage all play a part in the rejection. *Intentional-rejection* is social behavior leading to loneliness and depression. All this is often tied in with unforgiveness through mistakes in ones life, which they deeply regret.

## **The Root of Rejection**

**The root of rejection is actually incredibly simple: damage from rejection is the result of a misplaced identity.**

Whenever we base our identity on somebody or something other than how God's sees us, we make ourselves vulnerable to the damage of rejection.

### **Misplaced Identity**

What or who defines who you are? Is it your job? Is it what your parents think of you? Is it what your friends think of you? Is it on how well you perform in the workplace? Is it based on how much money you have? Is it based on what you think of yourself? Is it based on how physically strong and fit you are? When any of these go south, then it becomes problematic.

Rejection and rising above rejection is all about identity, and what you base your identity upon. The key to overcoming rejection, — is to solve the identity problem. Let's say that you've based your identity on what your mom and dad think of you. The moment disapproval comes from them concerning you; well that one is going to hurt, because they are the source of your identity. Anytime we base our identity on what others think, we are virtually trusting that person with our identity.

## **Restored Identity**

Not even we, ourselves, are capable of truly determining who we are; only God is qualified for that job. That is why it is absolutely vital for us to understand the person that God has made us to be.

We were never made to live apart from God or base our identity on the things of this world. When we base our identity upon what the Word of God says about us, we will become virtually rejection-proof / bulletproof. We are only immune from the wounds of rejection as long as we have not based our identity upon what other people thinks of us.

## **Some Dynamics of Rejection**

The closer a person is to you, the deeper their rejection can wound you. Authority figures have the potential to deeply wound because we look up to them and rely upon them.

Parents often pass rejection on to their children when they say things such as, "I'll love you when you get good grades." Conditional love causes feelings of rejection when not meeting the grade, plus it creates the ugly bondages where we become performance driven.

Whether you love or hate, doesn't immune anybody from rejection. You can remove yourself from anybody, but still be affected by his or her rejection.

The question is are you looking for approval? Are you basing your identity upon what they think of you? Does their approval of you give your life meaning and purpose?

A person's age also has a lot to do with their vulnerability to rejection. Children and students are especially vulnerable to the damage of rejection, because they are still developing their identity as they continue to learn about who they really are in the Lord.

Many have no clue of who they really are, or who they are called to be. If they knew the Father's love, and who they are according to His family, they would be walking on the very path that He has for them! Nobody is immune if they base their identity on what that other people think of them.

## **Get Your Identity from God's Word!**

As I mentioned earlier, it is vital that we base our identity of who we are upon what God's Word says about us. When we do, we become virtually immune from the devastating and hurtful effects of rejection.

God promises never to leave or forsake us, so when our identity is based upon what He says, we can be rest assured that there will be no rejection coming from Him.

If our identity didn't depend on what others think of us, we would be virtually immune from the damage done by rejection. Our identity needs to be based upon the Word of God and what God has to say about us.

## **What does the Word say about Our Identity**

- Eph. 1:3** I am blessed with all spiritual blessings.
- Eph. 1:4** I am chosen by You, my Father.
- Eph. 1:5** I am Your child according to Your good pleasure.
- Eph. 1:6** I am accepted in the beloved.
- Eph. 1:7** I am redeemed through the blood of Jesus.
- Eph. 1:8** I am a person of wisdom and prudence.
- Eph. 1:11** I am a heir.
- Eph. 1:4** I am holy and without blame.

**Eph. 1:17** I have a spirit of wisdom and revelation in Christ.  
**Eph. 2:5** I am saved by your grace.  
**Eph. 2:6** I am seated in heavenly places in Christ Jesus.  
**Eph. 2:10** I am your workmanship.  
**Eph. 2:15** I am a new creation.  
**Eph. 2:19** I am a citizen of heaven.  
**2 Pet. 1:4** I am a partaker of Your promises.  
**Eph. 3:16** I am strengthened with might by Your Spirit.  
**Eph. 3:17** I am rooted and grounded in love.  
**Eph. 4:23** I am renewed in the spirit of my mind.  
**Eph. 5:18** I am filled with the Spirit.  
**Rom. 8:37** I am more than a conqueror.  
**Rev. 12:11** I am an overcomer.  
**1 Pet. 2:24** I am healed.  
**John 8:36** I am free.  
**1 Cor. 6:11** I am consecrated.  
**1 Cor. 6:11** I am sanctified.  
**1 John 5:4** I am victorious.  
**Eph. 1:3-6** I am accepted, highly favored.

## **Overcoming**

You're not going to settle rejection issues fully until you get it down into your spirit that you are accepted, loved, and appreciated by God.

Overcoming religious and demonic strongholds is a necessity when overcoming the effects of rejection. Dealing with strongholds is an important part of the process, — as strongholds paint God as someone distant, and someone who is impersonal.



Bringing your relationship with God into proper perspective is a vital step in the process of overcoming the strongholds of rejection.

Tearing down the strongholds of rejection is as simple as merely receiving, with childlike faith, what God's Word has to say about your identity, who you are as a new creature in Christ, one who is called to walk with abundant life, with amazing purpose, and with incredible value in Christ. Simply said, all the lies need to be broken and you simply need to believe what God says about you. Amen!

## **The Group Prayer – Introduction**

We are going to go into a group prayer. We are going to bring that whole thing about rejection to the Cross and leave it there! Then we are going to go into prayer. At the end of the prayer, — I just want you to take a deep breath and then just breathe out and then just wait upon on the Lord. Don't speak! Let the Holy Spirit come upon you, and minister to you.

## **Group Prayer - Repeat After Me**

Jesus, forgive me for walking in rejection. I renounce and repent my involvement with the spirit of rejection.

Jesus, close every door where the spirit of rejection has entered. Cancel every legal right that rejection has had to operate in my life.

I command the spirit of inherited rejection, fear of rejection, self-rejection and perceived rejection, to loose their hold on me now in the name of Jesus.

I lay down my need to understand why things happen the way they do.

I lay down my fears about people I love walking away.

I lay down my desire to prove my worth.

I lay down my resistance to fully trust in the plans that you have for me.

I lay down my need to protect myself.

I lay down my anger, unforgiveness, and stubbornness that cause me to build walls when I sense hints of rejection coming.

Jesus, as for the structures, habits, attitudes, and reflexes I have built around rejection, I ask You to bring those practices to death.

Forgive me Jesus, where I have engaged rejection!

Holy Spirit come and minister to me now!

I seal this prayer in Jesus name!

*Now take a deep breath and breathe out, and let  
Holy Spirit minister to you.*

## **Instructors Prayer over the Group**

By the power and authority of Jesus, I break the power of rejection off each one those that has come forward, that their body, soul, and spirit would now come into alignment with the kingdom of heaven in Jesus name.

I speak restoration as to the Fathers original design for these very ones here in Jesus name. That the demonic powers that had legal access through rejection would be absolutely torn down in Jesus name.

Holy Spirit, I ask that You would come and wash away any residue of spiritual darkness that may still be attached and that you would breath a freshness upon them in Jesus name!

That You would begin to breath upon them even now in Jesus name!