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Dealing with Rejection

Ps Chris Field



Understanding Rejection and how to be Free from its impact
Prepared from the personal journey and ongoing ministry of
Pastor Chris Field

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Introduction

These collated lessons have been created to share the journey to freedom from Rejection, as experienced by Ps Chris Field in his early adult life. They are offered to provide wisdom and guidance for those suffering from Rejection or similar effects in their life, and for those who wish to help others find freedom.

What Chris learned from his personal journey into release and freedom has given him effective spiritual tools to use on a wide range of issues. He calls these tools his Steps to Release, and they are presented in these lessons, for you to use for personal freedom or in assisting others to gain release.

Pictures provided in this book are based on Chris's original stick figures, later made more attractive by Melbourne cartoonist Rig Bell.

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Rejection and Inner Healing

Half a century ago God began a work of healing my heart. That work completely revolutionised my life and became the platform for so much of who I am and how I bless others.

It is my delight to share something of what the Lord taught me through that process. This includes the Steps to Release which outline the journey God led me through. Those steps became the template for my personal freedom and my ministry bless others. What I present in these Rejection lessons my personal journey into freedom from rejection and the explanations I developed to assist other.

My Journey

I discovered I was a victim of feelings of inferiority and rejection which devastated my personal, social and spiritual life. God graciously opened my eyes to His Word and the work He wanted to do in me.

Once I experienced personal freedom I was keen to help others find freedom too. Many who came to me for help suffered with rejection, inferiority, insecurity and related issues. Helping them come to freedom expanded my understanding and enabled me to see a more complete picture of what could be called a 'rejection syndrome'.

As I escorted people through their journey to freedom I drew stick figures to illustrate what I suspected they might be encountering. Those simple drawings were scrawled out over and over again and people would often point at the page and say, "*That's Me!*"

When I met cartoonist Rig Bell, in the early 1980's, he offered to create images that were better than my clumsy stick figures. He took my sketches and came back with the pictures you will see in this series.

Setting Things in Order

Obviously there is a great deal I could teach about Rejection, Inner Healing, Deliverance and the like. Years of experience and so many different testimonies have given me a broad concept of some of these issues. However, my concern is to simplify things and set them in order, so that anyone can grasp them and apply truth to their life.

What I present here is not the final word, nor all that could be said. It is simply my attempt to make the subject clear and practical, for your benefit.

My Inferiority

I have vivid memories of my desperate feelings of embarrassment, insecurity, blushing, self-consciousness and inferiority. I could tell you stories about how I lived with the intense sense people were watching me, so I had to be self-aware at all times. I was afraid to look people in the eye. I would blush and go red like a beetroot, blinking at 90 miles per hour, with tears streaming down my face.

I could not tell my teacher I needed to go to the bathroom (toilet), so I invented belly-aches so she would suggest it herself. I developed the habit of checking my watch as I walked, to

create an air of having something important to do. Yet I would look at my watch about every four paces, out of sheer torment at the thought people were watching me.

It was pretty weird, but it was 'normal' to me. I didn't know any different. I just had to live with that and I also had to develop my compensating strategies.

An Extrovert

Despite my intense inner feelings of inferiority I had a strong desire to be up front and in the limelight. That created great tension, which I dealt with by sheer bluff and determination.

I created several coping strategies, such as out-staring people, forcing myself into the limelight and throwing myself into things, and making more of my strengths than was reasonable, to compensate for my limitations.

My compensation strategies worked very well. I became a class-room hero. I championed the debating team. I excelled in lead roles in the school musicals. I represented my school and district in national speaking competitions. I was the best joke teller in the school.

Still Broken

Despite all my extrovert performing I was still broken on the inside.
I needed God's love and His grace to deliver me from things too powerful for me.
I needed His wisdom and the truth of His Word to break the chains of my slavery.

And all my efforts to set myself free only became another layer of problem which I had to undo in the process of walking into freedom. I later discovered that the defeatist, extrovert and rebel can all be variations of hurting people. Despite the life pattern which is chosen as the survival or coping mechanism, these people are still hurting on the inside, because they are still broken on the inside.

My Rejection Book

If you suffer from rejection, inferiority, self-pity, extroversion or rebellion, or if you have a heart to help others, you will find this series an effective tutorial on how to lead people into self-awareness, truth that sets them free, and ultimately, to God's deliverance. Enjoy.

Love Receptors

Since Rejection was such a big problem for me I often reflected on why it should be such a serious issue for people. How could something as invisible and insidious as rejection be so devastating for so many?

My reflections led to a simple observation, that we are designed to be loved.

Our Design

Mankind was made by God, for fellowship with God. And that's a Bible truth. God made man, right back there on Day 6 of creation. And God is "Love".

"He that loves not knows not God; for God is love." 1John 4:8

"And we have known and believed the love God has to us. God is love; and he that dwells in love dwells in God, and God in him." 1John 4:16

Just as a radio is designed to tune to radio signals and a television designed to tune to television signals, man is designed to tune in to God.

Love Receptor

If man is made to tune in to God, then man is designed as a *"Love Receptor"*. Somehow, among all our faculties, we have the capacity to tune in to and resonate with God. And, since God is love, that means we must be able to tune in to love.

We must have within us the capacity to fully interpret, receive and respond to the waves of God's love which are broadcast from Him.

If we could not sense love, then we could never have real fellowship with a God who is love.

You are I are 'love receptors'.

Apart from our sight, hearing, touch, taste and other senses, we have the innate ability to sense God's most wonderful quality.



God and Man

As a love receptor we deeply desire to receive God's love and the love and affection of our fellow man.

We expect to find love from our parents, siblings and family.

We expect people to be friendly to us and to be interested in us.

We look for loving interaction from all we meet.

This is especially so when we are children and have not yet felt the rejection and disinterest we are likely to face in later years.

We are designed to live in the luxury of close fellowship with God and with family, friends and society. However, many people experience no sense of God's love and also experience the feeling they are rejected, neglected, abandoned and abused by fellow man.

Look at Life

Have you not noticed how powerful love is? People who sense love are keen to be near those who supply it. Children respond to love shown them by others. We all love to be loved.

Some people spend their whole life looking for love. It fascinates us and impacts us like few other things can.

We celebrate our addiction to love in stories, song, poetry and lifestyle. People's whole personalities can be transformed by the addition of a loving person in their life.

All this testifies that God has designed us as Love Receptors. Those who defy the need for love often do so out of their hurt. They are trying to shut down a faculty which has become a source of pain for them. That only proves the point. If they were not love receptors by design, then the absence of love, or pain through expectations of love, would not affect them.

Substitutes for Love

Craig Hill, in his Family Foundations course, points out that people who are not loved by their parents can go headlong into sexual relationships, in a quest for the love they sense is missing.

A girl who is denied her father's love is more likely to end up in a cheap, sexual fling with a man, than a girl who is secure in her father's love.

Similarly, a boy who feels rejected by his mum will tend to seek the affections of another woman, to fill what seems to be a void within him.

The lack of love never justifies sin. I am not suggesting that parents are to blame for their children's wrong choices. We must each give account for our actions. God doesn't use a psychologist couch. He has books with written records of our sins instead.

Other substitutes for love can include attention, notoriety (as with the trouble maker), fame, success, cheap popularity or sexual attraction.

If people are not shown love they may well immerse themselves in a substitute, to at least get some compensation for how they feel.

Love Completes Us

Because we are love receptors love completes us. We are designed to be in intimate fellowship with our creator, the God of the entire universe.

His love is meant to be *"shed abroad in our hearts by the Holy Spirit" (Romans 5:5).*

We are meant to receive such a revelation of God's love that God's *'perfect love'* casts out all the fear we feel, including fear of rejection.

"There is no fear in love; but perfect love casts out fear: because fear has torment. He that fears is not made perfect in love." 1John 4:18

Through these pages I have more to say about God's awesome love. By the end I trust that you experience and enjoy God's perfect love in much richer dimension that you are wonderfully set free.



Heart Cry

The cry of the human heart is to be loved. And that sets people up to experience deep rejection. This is somewhat out of our control, because we were designed as love receptors.

Above everything else people seek, they want to be loved.

This yearning for love not only motivates us, but brings people into some of their deepest pains.

Hidden Longing

People are unlikely to tell you they are desperate to feel loved. It's one of those things people don't talk about, especially in Western culture.

This deep heart cry to be loved functions as a hidden longing in the human heart.

People mask this longing by investing themselves in activity, success and a myriad other things. And, of course, people can find great meaning and value in things other than relationships. However, the hidden longing for loving care, affection, value to others and the like is still present in people's lives.

Heart Crying

Not only is our desire to be loved our heart cry, our experience of not being loved makes our heart cry.

Loneliness, hurt, fear, shame, heartache, pain, desperation, self-rejection, and many similar terms relate to the cry of the crying heart.

People usually hide their pain, so you won't often see this heart cry on someone's face. Most people pull themselves together, put on their 'stiff upper lip' and soldier on.

They may do so in hope things will get better, or simply not wanting to add shame to their hurt feelings.

However they come to it, most people cry on the inside, but keep up appearances on the outside.



Universal Pain

I expect that everyone has had moments of inner sadness and pain.

A life without disappointment is hard to conceive.

We all have hope for good things, and when those good things don't materialise we have to work through a reality check, then keep going.

Pain is a universal experience.

Moments of crying on the inside are commonly understood. How we react to it and deal with it can be varied, but the initial pain is part of the human experience.

My Tears

I don't know where my earliest feelings of rejection and inferiority came from.

I do know of times when I felt pain in my later years.

I can recall wetting my pillow with burning tears running down my cheeks late at night.
I can recall quivering lips as I tried to suppress inner hurts and disappointments.
I can recall intense feelings of insecurity, feelings of intimidation around people who made me feel inferior and feelings of fear of being mocked or shown up in some way.

I can recall the burning heat of a face bright red with shame. I remember the burning eyes, streaming tears and glowing cheeks which I once experienced often.

I'm sure I am not unique.

Love is Powerful

That is why love is so powerful. Everyone wants to be loved. While you may not 'love' others in any emotional sense, you can at least care about them.

If you notice someone, talk with someone, listen to someone, show care to someone, meet someone's needs, give consideration to someone, speak up for someone, take time for someone, you will have powerful impact in their life.
That's because everyone really wants to be loved.

If you are keen to build a bridge toward someone, choose to make them special.
Show them affection, care, compassion, consideration, respect, attentiveness, value, or the like and they will register that, unless they are totally closed to you or the world.

Important People

Someone once pointed out to me that the last thing I should ever casually talk about with a celebrity is what makes them famous. A person's fame is usually the curse of their life.
What they want to find is someone who values them as a person, not a performer.

The same is true for people who are attractive. Many attractive women are annoyed by the amount of attention people give them. They learn to distrust the motives of people who look at them, smile at them and want to interact with them.

When you take interest in the person for who they are, not for what they mean to you, you give them a very special gift.
So always be ready to talk about the inane, or to find out what is important to that person.
A star may be very relieved to talk with someone about their first dog, or the food they hate, or something equally as distant from their stardom.

The Power of Compassion

While you are still thinking about dealing with your own pain and need, take time to show compassion to others. Remember, they have a heart cry to be loved too.

Learn how to make others feel special. Learn how to listen to them and engage them in things that THEY value. Give them your time and your listening ear.
Engage with their stories and their personal journey. Most people are blessed to have that kind of royal treatment, and some are desperate for it.

Things are so bad today that people pay money to a therapist to simply listen to them and show some kind of understanding.

That says something about how desperate the heart cry has become in Western society. Even family and neighbours are failing to show the care and concern that was once part of normal life. People are paying others to at least resemble what care and compassion look like.

Can you see a ministry opportunity in all that? I can. And I release you to go and do it!

Spirit Soul Body

Applying healing to people suffering from rejection involves an understanding of where the remedy is to be applied.

That brings me to a look at how humans have been created.

The area where much of the damage takes place through the experience of rejection is our 'soul'.

Modern people have little understanding of their inner workings. This is made more complicated by the promotion of non-Biblical ideas about how we are made.

Freud's theories about the inner workings of the mind and the plethora of psychological theories promoted today do not help us understand who we are in God's presence.

Simple Model

For the purposes of helping people move into freedom I like to explain our makeup in the simplest terms. And I don't insist that you have to agree with my picture. What I am sharing with you is what I understand from the scriptures and from my experience. I share this simple model to help you move forward. You don't have to agree with my analysis in order to gain freedom.

Spirit Soul and Body

Paul, writing to the church in Thessalonica, presents us with a list of three parts which seem to summarise how we have been made.

These parts are *Spirit, Soul and Body*.

Note that the first part listed is not the body, but the spirit.

*"And the very God of peace sanctify you wholly;
and I pray God your whole spirit and soul and
body be preserved blameless unto the coming of
our Lord Jesus Christ." 1Thessalonians 5:23*

There is not guarantee that Paul's list of these three parts is a final proof of our makeup.

Some argue that it is not.

However, there is no better description that I have found in the Bible to give us an insight into how God has made us.



So, I assume that this is a description of our whole being.
Note Paul's use of the word 'wholly' in that verse.

Note too that our being is defined from our spirit man, outward to our body.
Today's materialist thinking is distracted with the visible, external person and tries to work in from there.
God, who is Spirit, deals with us and knows us from our spirit man first.

Defining the Parts

God is described as a 'trinity', or tri-partite being. That is to say that God is made up of three distinct and identifiable elements, which are all equally part of the same whole being.

God is identified as the Father.

God is also identified as the Son.

And God is further identified as the Holy Spirit.

Yet, despite the existence of these three identifiable elements, we know that there is only one God. Each of these three expressions of God is equally God. Yet they function in distinctly independent fashion.

While this is a challenging concept to grapple with, it is clearly presented in the Bible.
We have one God. God is expressed in these three parts. God can exist in the reality of a single identity with three unique expressions.

So, when God made man in His own image (Genesis 1:26,27) it is logical that God made man as a tri-partite (three part) being, where three identifiable parts are all equally real parts of the one being.

Thus the three components identified by Paul in 1Thessalonians 5:23 make sense: *Spirit, Soul and Body*.

Your body and spirit are just as much 'you' as each other, but they can be separated from each other. Your mind can think one thing, while your emotions struggle with something else.

Let me give you a simple working definition of the three parts identified by Paul.

Our Spirit Man

Our 'spirit' is the part of us that is able to be in intimate relationship with God.
It is therefore the most mysterious part of us and the hardest for us to identify within us.
Jesus referred to this part of us as our 'belly', so it is often identified with our stomach.

"He that believes on me, as the scripture has said, out of his belly shall flow rivers of living water." John 7:38

The Apostle Paul referred to our 'inner man'.

"That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man" Ephesians 3:16

Our Soul

Our soul is an internal part of us which is independent of our communion with God, so not our Spirit.

It is the realm of our thoughts, feelings and volition (use of our will), which we can engage whether we are in touch with God or not.

Heart, Mind, Personality and Will are the parts of us that could readily be linked to the New Testament idea of 'soul'.

We also have reference in the Old Testament to the 'soul'.

That term is used in the Old Testament at times to speak of our life in general, rather than a specific mind and heart component.

Yet there are some places where the word 'soul' is used to describe something that is part of our inner processes.

On three occasions the Psalmist talks to his 'soul', as in internal part of him that is struggling with feelings of discouragement. This sounds very much like emotions and troubled thoughts.

"Why are you cast down, O my soul? and why are you disquieted in me? hope in God: for I will yet praise him for the help of his countenance." Psalm 42:5 (see also Psalm 42:11 and Psalm 43:5)

I suggest that the same sense for our internal being, mind and emotions, is in focus in two other psalms relevant to our internal restoration.

In the much loved Psalm 23 (The Lord is My Shepherd) we have the statement, *"He restores my soul"*.

And in Psalm 147 we are told that God puts a bandage on the broken heart.

"He restores my soul: he leads me in the paths of righteousness for his name's sake."
Psalm 23:3

"He heals the broken in heart, and binds up their wounds." *Psalm 147:3*

Our Body

The body hardly needs any introduction. It is the part of us which we are quite aware. Our physical feelings and appearance press themselves on us much of the time.

What is important is that we are much more than the sum of our physical parts.

And we should note that it is possible to put a smile on our face while we are feeling desperately sad on the inside.

Our physical body can hide or mask our inner thoughts and feelings.

Most people rely on physical appearance to signal to them who and what we are.

Some people become masterful at deceiving others, hiding their inner self, deeper thoughts and feelings and even the decisions of their will, by their confident, smiling countenance.

The Place of Rejection

Rejection seems to have its greatest practical impact on our mind and emotions. That 'cast down' feeling the psalmist described in Psalm 42:5 is well known to people carrying feelings of being un-loved or rejected.

So the place of rejection in our lives is often identified as being in our emotions. Our 'hurt' feelings seem to be located in our heart.

Now, a more careful analysis may prove that there is much more to it than that. But, for my purposes, that simplification is perfectly workable.

If you are given to profound analytical thought then be my guest to try mapping all the nuances and shades of internal geography. But know this, if you are planning to help yourself and others, what I have presented here is perfectly sufficient.

So, now we are ready to move on.

Rejection Defined

My working definition of 'Rejection' is simple, like most of my concepts. I believe it is best to keep things very simple, so any child could understand and anyone could apply the teaching to their life.

So, in this lesson I explain the simple process by which we experience rejection and point to some of the many ways through which rejection can be encountered.

Love Supply

Since we are Love Receptors we are highly sensitive to being denied love. When those who should love and accept us refuse to do so we are hurt on the inside.

We don't seek to be hurt. Those hurt feelings are not a game we are playing to get back at those who hurt us. Instead, they are an automatic response from within us, due to our inherent sensitivity to love and our natural desire to be loved just the way we are.

So, rejection has a lot to do with the natural flow of 'love', or any expression which represents love, such as acceptance, friendship, care and so on.

Cutting Off the Love Supply

My simple definition for Rejection, then, is '*Cutting off the Love Supply*'. When someone turns off the supply of love we naturally expect from them, then we experience something of the feeling of Rejection.

There are many disclaimers and explanations which could be applied here, and I am trying to keep things simple. Allow me to point out that some times there has not actually been a cutting off of the real supply of love and affection, but simply the perception of being denied love by the other person.

When a parent disciplines or rebukes a child, for example, the child may be tempted to think the parent has stopped loving them. That is why I teach in my Parenting material about the need for the parent to affirm the child who is being disciplined, to protect them from misunderstanding the parent's actions and intentions.

When a person perceives the love supply has been cut off they will encounter feelings of rejection. Their perception may be wrong, but the impact will be just as real. Alternatively, a person may be being rejected or taken advantage of, but not realise it. In that case they are experiencing something negative, but are spared the hurt feelings that would otherwise result.

Expectation of Love

Rejection is most strongly felt when the person who is (or seems to be) cutting off the love supply is someone we expect to love us. Therefore much of people's experience of rejection can be traced back to early childhood encounters with their parents or other relatives. A child should expect their family and carers to care about them. So they are readily hurt when it seems they do not.

The picture I use to depict the rejection process has an adult pointing the finger at a child. I chose this image because of the likely early childhood times of feeling rejected because of the actions of parents and adults.



Obviously we can experience rejection in adult life, and we are most likely to feel rejection from those we expect to love us. Our extended family, friends, spouse, work associates, boss and teachers are among those we would normally expect to show care, compassion, respect and even love. Each of them, then, is able to bring stronger offence into our life than complete strangers would normally be able to do.

Active Rejection

Many people are victims of what I term '*active rejection*'. This occurs when a person is shunned, rejected, insulted, verbally abused, used, or otherwise wrongly treated in an active way.

The active form of rejection may come in words of accusation or denigration, through physical abuse, by being pushed away, or the like. In each of these cases the victim experiences an unhappy encounter that impacts their life.

Among the many examples I could cite, let me list a few. A child who is not the gender desired by a parent can be pushed aside or 'tolerated' instead of loved. A child who does not live up to parent's expectations in academics, sports, art, natural ability, or the like can be despised by the disappointed parent.

An angry parent can vent harsh words on their child. An irritated or frustrated parent can falsely accuse, scold with inappropriate venom, lash out at a child, or otherwise vent their feelings in a hurtful way.

A parent who resents their spouse can resent that spouse's favourite child or despise the child who most reminds them of that spouse.

A parent who has their material ambitions limited by the needs or expenses of the child can punish the child in various ways for being an impediment to their dreams.

A child can be unwanted, unaccepted, below the parent's expectations and standards, hated, out of place, and so on. All of this involves the active expression of rejection.

Passive Rejection

People can also be victims of passive rejection.

This is where a child is not subjected to any overt or obvious rejection, but feels neglected, overlooked, and the like.

Passive rejection may easily occur when a parent is preoccupied with other interests or needs.

A workaholic parent will most likely neglect the children.

A parent who wants to pursue their own interests, friends, relationships, career or the like, can leave the child feeling undervalued.

Parents who spend time fighting with each other can leave their children feeling of no value.

Many times the abusing parent is completely unaware they are causing deep hurts in their child.

Some parents take greater interest in the activities of one child in place of another.

The child who misses out on what their sibling receives will likely feel rejected by the favouritism.

Feeling Unloved

Among the many stories I have heard from hurting people here are some examples of how they have come to feel unloved.

One young girl accidentally discovered papers which proved she was adopted. She went to both her parents and asked them if she was their real child. They both assured her she was, probably because they didn't want her to feel anything less than their loved family member. She, however, knew they were lying and felt hurt that they would not tell her the truth.

The very next morning as she left for school her dad said, "Aren't you going to hug daddy today?" She replied, "I don't hug daddy any more." The man smiled to his wife and said, "Our little girl is growing up." But he did not know that she was feeling deeply rejected and was rejecting him in return.

One family had a sick child who consumed all the parents' time, energy and money.

The other children not only despised and resented the sick child, but felt deeply abandoned by the parents.

One small girl felt deeply hurt by her father leaving home for another woman. The child assumed that she must have been responsible in some way.

One young boy brought his school papers home to show his mum, but she had seen that work before from his older siblings and didn't take any interest. He felt jealous of his older siblings and deep resentment toward his mum.

Children of alcoholic and addicted parents suffer greatly. Children from broken homes often feel hurt by the process. Children of high achiever parents often feel they run a poor second to their parent's own achievements. And so it goes on.

Ultimate Love

We will see further on that God's love is the ultimate love. It is the perfect love which casts out our fear, inferiority, hurt, pain, feelings of rejection etc.

Rather than get buried in the pain which might be surfaced by this investigation of rejection, take time right now to ask God to pour His amazing and ultimate love into your aching heart.

Remember the verses we saw earlier about God's desire to make you whole.

"He restores my soul: he leads me in the paths of righteousness for his name's sake."
Psalm 23:3

"He heals the broken in heart, and binds up their wounds." *Psalm 147:3*

Allow me to add to those verses this lovely text about the love of God...

"The Lord appeared to me of old, saying, Yea, I have loved you with an everlasting love: therefore with loving-kindness have I drawn you." *Jeremiah 31:3*

God's love for you is the ultimate love. It is much more powerful and valuable than the love of your parents, siblings, spouse, friends, family and society. God's love is more powerful than all other love put together. So ask for Him to pour that love into your heart right now.

"And hope does not make you ashamed; because the love of God is shed abroad in our hearts by the Holy Spirit which is given to us." *Romans 5:5*

Heart Wound

While my picture of rejection identifies the act of Rejection it is important to consider the most poignant element of the impact of rejection.

When people cut off the love supply we experience rejection. What that does on the inside of us is create a deep, internal wound that we may carry for the rest of our life.

Knife in the Heart

I use the rather dramatic imagery of a knife in the heart to describe what it feels like at times when we are rejected. The person offending or rejecting us might be horrified if they understood the pain, impact and dimension of what they have done to us.

Many parents, spouses, friends and people try to dismiss what they have done and excuse their outburst, neglect, selfish behaviour, etc. But for the one who feels rejected the action can prove to be devastating.

The main area where rejection impacts us seems to be our emotions. So the knife in the heart imagery makes a pretty good generalisation to represent how rejection impacts us.



Broken Heart

We use the expression 'brokenhearted' to describe the internal feeling we have when let down, jilted or hurt by others. So an image of a heart broken in two might work just as well.

The Bible uses the term 'broken in heart', so that gives further legitimacy of the idea of our heart being the place where injury takes place.

"He heals the broken in heart, and binds up their wounds." Psalm 147:3

However, I like the idea of a knife in the heart, because it suggests an attacker. Even if the person who caused the hurt is ignorant of their impact, the victim can usually identify the one who they feel hurt them. When we come to resolving rejection you will find that 'forgiveness' is very important. So having a sense for the offender, or the one who wounded us, in mind, will lead easily into that process.

Reference to a 'broken heart' does not maintain consciousness of an offender in the same way a knife in the heart does.

Hurts

Another terminology for the inner wound which we experience in rejection is 'hurt'. We speak of carrying hurts. These hurts are bruises on our heart.

While the knife imagery invokes the more severe impact of rejection we also carry many bruises, hurts and inner pains that are not such intense wounds.

Many people carry some level of pain, even if they call it disappointment, hurt feelings, soreness, or whatever.

Hurt is a good term to use for that large collection of inner injuries which impact us to varying degrees, even if not serious enough to be called 'wounds'.

The Mind

I should point out that the imagery of a wounded heart does not rule out the wider impact of rejection.

Our mind gets involved in the rejection issue, so I want to take a moment to acknowledge that too.

While my main focus may be with hurt feelings, inner wounds, deep personal pain and other emotional effects, we may not realise how much our mind is impacted by the rejection experience.

Troubled thoughts, agony of mind, struggle to find reasons, rationalisation, intense self-interrogation, and other mental mind-traps can tangle a person in mental distraction.

Most people who carry deep inner hurts are mentally distracted.
Some find it impossible to concentrate or even think clearly.

The focus on a wounded heart should not displace our awareness of the intense mental pain many people go through.

The mind is part of our soul and it needs to be restored, just as our feelings do.

Pain Vocabulary

The feelings which people grapple with when they have been rejected can be wide ranging. We have already mentioned hurt and pain. Along with them there are such things as being disheartened or discouraged. People can lose heart and give up on themselves, others, relationships, studies, career, and even life itself.

Feelings of inferiority are a powerful element of rejection.

The notion comes to the victim that if they are worthy of being abused, rejected or neglected by people who should love them, then maybe they are simply of no real value.

Feelings of fear, especially the fear of further rejection, can enslave people's hearts and minds.

Distrust of others and uncertainty about emotions, relationships and their own expectations from life can easily spring up in a rejected life.

Moment of Trauma

We will look further in at some of the responses which tend to spring up in the fertile soil of a wounded heart. All of those various feelings tend to be underpinned by the overriding experience of personal trauma and pain.

When working with people to lead them into freedom I like to find, if possible, the moment when the knife pierced their heart.

That moment of personal trauma can be a key to unlocking the pain that has engulfed them.

Delayed Impact

While looking for the moment of trauma I came to realise that there can often be a delayed impact in a person's life.

I have encountered many families where all the children were neglected or hurt in one way or another, and yet each person responded differently. They each had a uniquely personal journey of abuse, despite their shared experiences.

The idea of 'delayed impact' is summarised by the scenario where a parent keeps putting off time with their child.

Imagine a child going to his dad to show him something. The father brushes off the child with something like, "I'm busy at the moment. Show me later."

Then, later, the dad is on the phone, reading the paper, about to make an important call, not wanting to be disturbed, thinking about something important or the like.

Each time the child goes to the dad the child is in reality being rejected.

Yet the child trusts the father and accepts his excuses, not feeling the pain of rejection.

But then, on one momentous occasion, after being rejected yet again, the penny drops for the child. They suddenly feel the impact of rejection and realise that their dad is never going to have time for them.

In a family this delayed impact can hit each child at a different age or stage of life.

They may all be rejected but some feel the impact far more deeply. Some children can even be so robust emotionally that they never realise how rejected they have been, while a sibling has been devastated by the same treatment all the children received.

Handle on the Knife

If you can remember the day that the knife struck your heart you will find it fairly easy to grab the handle of the knife and remove it from your life.

Rejection can be healed in either case, but I like to encourage you that if you can relate to the knife in the heart imagery you are on track for wonderful freedom.

God is able to give you a new heart.

He binds up the broken in heart.

He restores your soul. He even makes your soul prosper (3John 2).

So don't be afraid of what you have gone through or the pain that has destroyed you.

Your day of deliverance is at hand, because Jesus has done all that needs to be done for you.

Emotional Cripple

When we are rejected we get wounded on the inside. That leaves most of us with an unresolved, long-term injury, which effectively leaves us as an internal or emotional *cripple*.

Let me explain how that process works so you can see if you have seen or experienced what I observe.

Call The Doctor

I will use the analogy of a physical wound.

Let's assume that I am visiting you and someone attacks me and stabs a huge knife into my leg.

In such a situation, what help would be available to assist me?

Do you know first aid?

Do you have bandages, antiseptic and other medications at your home?

Is there a nurse, doctor or clinic nearby?
Can you get me to a doctor's surgery or an emergency department quickly?
Is there an ambulance service you can call on?

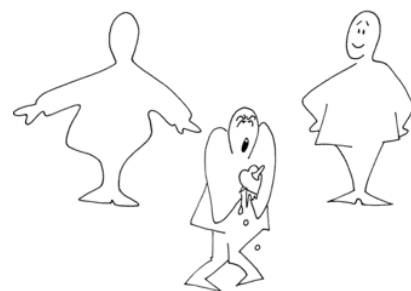
Most of you will have access to a reasonable range of medical support to assist me if I were injured. We take that level of medical help for granted in western countries.

Call Who?

But if I was visiting you and someone attacked me and stabbed my soul, creating an inner wound, such as rejection or inner hurt, what help is available?

While western society has many trained people and prepared resources to aid those who are physically injured there is a great need when it comes to inner injuries of our soul.

Do you have a bandage in your medical cabinet that will bind up a 'wounded heart'?
Which doctor's clinic has emergency response supplies for wounded emotions?
Does the trauma response department at the local hospital have the solution for an inner wound?



SPIRIT SOUL BODY

Who are you going to call?

Social Support

Most of us have to get our emotional support from our social network of family, friends and neighbours.

In past generations those local, neighbourly friends, along with the caring community leaders, such as ministers, teachers, business people and so on, were a valuable resource for hurting people.

A cup of tea and a long chat with a caring friend has proven to be very valuable in helping people work through their hurts, disappointments and inner pains.

In today's more fragmented and individualistic society, where social networks have broken down and so too have extended families, more people are left without the social support which assisted previous generations.

I am not saying, however, that social support is always effective.
Many people have had plenty of social care from family and friends and yet have not been able to resolve deep personal pain.

Professional therapists have filled the void created by social collapse.

But these 'carers' usually do not care.

They have a profession, not a filial relationship with the client.

They give text book and home-brewed wisdom, not the loving care of a fellow traveller.

The Cripple

Let's go back to the example of me with a knife in my leg. If I had been stabbed in my leg and you could not get any help for me, what is likely to happen?

There is a serious risk of infection and possible loss of the leg. Assuming that infection doesn't set in, it is highly likely that the damaged tendons or whatever would lead to me losing strength in my leg.

What do we call a person who has lost the use of a leg?
We call them a *cripple*.

So, relating that to a person with an un-cured internal injury, an emotional wound, what would become of them?

A person who has received a serious injury to their emotions and who does not get the remedy they need, will likely become a cripple.
We could call them an *Emotional Cripple*.

Now, if I had become a physical cripple that would not affect my other faculties. I could still talk, use my hands, hold down a job, etc. But when there was a need for someone to carry a physical load, such as moving a piano, I would not be able to assist. In just about every other aspect of life I could ignore my disability. But under certain challenges my weakness would become very obvious.

Similarly, an *Emotional Cripple* can get on with life and use their other faculties. As long as they are not confronted with an emotional load they can perform as well as others. However, when they are confronted with an emotional burden they will crumble.

Covering Up

Because the injury to their soul is not physically observable, an emotional cripple can keep smiling, keep talking, and get on with life. They can hide and cover up their weakness and inner vulnerability by putting on a good show on the outside.

This kind of cover up becomes an art-form in itself to some people who suffer from rejection. Many rejection victims become somewhat artificial in their interactions, putting on a good show, to hide their limited internal faculties. This may fool some, but it can also make them seem false and shallow to others.

The cover-up breaks down when the person carrying hidden pain is asked to share someone else's pain. Someone else's pain can be an unbearable burden to those who cannot carry their own pain.

Life Lost

An emotional cripple is unable to live life to the full. Their relationships are severely compromised by their own emotional damage.

Their marriage, parenting, business relationships, communication with others, social interactions and career are all affected by their internal limitations.

While people can still get on with life and maintain all of the relationships and meet all the normal challenges of life, they cannot enter into the fullness and wonder of those things. This is a loss of the very life which God has given them. It also causes those who are linked to them to miss out on the fuller experience which can be entered into by whole people.

Imagine, then, how whole societies can blossom and enjoy wonderful newness, when unresolved pain, such as shame, fear, grief, insecurity and the like, are dealt with through God's grace.

Fake People

I will say more about how people become fake later, but for now let me share what I have seen with some rejection sufferers.

On a ministry stint in New Zealand in 1978 I met a minister who received our small team for a weekend. I was immediately struck with how uptight (now I think that's a good 1970's word which I don't use very often) and fake the minister was. He spoke in ponderous words which he only offered after taking care to think through what he was going to say.

From my own rejection journey it seemed to me he was feeling very vulnerable, maybe even intimidated, and was working overtime to impress us. But he also seemed very unhappy in himself. He seemed to be a lonely, insecure man, easily threatened, desperate to be loved for who he was, but probably not sure who he was anyway.

At the end of that weekend the man confessed to us that he resented us coming and had put up various obstacles and challenges which he thought would bring us down. Instead, we met the challenges and brought grace to his congregation. He too seemed to receive some of that grace and opened up to confess his actions. I left the place with hope that the minister might eventually blossom into an effective man of God.

Your Rejection is Showing

When my children were young I went to a school concert where students and teachers performed. One young teacher sang a song, accompanying himself on the guitar. As soon as he began to sing I was overwhelmed with awareness that he was buried in feelings of inferiority.

The man was obviously talented, so there was no reason for him to be projecting to me such a strong sense of his rejection and inner struggle. I have no idea whether anyone else sensed it, but it was like a neon light to me.

When he finished his item, which I struggled through, he came and sat right behind me, with his wife and family. For the rest of the program I wrestled with a strong compulsion to help this man gain freedom, but I did not know him. I decided to blunder right in and either open him to his need or make a mess trying.

When the program ended I turned to him and asked him, point blank, *“How long have you felt like that?”*

He was caught off guard and asked what I meant.

I said, *“How long have you struggled with such intense feelings of inferiority?”*

That did the job. He opened up and that very night I had the privilege of praying with him and seeing his journey into “the glorious liberty of the children of God” begin.

Abundant Hope

There is awesome hope and blessing for every person strangled by rejection, inferiority, hurt, shame and pain.

I have personally come into freedom.

I have seen many make the same journey.

And what I am sharing with you in this book is all you need to step into the blessings God has created for you and created you for.

I pray that the God of all Hope give you joy in believing for His best in your life.

“Now the God of hope fill you with all joy and peace in believing, that you may abound in hope, through the power of the Holy Spirit.” Romans 15:13

No Self Worth

The word ‘inferiority’ goes along with the topic of rejection.

That's because a person who suffers rejection has had their sense of self-worth damaged.

When someone who should love you fails to do so, or when someone preys upon your life in some way, using or abusing you to their own pleasure, then your intrinsic personal value has been demeaned.

You have been ‘put down’, devalued and treated as worth less than others.

Loss of Value

We each have incredible value, as people made in the image of God. As descendants of Adam we are ‘children of God’.

Therefore we should be treated as those who deserve respect, love, care, and so on.

When we are not treated as having that value we suffer a loss of value.

Our feelings of ‘loss of value’ start by being devalued by others.

Being devalued is an abuse of who we are.

When a parent neglects a child, or someone uses another person for their own selfish ends, or our qualities are ignored or discounted, the statement is made that there is no true value in the person.

This can have deep and profound impact on our ‘soul’, our inner being.

Low Self Esteem

Having experienced rejection or loss of value in the eyes of others we then devalue ourselves in our own eyes. We can even come to despise who we are.

If others, especially parents or superiors, fail to find the personal value we believe is there within us, then we could conclude that we are not really of the value we hope.

We lose confidence in ourselves and our own hopes and perceptions.

We discount our value and worth, in comparison to others.

Picturing Loss of Value

I have used price-tags as a simple way to express how people who have been rejected tend to give themselves a very low value compared to others.

They see other people as being rich in talent, personality and intrinsic worth.

At the same time they see themselves as of inferior value.



Even if the rejected person acts confident and assertive, suggesting their own value and merit among others, they are most likely feeling unsure of their real value.

They are very likely afraid of their own lack of value and hoping to bluff people anyway.

A person with low self esteem tends to have unrealistic perceptions of the achievements, abilities and value of other people, especially those who seem confident and successful or who are acclaimed and admired by others.

This is because they elevate the value of others in comparison to their own loss of value.

Low Expectations

One lovely young lady I assisted years ago really related to my picture of low self worth. She told me she had once applied for a job which several dozen others also applied for. She went through the application and interview process, but had no real expectation of getting the job.

When the employer phoned to advise her she had won the job she immediately said they must have rung the wrong person.

They assured her she was their choice, but she took some convincing.

She could not believe she was been the best choice out of so many applicants.

These low expectations often lead people to withdraw from the race and give up various areas of endeavour.

Competitive situations only remind them of their failings, and even if they are encouraged by others that they could excel or win in a situation, a rejected person will likely pull out of the race, due to their low expectations of victory.

Inferiority

The term 'inferiority' means 'of lower value'.

An inferior product is of lower intrinsic value than a superior product.

These feelings of low self worth and loss of value are feelings of inferiority.

As mentioned earlier, feeling inferior deep on the inside does not mean that people throw in the towel.

There are those who press on to be great achievers, yet who carry deep feelings of inferiority.

The point here is not that the person projects or lives by those feelings of low self worth, but that they carry them, even secretly, deep in their soul.

Think Soberly

The answer to these feelings of low self worth is to be healed by the love of God.

Some try to heal themselves and others who struggle with low self worth, by pumping up their self-image. Such a course tends to pride and self-delusion.

The Bible warns us not to think more highly of ourselves than we should.

We are told to 'think soberly', not with delusional self-aggrandisement.

So beware how you try to remedy this low self worth problem.

"I say, through the grace given me, to every man among you, not to think more highly of himself than he ought to think; but to think soberly, according as God has dealt to every man the measure of faith." Romans 12:3

We are not warned against holding too low a value of ourselves.

God does not condemn us or warn us about low self-esteem.

God does caution against pride, haughtiness of spirit and thinking too highly of our self.

Humility Head Start

If you are struggling with low self worth you at least have this to your advantage, you are likely to be more humble than some. As God heals you and affirms your intrinsic value to Him, don't let pride displace your acknowledgement of others.

We are to prefer others ahead of ourselves, so keep a humble heart toward others, and be willing to bless them with priorities ahead of yourself.

You have a head start on humility, so don't waste it.

Fear

Among the various results of Rejection is the key area of Fear.

Fear is a major weapon which the enemy of our souls uses against us.

The Bible alerts us to the fact that the devil uses 'fear' to keep people in slavery all their lives.

Hebrews 2 tells us that Jesus became human, like us, so that through His death He could destroy the devil, who had the power of death up to that time.

This would enable Jesus to set people free from the 'fear of death'.

*“And deliver them who through fear of death were all their lifetime subject to bondage.”
Hebrews 2:15*

Multiple Deaths

Since we are tri-partite, made of three parts, spirit-soul-body, we are able to be in fear of death at three levels.

We can fear physical death to our body. This involves fear of disease, fear of accidents, fear of pain, fear of spiders, and so on.

We can also fear death at a spiritual level, which includes the fear of falling from God's grace, fear of hell, fear of eternal damnation, and similar terrors.

Rejection is centred around the fear of death to our soul.

That involves the fear of death to our mind, emotions, will and personality.

Mental death includes the fear of insanity and senility.

Death to our will involves being enslaved, incarcerated, addicted or dominated.

Emotional Death

Death to our emotions centres around our fear of being hurt.

We don't want to be rejected or told we do not have value.

We want to be loved, so we fear any of those actions or expressions from people that make us feel worthless, stupid, unloved, unworthy, out of place, and so on.

It is possible to have no fear when it comes to our body, such as being a dare-devil and thrill-seeker in our actions, yet to have deep fear when it comes to dealing with people.

Emotional Fears

The fear of emotional death, even if we do not understand it as such, leads us to such things as a fear of people, fear of rejection, fear of intimidation, fear of rebuke, fear of correction, fear of mockery, fear of hurt and fear of being found out.

These fears dictate our actions, choices and responses.

Many people's lifestyle, career choices, friendships, routine, etc are the product of them navigating their fears, trying to keep away from threatening or dangerous situations.

Fear of People

Since we want people to love us and it is therefore people who hurt us, those who have rejection issues carry a fear of people. A fear of people drives some to the point of becoming hermits, choosing isolated lifestyles, remaining un-married, avoiding crowds, not connecting with active social groups and fading to the background in their social contexts.



Note that people can manage their fears, even though those fears still hold them.

So, just because someone carries a fear of people does not mean they automatically avoid social settings.

Some extroverts push past their fear of people and perform under the spotlight, despite their underlying sense of danger at the hands of insensitive people.

Insecurities and Anxieties

Fear also manifests in various feelings of insecurity and anxiety.

A person who has been rejected has had their personal confidence damaged.

While they may maintain their bravado publicly, they can carry deep-rooted insecurities and unseen anxieties.

Imagine trying to get on with life, study, career, marriage and family with deep-seated insecurities and anxieties. That's how some people navigate their whole life.

They manage to live a normal life, raise a family, run a business, build a career and have friendships, hobbies and interests but by swimming upstream, as it were, in everything they do.

Imagine how freeing it is for those people to dump their burdens of fear, insecurity and anxiety, through the love of God and grace of our Lord Jesus Christ.

Imagine how much easier life is and happier their existence becomes when God breathes His grace and life into their being!

Stolen Life

The devil is a liar and a thief.

He comes to rob from us the life which God has given us.

He comes to steal, kill and destroy all those things which are God's gifts to us.

"The thief comes not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly." John 10:10

Many people live with only the left-over pieces of the life God gave them, because the devil has stolen, killed and destroyed much of what is their life.

Sadly, humans do not have the ability to beat the devil and reclaim what was stolen from us. Only God can do that, because Jesus destroyed the devil through His death and resurrection.

If you are existing instead of living, it is probably because the devil has stolen the life God gave you.

Your life is meant to be full, blessed, happy, delighted, confident, purposeful and rich.

If it is not these things then you have been robbed.

You need to call upon God to bring His power and grace into your day to day existence and give you life more abundant.

Fear Torments

The fear which comes from rejection needs to be broken from your life, because fear torments you. It shakes your heart and mind, challenging your confidence, intimidating your faith, agitating your inner being and bringing undue pressure into your body.

"There is no fear in love; but perfect love casts out fear: because fear has torment. He that fears is not made perfect in love." 1John 4:18

Receive the Gift

The gifts of life, love, family, friends, faith, purpose, destiny, fruitfulness and satisfaction are meant to be everyday blessings in your life.

I offer you the gift of life more abundant through Jesus Christ.

Call out to God, through faith in Christ, for God's love to be poured out into your life, so you can be healed of rejection and have your life restored.

Don't settle for anything but the blessing and freedom God created you for.

Emotional Independence

As a 'love receptor' we are not designed to be an independent and isolated entity.

We are designed to be in intimate fellowship with the most powerful source of love in all eternity.

However, when we experience rejection and people cut off the love supply to us, we are often left to fend for ourselves emotionally, and thus we become emotionally independent.

On Our Own

Humans are designed as social creatures. We are designed for fellowship.

We are designed to be close to God and each other.

We are designed for family life and marriage.

We are designed for rich social interaction.

We are not designed to be on our own, or left to fend for ourselves.

However, when we suffer rejection we are cut off from the sense of incorporation, value, acceptance and relationship which we are designed for.

We also fear other people, since they will potentially bring further pain upon us.

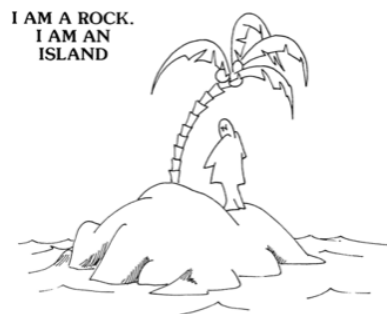
Being on our own, cut off to some degree from those we are designed to connect with emotionally, means we are forced to find meaning, support, comfort and a range of emotional and personal benefits, from ourself, not those we want to love us.

Degrees of Independence

While we each experience rejection uniquely and personally, we have different degrees of impact and different degrees of independence that spring from what we have been through.

Some people become arrogantly and fiercely independent.

Others become independent enough to survive, but continually seek to be dependent.



Our personality also influences how we respond to the feeling of being cut off.

Some are survivors, some become aggressors, some crumple, and others hide their pain and smile through it all.

I am lumping all the variations and shades of possibility into this one summary lesson on emotional independence, so it may apply to you in varying degrees.

Withdrawal

Emotional independence is a withdrawal from needing others.

Many may come to this because they are forced to, in that those they want to be emotionally dependent on have cut them off or hurt them in some way.

Others may withdraw out of spite or hurt feelings, cutting off the possibilities offered them.

Withdrawal exacerbates the problem, because it forces the isolated person to rely even more on their own independence, keeping them from relationships which may potentially fill the void they feel within.

I am a Rock

1960's duo, Simon and Garfunkel, produced the song 'I am a Rock' in 1966, speaking of the emotional independence response I describe here. The lyrics are quite telling.

*"I am a rock, I am an island. I've built walls,
A fortress deep and mighty, That none may penetrate.
I have no need of friendship; friendship causes pain.
Its laughter and its loving I disdain.
I am a rock, I am an island.
Don't talk of love, But I've heard the words before;
It's sleeping in my memory.
I won't disturb the slumber of feelings that have died.
If I never loved I never would have cried.
I am a rock, I am an island.
I have my books And my poetry to protect me;
I am shielded in my armour,
Hiding in my room, safe within my womb.
I touch no one and no one touches me.
I am a rock, I am an island.
And a rock feels no pain; And an island never cries."*

Unable to Relate

Emotional independence is more than a posture of protection. It signals a lost capacity.

It involves an inability to relate confidently with others.

If the rejected person felt whole and confident they would have no need to withdraw from others into isolation.

The fortress of protection signals their own inner brokenness.

They are not only unable to relate but become unable to need others.

Even though they desperately want to need others, they are trapped in a place where they cannot risk needing them.

Thus they are unable to need them.

This independence locks them in their isolation.

Unreachable

If you have ever tried to encourage emotionally independent people you will know they are virtually unreachable.

No amount of suggestion, encouragement, prompting and setting up opportunities for them will get them to give up their defensive posture.

I have seen some people commit enormous energy and time into trying to rescue someone who had become an island to their lonely self, yet without success.

Still Functioning

One of the sad situations I see at times is that of people who have become emotionally independent yet who try to establish relationships.

They want to find friends and a spouse, so they socialise and encounter people.

Their encounters, however, lack the emotional freedom which should be normal. They are emotionally independent, despite their inner pain, so they end up relating mechanically, by learned formulas, or with control or other processes to corner the person they want to relate to.

Their emotional independence disables them from generating a simple, pleasant relationship with others.

They still function in life, but it just doesn't work out for them the way you would expect.

They are emotionally compromised and their emotional independence blocks the most powerful glue to quality relationship.

Be Sure to Need God

If you are emotionally independent, for whatever reason, please be careful to need God.

You do desperately need Him, but you might find you cannot let go and be honest with Him and build quality relationship with Him.

If you are trapped there and can't do anything about it, then the later lessons on the Love of God should be very helpful. Look into and pray about discovery of God's wonderful love, in preparation for that lesson yet to come.

Curse of Rejection

We come now to a tragic result of severe rejection, which haunts the lives of many rejection sufferers.

I call this the 'Curse of Rejection'.

I also refer to it as the 'Cloud of Rejection', because of how it seems to function in the life of the rejection victim.

You may well identify people in your mind who became the classic 'Reject' and who live with a curse of rejection on everything they do.

I can think of several examples, and I describe this terrible result of rejection from my knowledge of what life was like for them.

Deep Rejection

We all probably suffer some form of rejection or rebuttal, neglect or similar negative experiences from time to time.

However some people suffer what we could describe as 'deep rejection'.

This is where they may be raised by someone with serious rejection issues, or have been so cruelly abandoned and despised that the rejection wounds in their life are much deeper and stronger than for most people.

When this intense rejection impacts a life it often results in a spirit of rejection becoming attached to the person's life.

So the problem is more than just their emotional pain and mental torment, but has a powerful spiritual dimension as well.

A Curse

The spiritual curse of rejection, for want of a better way to term it, is where a person is dogged continually with their rejection.

Rather than simply suffering with the pain of past experience, it is as if a demon is assigned to their life to ensure they encounter fresh experiences of rejection on a regular basis.



Usually people who suffer this deep rejection and curse of rejection are distorted by past experiences and so uncomfortable with life and people that they just don't fit anywhere very well.

Their own feelings contribute to the problem, but it goes beyond that.

Even if they clean themselves up and try to fool a completely new group of people that they are 'normal', it won't work.

It is as if a spirit (or demon) of rejection advertises that the person is a 'reject', like a neon light over their head of a really bad smell hanging in the air.

The Cloud of Rejection

To my way of seeing it, it is as if the deeply rejected person, with their curse of rejection, is carrying around a neon cloud everywhere they go.

The cloud keeps flashing the word 'Reject! Reject!' over their head.

This ensures that everyone who meets them feels uncomfortable with them, wants to get away, has little time for them and adds to their experience of rejection.

I use the cloud in my simple image of this Curse of Rejection. The cloud, although not seen in reality, is sensed by others and causes them to feel like rejecting the person carrying the cloud.

No Escape

The tragedy for the rejected person is that there is no escape from their on-going experience of rejection.

Changing city, changing job, changing their image and changing their friends, all prove fruitless efforts, because they take their problem with them.

The problem is spiritual, not material.
It cannot be put off, like a change of clothes.
It becomes part of who they are.

They end up with unhappy experiences at school, work, social events, their home town, and so on.

Their family and associates fit in those same places with happy experiences, yet the reject is dogged by continual unpleasant encounters, and the feeling they never really fit in or make it in those settings.

Dogged Survivors

Several of those I think of as fitting this description have gained my admiration for their dogged determination to survive, despite the continued current pulling against their life. I admire the resilience and determination, and even determined optimism, of some who have been kicked at every corner, and yet are determined to make life work as best they can.

It may even be true that some of life's most determined survivors have not come from comfortable, loving backgrounds, but from challenging up-hill battles with the very basic experiences of life.

The tragedy is the pain which those people live with, that is never resolved, despite their achievements and successes along the way.

Some are buried in a life-long fight with reality, unable to enjoy the taste of their success, because of the bitter taste of their rejection overriding it all.

Scabbo

The first person I ever knew who carried this cloud of rejection is a fellow school-mate whom I know only as 'Scabbo'.

He was a few years younger than me at high school and he came from a hard-luck background. It seems he had no friends and little to commend him socially.

What he did have was determination to survive, and he did so by collecting empty soft-drink bottles around the school-yard. Thus he was a scavenger, for which his derogatory nickname, Scabbo, was conferred by the students.

When the boys finished their drinks they would start to chant, 'Scabbo! Scabbo!' to call the boy. When he came into sight they would throw their bottles in different directions. The lad would hurriedly go after them, so he could get the refund coin for each bottle. As he did so there would be a loud chorus of 'Scabbo!' chanted by all who watched.

Amazingly the young man just took all that in his stride.
He was hardened to the harsh treatment and didn't seem to expect anything better.
He was one of life's losers, so he was determined to at least get what he could, which was the cash for the bottles.

I found myself deeply hurt on his behalf.

But, like all the others, I dared not associate with the boy, as that would have brought me under his shame as well.

Impossible Situation

Parents of a child who is constantly rejected and victimised may well take the child out of school and place him in a 'better' school.

Yet, wherever the child goes, he or she will be rejected all over again.

If the parents believe it is just the school environment, or the local situation, they will be discouraged to find that the next school and situation turns out remarkably similar.

Some parents may even send their child to a 'Christian' school, where the 'good' children are, so their child will not be badly treated.

But even there, people are people, and they fall prey to the message from the Cloud of Rejection, and despise the new kid on the playground.

The situation is impossible to remedy, without dealing with the spiritual context in which the child is trapped.

The curse must be broken and the spirit of rejection removed from the life that is oppressed.

Spiritual Solution

While the fuller picture of remedy will be presented later, allow me to shine the light of hope for those who can identify with what I describe here.

Jesus Christ was made a 'curse' for us.

The anointing of the Holy Spirit turns our mourning into dancing and opens the prison doors with which we are trapped.

"Christ has redeemed us from the curse of the law, being made a curse for our benefit: for it is written, Cursed is every one that hangs on a tree" Galatians 3:13

"You have turned for me my mourning into dancing: you have removed my sackcloth, and clothed me with gladness" Psalm 30:11

"The Spirit of the Lord God is on me; because the Lord has anointed me to preach good tidings to the meek; he has sent me to bind up the broken-hearted, to proclaim liberty to the captives, and the opening of prison to them that are bound; to comfort all that mourn; To appoint unto them that mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified." Isaiah 61:1-3

Look to the Lord in hope, for it is He who is ready and keen to deliver you from the curse of rejection, filling you with His perfect love, and turning all of your burdened life into a lifestyle of rejoicing.

Insecurity

It is no surprise that people who have been rejected struggle with feelings of insecurity. While not all become devastated and jelly-like throughout their life, their confidence is undermined and they will likely struggle at times with uncertainty about what life may deal to them and how they will cope.

The Earth Moved

I remember the first time I felt the earth move under my feet.

I was at Bible College in New Zealand, a land of many tremors, and felt the ground shake for a few moments.

What surprised me was how that short tremor affected me.

While the shake only lasted a few seconds, the disturbance within me lasted much longer.

I felt wobbly.

If something as solid as the ground under my feet could not be trusted, then we are all much more vulnerable than we think.

That physical experience is an allegory for what happens to us internally when those who should love us and care about us fail to do so.

The foundations we should have as our anchoring reference points can no longer be trusted.

The only alternative, naturally, is to become insecure about our footing from then on.

Vulnerability

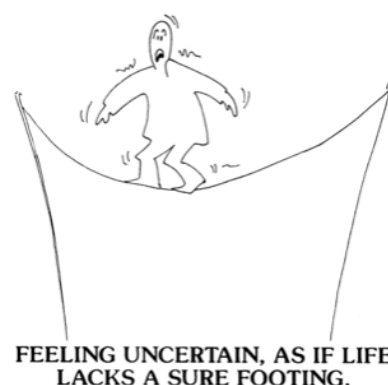
Another description of insecurity is 'vulnerability'.

It is the feeling that, at any moment, something could go wrong.

To picture this sense of insecure vulnerability I use the image of someone walking a tightrope.

Despite past success they are continually in danger of falling.

There is no place on the tight-rope, to feel carelessly secure.



Sadly, that is how many people live their life.

They find every day is a challenge, with fears and vulnerabilities assaulting their heart and mind. This may account for the many people who turn to alcohol, drugs, therapy, despair and even suicide.

Safe Formality

Some of those who feel vulnerability retreat to the safety of formality in their dealings with others. Keeping contacts with others 'businesslike', cognitive and formal, allows people to navigate their social context with some sense of stability.

While formality is often sterile, at least the vulnerable person can maintain their career, social contacts and family life with some degree of effectiveness.

Friends may find it hard to really get to know them and they may run away from people who are more effusive and relational.

However, when you feel vulnerable, self-preservation takes a very high priority.

Confidence Lost

One of my joys in helping people recover from rejection is seeing them regain the confidence they have lost.

I recall assisting a young lady named Avis, in New Zealand thirty years ago.

She had been impacted by rejection and suffered many consequences.

Some female friends were helping Avis gain release from various things that had messed up her life, and they sent Avis to me for assistance with her rejection.

I took her through my *Steps to Release* and brought her out of the rejection that had dogged her lifestyle.

A week or so later, Avis came back to see me, advising that, although she felt free on the inside, she was still living in intimidation and insecurity.

As I prayed with her to find what her problem was I sensed that, although she was free, she did not feel she could enter into that freedom.

Her whole life pattern was schooled to be insecure, fearful, retiring and intimidated.

I prayed with her again, to break the old lifestyle habit patterns which trapped her life.

Then I sent her home, commissioned to enter into the new life which Christ had purchased for her.

New Living

I received a call from Avis' flatmates the next day, asking what I had done to Avis.

She was so wonderfully transformed.

It seems that Avis had returned home to find her two mentors talking quietly together.

As Avis entered they stopped talking in an awkward silence.

Avis would normally have been very intimidated by this and felt like she needed to leave the room.

Instead, Avis went to the girls, draped herself over one of the armchairs and said,

"I bet you were talking about me!"

From that moment Avis entered a new level of relationship with them, based on her new inner freedom from insecurity and vulnerability.

That's part of what Paul meant when he described the 'glorious liberty of the children of God'.

"Creation itself also will be delivered from the bondage of corruption into the glorious liberty of the children of God." Romans 8:21

Insecurity is Not Sin

Feeling insecure is not a sin. We each have to work through new and challenging situations at times and can feel uncertain and vulnerable, especially if there is high risk involved. How would you feel working with explosives the first time?

There is no need to feel condemned if you struggle with insecurity.
There is no need to feel condemned if you are deeply insecure.
The Lord does not condemn you, but He loves you and longs to see you blossom into the life He created you for.

Being a victim of rejection is not your fault.
It has damaged you and robbed you of your destiny, but God does not blame you for the hurtful actions of others.
He created you to be who you are, and some may have rejected you for that.
Parents may have wanted a boy or girl, or sportsman, or academic, or someone strong and healthy, but ended up with you.
But you were designed by God, whatever your 'unchangeables' - race, sex, DNA, etc.
It is not your fault that others rejected you for being what God made you.

Find Your Feet

The only anchor for life is God.
Everything else could move under your feet.
Societies get overthrown.
Wealth is lost or stolen.
Health is fragile.
Friendships are not guaranteed.
Family is no surety of affection and support.

So, find your feet in God.
Place yourself on a Rock.

You can come free from insecurity and vulnerability. You can become the most confident, assured, fearless and daring person in the world.
You can be transformed from the scared youth, to the hero victor over the nation's enemy as Gideon was.

I invite you into freedom, in Jesus' name.

Human Bandage

We move now from the results or impacts of rejection, which the victim has little control over, to the choices and responses victims make.
Rejection needs to be dealt with at two levels.
We need to resolve the spiritual and personal impact of what the victim experiences at the hands of others, and the victim needs to undo what they have done in their response to being rejected.

Coping Skills

People have different coping strategies and coping skills for surviving life's challenges. I heard recently of an African nation where, as a consequence of war and disease, there are families of surviving children where an eleven year old is the 'adult' caring for two younger siblings.

The survival instincts and coping skills needed in such a situation challenge the understanding of comfortable westerners.

Because people are different and each situation is unique, there are many diverse responses which people create to deal with their problems.

What I present in these pages are the responses I have seen most often.

I see these as the core responses to expect in the life of someone who has suffered rejection.

Ease the Pain

An early instinct, in a survival situation, is to reduce our suffering.

We automatically look for ways to ease our pain.

We withdraw from the problem or the source of pain, and then attend to our wounds.

A wounded 'heart', as we saw earlier, cannot be treated in the normal medical facilities which help heal our bodies.

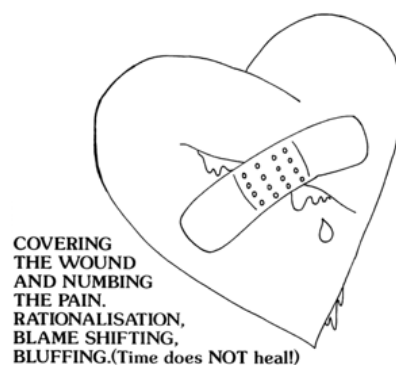
We are often left without any real help for dealing with our hurt feelings, confused thinking and damaged internal life.

What we do, then, is apply a bandage of our own making.

I call this the Human Bandage, and I depict it as a bandage across the open wound in our heart.

A bandage on such a wound does not help it heal since we need God's healing touch to 'restore our soul'.

However, we are usually quick to come up with our own bandages to dampen the pain we feel inside.



Man Made Bandage

It is important to distinguish between a 'man made bandage', what I call the Human Bandage, and the divine healing tools God supplies.

The man made bandage is that which comes easily to the mind of people.

It does not usually have the divine therapeutic value which comes from God's ways and God's word.

I have met many people with their man-made-bandage, who are quite insistent that their own way of dealing with a problem is working.

I have found it difficult at times to prompt people to look for God's full and wonderful healing, because they have been quite satisfied with their own makeshift remedy.

Whatever they have done to cover the wound and numb the pain is their human bandage. It is their attempt to protect their wound from further bumping, and to minimise the pain they feel inside.

Blur, Blame and Bluff

Among the coping skill, survival strategies which I have often seen are Blur, Blame and Bluff.

Blur is where a person plays mind games, such as rationalisation, to mollify the sting of what they have been through.

They may say, *"Everyone had it tough in those days, so I shouldn't be upset about what I went through."*

Or they may say, *"Mum was very sick, so I can understand why she was so cruel to me."*

This kind of thinking is an attempt to paint over the cracks, but it doesn't change the fact that real pain was felt and still persists.

Blame involves directing or dumping the hurt and hardened feelings onto someone else.

"It's all my father's fault! If he had never left us I wouldn't have gone through all this!"

However, the blame game does not bring any healing.

It actually nurtures a 'root of bitterness', which creates a whole new set of problems.

Bluff includes such things as the simple assertion that 'time heals'.

Time does not heal anything.

Pain may become more buried over time, but it is still there, raw and painful, under your pile of bandages.

When someone tells me, *"I'm over it now"*, I am suspicious.

I know that unless someone has actively applied the love and grace of God to their pain they are unlikely to be free.

Distracted Life

One of our tools for dealing with pain and pressure is to bury ourselves in activity.

People can develop a 'distracted life', filled with activities, business, hobbies, parties, relationships, and things that keep them distracted from their past pains.

While this might give the impression they can maintain normal life, their life is not 'normal'.

Their whole existence is one huge coping mechanism.

They are not living, but running a life-long strategy.

Their work, achievements, busy-ness, social butterfly flittering, intense devotion to hobbies, and the like, are not what they were created for.

Those things have been adopted to smother their pain, not fulfil God's plan.

Don't let pain destroy God's plan for your life.

Proving Yourself

Another coping strategy, human bandage trick, is to prove your self-worth.

Because rejection attacks your confidence and sense of self-worth it is easy for rejected people to throw themselves into proving themselves, as a way of ameliorating their pain.

If a person can count their achievements, affirm their own worth, and prove they are not what others think they are then they can blur the feelings of rejection deep inside. Sadly, these achievements do not take away pain, but play into our desire to rationalise what is going on. It provides material for our mind to toy with, even though that does not pour oil into our wounds.

Me and My Bandages

I= mentioned before that I had put so many bandages on my own heart they had become a small hill. I tried to cover my sense of internal pain and I was extremely reluctant to ever expose it, even to God.

God graciously assured me that He would not bruise me in the process of healing me. I was comforted by the scripture about the Lord not breaking a bruised reed or putting out the last spark in a smouldering cloth.

“A bruised reed he will not break and the smoking flax he will not quench: he will bring forth judgment unto truth.” Isaiah 42:3

Eventually I let God get His fingers under the bottom bandage and pull the whole pile off my life.

I am ever so glad that I did.

His healing in my life has been so wonderful and opened to me a life much more abundant than I ever thought I would have.

Rise and Be Healed in the Name of Jesus

You were not created to be a victim or to live your life in pain.

You were not created to be hidden behind a bandage or mask, or to consume your life in survival strategies.

You were created to be hugged by God.

You were created to play like a child on the golden pavement before His throne.

You were created to bask in the sunshine of His love and be surrounded by the security and overwhelming grace of His presence.

So, in the lovely and powerful name of Jesus the Christ, the Son of the Living God, I command you to Rise and Be Healed.

Walk in freedom, wholeness and transformation, showing to the world the awesome grace of our amazing Heavenly Father.

I command that your soul not only be ‘restored’ (as Psalm 23:3 says) but ‘prospered’ (as 3John 2 says), so you can not only live your life, but amazingly bless everyone else’s too!

“He restores my soul” Psalm 23:3

“Beloved I wish above all things that you prosper and be in health, even as your soul prospers.” 3John 2

No Trespassing

This is the second response which rejected people choose to engage in.
We looked at the human bandage which rejected people put on their heart to minimise their pain.
Along with that rejected individuals put up barriers around their heart.

Protective Barriers

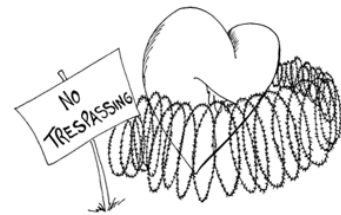
Self preservation demands that we shelter the part of us that is wounded or vulnerable.
Thus for rejected people, with their injured heart and feelings of personal vulnerability, it is only logical that they erect barriers around their heart.

This is consistent with the fear of people, which we noted previously.
People are a danger to someone carrying inner hurts.
Since people inflicted the injuries a sufferer carries, people are a serious risk to them.

Initially the protective barriers are erected around the heart.
Inner feelings become a “No Trespassing” zone within their life.
That’s why my picture for this lesson is a heart surrounded by barbed wire, with a “No Trespassing” sign.
That’s how it is on the inside for some people.

Not My Heart

It is not uncommon for rejected people to still live ‘normal’ lives and engage in business, interests, family life and so on.
To do this they usually rely on their social skills, intellectual capacities, etc.



What is significant about those carrying serious rejection issues is that they will allow people to interface with just about their whole life, but not their heart.
They will engage intellectually, professionally, physically, socially, with responsibility and authority, giving their time, talents and resources, but not letting the tender areas of their heart be touched.

Their “ground zero” is the heart.
That is the “No Go!” area of their life.

Off Limits

Because of their own personal pain, rejected people can be very sensitive to the pains and needs of others.
They may also be more attuned to the social environment, since they need to navigate it more carefully than others.

So, it is quite possible that people carrying their own internal burdens will end up in the ‘helping profession’, trying to assist others who carry personal burdens.
Counsellors, ministers, psychologists, carers and the like can be motivated with concern for others, prompted by their own acute pains.

Yet, as they help others, they will find it difficult to share their own personal pain. They may share details of events and facts about what they suffered, but not their tender, injured feelings. Those things usually end up “off limits”.

I’m Out of Here

When these people end up in situations where personal issues are to be shared, they will escape the risky environment.

While they may handle a business meeting with tenacity, a sales challenge with exemplary professionalism, a corporate deal with flair, or a birthday party with considered care, they will run away from situations where their ‘heart’ issues risk being trampled on.

When someone comes to them and wants to bring up personal issues, either in the rejected person, or in themselves, looking for a compassionate response, the rejected person can get a sudden attack of “I’m-Out-Of-Here”-itis.

They may respond with coldness, rebuke and hardness, simply because they cannot handle the matter any better, as it cuts close to their own personal pain.

Self-Preservation

Rejected people do not wish to offend in such situations.

They do not intend to annoy or let down others.

They are doing what they can to maintain self-preservation.

Their survival instincts take precedence in those difficult situations.

What they are saying to themselves is, “*I won’t let myself get hurt again!*”

In order to fulfil that promise to themselves they have to cut and run when they feel that someone threatens to trespass on their feelings.

Formal Relationships

A high-flying corporate executive engaged me for a communications training session.

I spent several hours with him and another executive in the company.

As part of the process I had both men make a personal statement to their loved ones on camera.

The senior executive produced a formal policy statement, including all the right things one should say to their closest family.

However it came out as formal. It came out almost insincere.

When the other senior executive made his presentation it was powerfully warm and genuine.

It came from the heart and was a thrill to listen to.

When I discussed the situation with the personal friend who recommended me for the project he confirmed that my observations of the top executive’s personality.

The hope was that my involvement would help him move beyond his personal limitations, which hindered all of his communications, due to his lack of warmth and reality.

The man was a brilliant businessman.

Yet, having been orphaned at a young age, he carried the baggage of personal pain which locked him up on the inside.

While the other man was keen to continue the sessions the senior executive cancelled the project, since he felt he did not need assistance.

I wonder if he wasn't simply protecting his injured internal parts from the challenges I put him at risk of.

Sterile Relationships

Some marriages and parent-child relationships are denied the warmth and fervour which should be expected, due to one or both parties carrying feelings of rejection.

When one heart is hidden behind barriers and is a "No Go" zone, there is no real hope of developing a warm, intimate, heart-to-heart relationship.

Consequently many relationships end up as sterile, formal, convenient, intellectual, sensual or routine, but not open hearted.

What a joy it is for people in such situations to step into the freedom which Christ has for them and for their relationships to warm up and move into new territory.

Keeping a Distance

Another self-preservation routine which rejected people can fall into is that of Keeping People at a Distance.

Similarly to what we just saw, where people put a fence around their heart, people can also put a fence around their life.

Since people caused pain to a rejected person, the reject can fear people, or certain types of people, and erect barriers to keep such people at a distance.

The picture I use is simply of someone reacting to the approach of a new person.

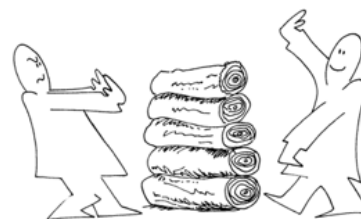
I depict the new-comer as confident and friendly, since that kind of person is a high risk contact in the eyes of a person trying to avoid others.

Avoiding People

Some rejected people choose to avoid contact with other people as much as is possible.

Some find that just about any contact with people is highly stressful for them, due to fear of rejection or the like.

In such cases those people can seek out reclusive lifestyles, where they are able to keep people at a distance.



This doesn't mean every recluse is deeply rejected.

But an isolated location, back-room job, quiet keep-to-myself lifestyle and head-down routine can be protective patterns for those who wish to avoid people.

At times, when back-room people are called to a more public setting, such as assisting a sales negotiation, reporting to the board, or receiving a public honour for work performed they can be quite uncomfortable.

This may be from simple lack of practice in such settings, but it can also reflect that this kind of public situation is the very thing they have studiously avoided.

Selective Avoidance

Some people keep certain kinds of people at a distance.

If they have been put at disadvantage by loud and forceful people, then they may selectively avoid such people.

When someone like that turns up in their environment they seek to get away.

Selective avoidance can be directed to certain individuals, such as a bossy mum or angry dad, or the parents in general.

It can be directed to certain classes of individuals, such as authority figures, women, macho men or overly confident individuals.

Selective avoidance springs from the fact that certain people, representing a class of people in the mind of the victim, have caused them pain.

Possibly their parents rejected them.

Possibly authority figures humiliated them.

Possibly girls embarrassed them.

Possibly men imposed themselves upon them.

Possibly certain people mocked them.

Whoever and whatever caused them pain can be chosen for selective avoidance.

Closed Close Circle

Most people have a close circle of friends and associates they feel most at ease with.

For most people that close circle is open to include new members from time to time.

However, a person who seeks to avoid people will keep their close circle as closed as possible.

If one of their close contacts tries to introduce someone new, the rejected person can resort to formal and non-open communication, keeping the new-comer at an emotional distance.

People with a closed close circle are very hard to reach out to.

They will not accept new offers of friendship and may even take years to finally relax with people they work with or who have joined their family or circle of connections.

The Rebuff

If it is not possible to be isolated from people, or if people invade the space of someone trying to avoid new contacts, one possible response is to rebuff invaders.

Rebuff represents the emotional barrier.

It is a strong "*You are not welcome*" signal.

It is an emotional barricade against those who try to enter the private space of another.

Some people are downright rude to people they meet.

They are happy to offend, since that will keep the other at a distance.

Some are so lame in their responses that they signal quite clearly, *“I am not interested in meeting you or getting to know you”*.

Some simply ignore the new person, as if they are not there or not worthy of recognition.

A rude person is most often left to themselves, which may be exactly where they want to be. If they are avoided by others it saves them having to avoid anyone.

They can get on with life, without the unwelcome task of relating effectively with others.

Trapped by Pain

Sadly many of those who reject others, seeking to avoid dangerous contact, really long to be contacted and to be in the happy, open relationships they see others enjoy.

Their problem, however, is that they are trapped by their pain.

They are caged in a lifestyle which they cannot unlock.

They may sit quietly in a public place, such as a lunch-room at work, keeping to themselves as they hear the laughter and banter of others who are free to relate happily with others.

While they may project disdain, it is only their pain that is talking.

In their heart they would love to have the freedom which others find so easy to enjoy.

Family Pain

Sadly, these rejected people, who reject others due to their own insecurity, become perpetrators of rejection.

Each person they avoid is a victim of their own rejection of that person.

So the victim becomes a perpetrator, just by trying to survive their own victim situation.

In my book, *Family Horizons*, I explain that some families carry generational issues which are passed down from parent to child, generation after generation.

I label this condition ‘*Family Pain*’, because the pain is successfully passed down the family line.

A rejection victim becomes a perpetrator of rejection upon their own children.

Their own closed world and personal limitations impacts their children in various forms of rejection.

Thus the next generation carries the pain on to the third generation, and so on it goes.

Glorious Liberty

Having been a rejection sufferer and personally encountering many of the things I describe in this book I have come to love a particular term from the Bible.

The Apostle Paul spoke to the church at Rome about ‘the glorious liberty of the children of God’.

“The creature (creation) itself will also be delivered from the bondage of corruption into the glorious liberty of the children of God.” Romans 8:21

When I was released from the caged life which strangled me internally (even though I appeared confident outwardly) I began to enjoy levels of personal freedom (liberty) which I thought I would never experience.

So I love the idea of ‘glorious liberty’. It is my delight to enter into it and to explore it.

Captives Released

One of the ministries of Christ, under the anointing of the Holy Spirit, is to set prisoners free.

This is a wonderful blessing for all those trapped by rejection.

Christ will open the prison doors to the cell that keeps you locked up on the inside.

He will lead you out into the freedom for which you were created.

“The Spirit of the Lord God is on me; because the Lord has anointed me to preach good tidings to the meek; he has sent me to bind up the broken-hearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; To proclaim the acceptable year of the Lord (that’s the Year of Jubilee release), and the day of vengeance of our God; to comfort all that mourn; To appoint to them that mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified.” Isaiah 61:1-3

I encourage you to take heart and to press in to Him, for the release from the prison of rejection, into the glorious liberty of the children of God.

I have been there and done it, so I know it is absolutely possible for you.

Toward the end of this book I will present a discussion of the process by which God set me free through His overwhelming love.

Cut Off the Source of Hurt

The fourth response to rejection which I identify in victims is their choice to cut off the source of their hurt.

This is an extension of rejected people distancing themselves from certain people or types of people who have contributed to their pain.

We look here at the broader situation where a rejected person will create distance from the process or situation where they previously suffered.

Fight or Flight

If a wild animal hurt you it is natural for you to flee.

You must either fight or take flight.

Running away from trouble is a logical protective process.

In the same way, people who suffer rejection, at the hands of other people, either have to fight those people or take flight.

It is not easy to fight those you want to love you.

And it is not possible to fight such things as school systems, family networks or the like.

So the picture I created to represent cutting off the source of hurt shows a young rejected person hurrying away from a collection of things: school, piano, sport and their aunt Sally. I will shortly explain why I chose those items.

I'll Never Do That Again

As a young lad in the school yard I watched a group of boys playing cricket. Unexpectedly one of the boys asked me if I wanted to bowl the ball. I had never played cricket before and may never have seen the game before. My father thought it to be a silly game and never encouraged an interest in sport.

I took the ball and threw it toward the boy holding the bat, as I had just seen others doing.

Immediately one of the other players derided me with his scorning remark, *"That's not a bowl, it's a chuck!"*

To translate that, he was saying I had failed to propel the ball by the approved, stiff-arm, over the shoulder means, known in cricket as 'bowling' the ball, but had simply propelled it as a child might throw a stone, for which term the colloquial word 'chuck' was amply descriptive.

Realising I had done the wrong thing and had earned unexpected and unwanted scorn from boys I did not even know, I decided I had insufficient interest in the sport to do anything but walk away.

The boys were intent on their game and someone else was found to bowl the ball in the correct manner.

Unnoticed, I stepped away and decided, *"I'll never do that again"*.

Choices

My childish choice was motivated by a sense of offence and rejection, at the hands of those who deemed themselves qualified to scorn others.

My tender, boyish spirit had been offended.

I was unprepared for being placed in a position of unwanted scorn.

Clearly there was much that I needed to learn to be able to engage in the process of playing cricket without risking further unwanted rebuke, and my level of fascination with the game did not draw me to navigate that level of risk.

Simply put, I was hurt by an attempt to play cricket so I walked away from the game.

I never again took interest in the sport, until my own sons induced me to join in their back-yard version of the game.

And guess which part of the process I found the most daunting.

Bowling the ball is the one thing I was most sensitive about.

That is metaphoric of the whole process of cutting off the source of our hurt.

When we are offended by some process or other we instinctively choose to avoid it and the unwanted negatives that flow to us from it.

I Hate School

Consider the situation of a child who is embarrassed by a school teacher.

Maybe they are asked to answer a question or read out loud, and their wrong answer or some other issue causes the teacher or students to react, snicker, rebuke or otherwise respond in an unwanted manner.

If a child feels offended by their experience at school, either in the classroom or the playground, they can decide that they will avoid it.
They may announce to their parents, *"I hate school!"*
They may tell their mum they want to stay home.
They may cry when taken to school and plead with their parents that they want to stay home.
Such reactions are common.

Parents usually assume they have no alternative but to force their child to go to school. They also believe that the child dealing with their reluctance is a process of maturity. So, in the main, children feeling offended and hurt by school are forced to go back again and again and face their hurt and fears.

Note that many children who skip school, or miss certain classes, may well be carrying the pain of rejection and wishing to avoid the source of some of that pain.

The Piano and Aunt Sally

Consider the situation where a child who is learning to play the piano is asked to play a piece of music for Aunt Sally, who is visiting.
The child, insecure about their talents and unfamiliar with playing for an audience, displays reluctance.
The mother, however, wants to show off her child's progress so she forces little Johnny to play his piece.

Johnny is already off-side, feeling vulnerable and afraid.
As he plays he makes a few mistakes and Aunt Sally seems to smile, snicker, or respond in a way that feels like an offence to the boy.
He springs from the piano stool and runs out of the room.
As he leaves he says to himself, *"I'll never get into that situation again!"*

From then on, Johnny loses all heart for playing the piano.
It is a source of hurt for him.
If he is forced to play he does so under sufferance.
If he can get out of it, he will.
And every time Aunt Sally comes to visit he runs and hides, goes on an errand, visits a friend, or otherwise gets out of the way.



He might even hold deep resentment toward his mum, for forcing him into a situation where he could suffer pain.

In all of that he is cutting off the source of hurt.

Pruning Your Life

Each time someone cuts something off, because it is a source of hurt they wish to avoid, they end up pruning their life.
Some people, therefore, have greatly limited their whole life experience.

Some people avoid any situation where they will be asked to speak in public.

Others avoid situations where they will be given responsibility.

Others cut off any idea of performing in public.

Others avoid situations where they must use math, sing out loud, be in the spotlight (even for just a moment or two), display physical strength, compete with anyone, do an exam, and so on.

Some people have remained single after being jilted.

Some have dropped out of sport, academics, business, etc, after a public humiliation.

Some avoid church, because they were made to feel foolish or unwanted there.

What have you pruned out of your life?

Imagine how wonderful life could be if you could happily and freely bring back into your experience all those things which you have pruned out of your life.

An Open Door

Your healing from rejection is an open door to new horizons, new opportunities, new experiences, new scope, and the recovery of many things you thought you could never possess in this life.

I encourage you to find the freedom God has for you, through His love, Christ's sacrifice and the Holy Spirit's anointing in your life.

Rise and be healed, in the name of Jesus!

Self Pity

A Rejection Profile is handled differently by people.

So there is no exact image of a rejected person.

I suggest that there are several lifestyles which people carrying rejection will be drawn toward.

Which one any person settles for depends on their personality and other factors.

This lesson looks at the first of the 'stopping points' where a rejected person may end up.

The Defeatist

Some people respond to rejection by simply giving up all hope for a normal life.

These people tend to be the defeatists, who take on a self-pity based persona, as their response to what they have suffered.

While others may have a strong sense of fight, or be motivated by rage or a desire to be popular, the defeatist seems to wallow in their pain and make it the focus of their life.

Since all rejected people feel at some point that everything is against them, the defeatist succumbs to those impressions and gives up any hope of winning against them.

This does not mean, however, that the person buried in self-pity is not still quite cunning, exploitative, manipulative or the like.

Their choice to live in self-pity is, in itself, a survival strategy.

Pity Poor Me

The defeatist takes on the persona of a loser and plays the 'Pity Poor Me!' performance. Some are genuinely shattered and unable to find their feet. Others have simply decided they have no real chance of winning, so they may as well exploit the sympathies of others around them.

Many people on welfare have taken the 'pity poor me' value system, but can be quite demanding and exploitative, despite their helpless position.

Those who are emotionally unstable may be lost in their depression and downcast feelings. Those who are more resilient emotionally may be careful to look out for those they can manipulate to assist them, on the basis of their 'pity poor me' situation.



Withdrawal From Life

The 'loser' mentality that goes with the Self-pity persona may cause some people to withdraw from life.

They have certainly withdrawn from the race and the competitive elements of life.

They no longer expect to have the nice things others have.

They expect to live life on other people's left-overs and charity.

Sadly, many people who go down this road lose their ability to take responsibility.

They have withdrawn to the point of refusing to take responsibility when it is appropriate for them to do so.

I have seen second generation welfare recipients refuse to take opportunities for personal success, since they will then lose their 'benefits'.

They have withdrawn to the point of refusing to re-enter life, even when they are well able to do so.

One lady I knew was forced back into employment and excelled at her work, achieving financial freedom.

But initially she refused to even try, for fear of losing the benefits she was addicted to.

Emotional Wreck

Some people become so messed up emotionally that they weep openly and have public displays of emotion which others would avoid.

Rather than hide their shame, pain and need, they let it all hang out, spilling their mess without any care.

They seem to be beyond embarrassment.

They have given up.

They have abdicated from life.

And in so doing they have lost the ability to hold themselves together or to show appropriate decorum in certain situations.

People in this situation pull at the heart strings of the compassionate, and that leads to the next problem area for the 'pity poor me' reject.

Dumping Onto Others

People who have given up usually try to find others to carry them. They need support emotionally and in most other areas of their life. Rather than being able to contribute to relationships and life in general, these people tend to always be making emotional withdrawals, at the expense of others. They dump their problems onto others.

The welfare networks and caring professions are often targets of these people. They look for people who could or should help them and they exploit that help when they can.

They may ask others to manage their money, fill out their paperwork, make decisions for them, be there whenever they call, and otherwise become their permanent lifeline.

They usually have an excuse for everything and often have a whining story to tell about their hard-luck background.

"I always wanted to play piano, but we were too poor for lessons."

"If only my dad didn't leave things would have been different."

And so it goes.

Such people are terribly draining and usually wear out or burn out those they rely on. They become a bottomless pit of needs.

Manipulation

Some people in this self-pity mode become experts at wheedling their way into situations, exploiting other people, especially those who have a soft heart, and using people for their own ends.

When a self-pity person is denied any support they can prove to be quite resourceful, but when someone comes along who they can manipulate, they suddenly become 'helpless' again.

When there is something to get for nothing, or some opportunity somewhere, the self-pity person can often be the first to line up, expecting to get whatever is available.

Sadly, these people are almost impossible to satisfy.

When they are given more, they find some reason to put it down as 'not enough'.

Their need is not so much real, but perceived from their own internal mess.

So, no matter what is done for them they never rise out of the situation they are in.

Irresponsibility

The self-pity mode is one of irresponsibility.

The pity-poor-me person has stopped trying to make life work with God's grace and the responsible use of what they have.

Instead, they have chosen to give up and even to make other people carry their load for them.

This position of abandonment undermines their life and leaves them on the ground of complaint, unhappiness, inability to be fulfilled, and so on.
They are controlled by the feelings they have given in to.

It can be very difficult to help these people to move into true freedom.
Freedom means they will have to accept responsibility, shoulder their own load and take their place in society.
They will no longer have an excuse or be able to dump their responsibilities onto others.
So, they are likely to resist coming into freedom.
It takes a work of grace to awaken their hunger for wholeness and their hope in God for glorious liberty.

A Temporary Condition

Many rejection sufferers, however, do not wish to remain in the trap of self-pity.
So I'll discuss some different outcomes which rejection victims gravitate toward.

Once that is done we can look in detail at how the Lord sets people free and I can share more of my own testimony of coming into freedom.

Masking

Another Rejection response is to Mask pain and put on a False Front.
It's a self-defence mechanism, to protect our pride.

The Pride of Life is one of three human worldly motivators, along with the Lust of the Flesh and Lust of the Eyes.
So people instinctively hide the truth if it will damage their image in the eyes of others.

Denial

The urge to deny our weakness, failings or vulnerabilities is ubiquitous.
Little children start young, with "*I didn't do it, Mummy!*"
I recall seeing one child drop something, pick up the broken pieces and go straight to his Mum saying, "*I didn't break it!*"
No-one needed to teach the child to deny the unpleasant truth.

The force of denial leads to self-delusion, fantasy thoughts and the like.
But for the purposes of our Rejection study denial is the force that prompts people to place a mask over their hurt and failure.

The Cover Up

I recall approaching a house and hearing a heated argument inside.
When I knocked all went quiet.
The door opened and a smiling face greeted me as if there was nothing wrong.

Have you ever had to answer the phone in the midst of an argument or upset?
People can be shouting in argument, then pick up the phone and speak sweetly to their caller.

A mask is placed over the problem or the heated moment, to keep it from others.

Rejected people, despite their personal pain, share that same instinct to cover up their unhappy lot.

They can learn to put on a smile, project an air of confidence, push down their unhappy feelings and give the impression that all is fine.

The False Front

The cartoon I use to describe masking our pain with a false front is that of a deeply inferior person projecting a different image onto the screen of their life. Rather than letting others see how miserable they feel, they give off the false front of a happy and confident person.

Sadly, most people live with some degree of masking. In a minimal level it is simply covering up a mistake, overlooking a weakness, or diverting people's attention from things they don't want openly known.

At the most extreme level a person can become completely false. Their whole life can become one of living a lie. They can hide just about everything about them.



Professional Front

Keeping up appearances is part of life in some fields.

The old saying, 'The Show Must Go On!' speaks to how performers must squash down their pain, skip onto stage and perform as if the personal issues that may have just bombarded them don't exist.

Professionals in business need to maintain a professional front, not showing their despisement of their associates, clients, bosses or company policy.

Politicians can argue behind closed doors then emerge as best of buddies, so the cameras convey the desired image.

Doctors, counsellors and others have to maintain a 'public face' in dealing with their clients, as part of their professionalism.

The Ministry Smile

Mid last century the idea of giving away a 'smile' was popularised in Christian circles.

In some churches the 'ministry smile' took on Biblical standing as a ministry obligation.

While always smiling affirmation at people has a natural sweetness about it, I personally found it quite annoying.

What troubled me was that it became a form of False Front.

It was a professional 'mask', which successfully hid the true feelings from others.

But it also became a barrier to genuine personal contact.

Christians in ministry moved one step further away from those they met, because the Smiling Mask was artificially applied.

Rather than people meeting on a more real level, they met as professional and client.

The Ministry Smile mask caused me to feel unsure of the friendly relationships which were offered me.

I was sure so many people could not all be so deliriously happy to meet me.

I suspected some of them might have liked to tell me they disagreed with something I taught, or had personal concerns they needed to discuss.

Instead, all I ever met was that blasted smile.

Personal PR Front

An Australian pastor visited a friend in the USA many years ago and complemented his friend on the quality of the church members.

The Aussie said, *"I wish I had people like this in my church."*

His American counterpart confided, *"These people are exactly the same as yours, with exactly the same problems, but they have learned how to put on a front to cover it all up!"*

Sadly, image has become a major consideration in life today.

People want to have the right 'look'.

Their 'front' or mask is usually much more carefully crafted and maintained than their grandparents ever thought necessary.

More expensive beauty enhancements are used.

Men now put product in their hair. P

People now inject botox into their skin, and have plastic surgery, while faking their hair colour.

Is there anyone out there who is happy to be who they are without doctoring their image?

Glorious Liberty

Christians enjoy the 'glorious liberty of the Children of God'.

So Christians don't need masks.

People who are free don't need masks.

Why would you put a false front over a beautiful view?

When we enter into our glorious liberty (wonderful freedom) as God's children we can throw the masking away.

Our pain is healed.

Joy fills our heart.

The smile on our dial beams from a heart that is full and strong.

Then, when we are under pressure, we can be open and honest about it.

We don't need to keep up a PR image.

We are not 'marketing' ourselves, but simply BEING ourselves.

We can share our realness with other people's reality, and bless them by our inner wholeness.

People with 'liberty' are not afraid to go grey, grow old, admit they don't know something, laugh at their mistakes, publicly share their failures as a lesson for others and live un-intimidated lives.

A Culture in Fear

While I can understand Rejected people feeling great pressure to cover up their pain, why do others feel such pressure to lie about themselves?
Who intimidates them so powerfully?

It seems we have a whole culture that has come under the tyranny of fear.
The fear of rejection and being put down by the culture itself seems to drive perfectly valuable people to live as if they need others to affirm them.

I pray that God so heal our culture that it celebrates His grace, lives in His presence and radiates the glorious liberty that only comes from Him.

Buying Attention

Since personalities differ, different people respond to Rejection differently.
While some simply give in to a form of defeat, using their problem as a lever to make others carry them, or others simply hide away and get on with life quietly, there are those who decide they need attention.

Maybe this is the extrovert response.
But I believe it is also evident even in small ways, with people who are quite retiring.

Buying Attention

The process works something like this.
A person suffering from rejection, insecurity and the like finds that something they do gains them approval and attention.
It may be that people are very thankful for their help, or that someone compliments them on their hair, voice, smile, or some other quality.

To a wounded heart that small affirmation takes on enormous proportions.
It is easy, then, for the needy person to decide to do more of the thing that gained them attention.

Retreat to Safe Territory

We see this process too when a person finds their area of strength.
A child who is not strong at book work will tend to concentrate on their sporting, artistic or trouble-making abilities.
They retreat to the safety of something they can excel in, or for which they are gaining a reputation, or even notoriety.

Those who are not good with their hands may retreat to the world of study.
Those who can't handle being around people may retreat into the kitchen or workshop.

This is a similar process to playing up a strength in order to 'buy attention'.

Picture the Extrovert

The image I created to describe the extrovert reject is that of someone who is shrivelled up on the inside, but who not only projects a better image, but magnifies their worthy qualities.

The extrovert may play up his or her buoyant personality and winning smile.

They may excel at academics to prove their worth.

They may become a sporting hero, or an entertainer, or a skilled mechanic.

They may display their wealth.



Whatever they magnify in their life will be the things they have come to believe will impress others and give them a form of input, as a substitute for the love they so deeply crave.

Substitute for Love

The person seeking attention, by being popular, notorious, impressive or accepted in some special way, is actually trying to buy love.

Because they can't force people to love them, they must revert to 'attention' as the substitute for love.

It is said people who make trouble, at home, school or in the community, can be seeking some form of attention.

Being rebuked by an angry father may be the only way some children get their parent's attention.

This is Me!

My rejection journey took me to this place.

This is how I dealt with my feelings of insecurity, inferiority and rejection.

I became the 'life of the party' type of person, when I could.

I tried to impress people with my worth.

When people commented on my singing or how deep my voice was, I decided to use those abilities to impress.

I created the image of a person more mature than my age, with more intelligence than I actually had.

I avoided areas where I was weakest, such as most sporting activities, and concentrated on public speaking, debating and acting.

I made a discipline of learning any funny joke I heard, so I could gain the reputation of being the best joke teller.

I would lie awake at night re-telling jokes in my mind, so I could be in full control of delivery of the punch line.

I even mentally rehearsed how I would walk into a group to gain the most effect of my presence.

Empty Praise

The problem with buying attention is that it is not love.
It also comes at a cost, so it is not love freely given.
No matter how much attention people can gain, they will never feel truly loved.
Love is a very different thing to attention.

And love, at its best, is given to us when we don't deserve it.
So, getting attention by winning it from people also lacks that rich quality of being freely bestowed.

No matter how much attention I could gain, and I had my moments when I performed very well, my deep insecurities and pain were completely untouched.

So the extrovert is caught up in what Solomon called 'vanity'.
They are wasting their time.
Buying attention, no matter how impressively you perform, will never do anything for the real needs deep within.

Plastic Fake

My extroversion led me to become a fake.
I honed my public face, playing it up and adjusting it so it had the best chance of winning attention.
But that made my public image into something unreal.

My life became increasingly 'plastic' and fake.
I may have looked like a success story to casual observers, but the real me on the inside was as empty as ever.

I lived 'on stage' all the time.
I was performing for an audience all the time.
I was conscious of how I was coming across all the time.
I was burdened and enslaved to my image keeping.

I kept trying to think up the wittiest or most intelligent things to say.
I looked for ways to assert myself into the centre of people's attention.
If I was outwitted, or outshone by someone I felt the sting.

Reality Check

By God's grace He was able to deliver me from my plastic life.
I will say more about this later, but suffice it to say God challenged me about being fake.

He impressed me with the truth that He loved me, the Real me, just the way I am.
He also saw right through my fake façade.
He then impressed me that He only deals with Real People.
If I chose to stay a fake He could not help me or use me in His purposes.

If I agreed to pull down my fake front and let God love me the way I really was, then He would heal me and make my miserable self into a much grander person than my false front could ever appear to be.
And that new 'me' would be 100% real!

I knew I needed that kind of reality, and I desperately wanted to be loved unconditionally. So I let God do His work in my life.
I was hesitant and took some encouraging and coaxing along the way, but I did make that journey.

I would never want to go back to the foolishness of my false front and my attention grabbing performances.
God's love and the security it brings are rich beyond my wildest hopes.

So, hang in there.
Freedom can be yours and God's love is freely available to you, as it was to me.

Rebellion

My focus so far in this series has drawn attention to the impact of rejection and the tendency of rejection to promote such responses as self-pity and extroversion, to buy love.

In contrast to those tendencies is the response of Rebellion. This is the response from those who choose to "go on the offensive", since, to them, a good offence is the best defence.

Rebel With A Cause

Many people who are rebellious, in personal life or in the broader cultural setting, are carrying inner hurts. People who are offended readily take up an offence against those who hurt them. That offence can stir retaliatory, vengeful and hateful attitudes. And so, a rebel can be born.

While not all rebels are the product of personal hurts there are many families stung by the pain of a rebellious child who feels they are fighting for a "cause". The cause is their sense of offence. Thus rejection can be the seedbed for rebellion.

Other Rebels

Not all rebels are the product of rejection. We know that the devil rebelled against God when God, who is perfect and holy, gave him no occasion for feeling "rejected".

Some rebels are inspired by their selfishness. Others are caught in lust and greed for gain. Some have other forms of evil in their heart, such as violence, thirst for power, hatred toward good, and so on.

Yet, while there are various prompts for a person to become rebellious, it is possible that they have been moved in that direction, or pushed along a path they were already inclined to go along, by their feelings of being rejected and hurt.

Equal Reaction

Newton's third law of motion gave science the maxim that "for every action there is an equal and opposite reaction". And this reflects what happens with some people who are rejected. They experience the offence of being rejected, falsely accused, neglected or abused by those who should love them, and so they respond by issuing an offence back toward them.

The "equal and opposite reaction" is their rebellion. They respond as if they are saying, "You think you can hurt me, well I can hurt you too!"

Sin is Sin

I need to point out here that "pain does not justify sin". There is a popular notion promoted in western culture today that people do wrong things because they were virtually forced to do so by the bad treatment they received.

It is as if offenders are not to be seen as "guilty" any more, but as victims of circumstances.

But please be aware that "sin is Sin!" If someone experiences rejection, that is never a justification for sin. Rebellion is "as the sin of witchcraft" to God.

"For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry."
1Samuel 15:23a

No matter what any of us go through we have no alternative but to live in the fear of God and to be holy, as our God is holy. Our experiences are never an excuse for sin.

Rebellion Road

Some rebels develop into that course by first feeling hurt by parents or those who should love them. This breaks their relationship with their parents and promotes their desire to hurt others and to rebel against authority. Their initial rebellion may be passive, simply being tardy in doing what they are told to do. They may sit down on the outside, but be standing up on the inside, so to speak.

This passive rebellion will develop into stubbornness and ultimately into open rebellion. The rebel will also be attracted to others with a similar spirit and they will associate with others who lead them into greater rebellion.

A child rarely becomes a rebel because they fell in with the wrong crowd. It is more likely that the attitudes of their heart predisposed them to associate with "birds of a feather" which flock together.

When a parent says, “My child fell in with the wrong crowd and they are leading him into rebellion”, it is most likely that the child has been carrying a chip on his shoulder and was attracted to that crowd by his own heart.

Break the Foundation

If a child is rebellious because of their feelings of hurt and rejection, then a powerful strategy can be to neutralise or break the foundation of the child’s attitudes and actions.

Craig Hill tells in his Family Foundations course the account of parents of an openly rebellious teenager who got on their knees before him and begged him to forgive them for their rejection and their failure to be the parents he needed them to be. The boy was wonderfully transformed.

In the case of such repentance on the part of the parents, the child’s justification for their wrong behaviour is removed. If the child continues to be rebellious then you can be sure that they are simply choosing to do wrong.

The Heart Cry

You will recall from the earliest lessons in this series that God designed each of us to be loved. We are love receptors and our heart cry is to be loved. We want to be loved unconditionally.

This is just as true for the rebel. Each rebel seeks to be loved, just as much as you do. Whatever has prompted them to rebel against authority or to embrace a lifestyle that offends and confronts others they are just as much in need of God’s love as anyone else.

They need the love of God poured into their heart, just as much as anyone else. However, they may have become hardened against it and be very hard to reach.

If you have a loved one who is trapped in rebellion, prayerfully seek to find ways to bring the love of God into their heart.

No Reward for Rebellion

Tragically for the rebel their rebellion brings them no relief from their inner pain. Hurting someone else does not remove our own wound. Retaliation does not pour oil into our wounds or soothe our soul.

And revenge and retaliation are God’s property. When a rebel takes up the cause of repaying or hurting those they believe have wronged them, they steal from God. God says that vengeance belongs to Him. When people take up that right they invoke God’s wrath against themselves.

“Dearly beloved, do not avenge yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, says the Lord.” Romans 12:19

Break the Witchcraft

We saw earlier, from 1Samuel 15:23, that “rebellion is as the sin of witchcraft”. That has several significant applications.

The rebel is unprotected from God’s grace. They have stepped into the devil’s domain and are outside of the grace which God has for their life.

They are also practicing witchcraft against those they are rebelling against. It is as if there is a witch practicing witchcraft in their parents’ home.

So, parents and those confronting the rebellious, take time to break the power of the witchcraft being exercised against you.

Rejection Addicts

Strange as it sounds, some rejection sufferers become rejection addicts. They live their whole life as if they need more rejection.

That sounds totally absurd and you would think no-one would be silly enough to want to be rejected. Yet I have observed this in people through the years.

Familiar Ground

People who have only known rejection all their life find they only truly feel comfortable in a context of rejection.

When they receive affection and affirmation they feel insecure.

While they long to be loved, they find love foreign to them, while rejection is the familiar ground on which they feel safe.

Rejected people have been known to offend those who show love to them, and otherwise do things to prompt the affirmation giver to reject them.

At times rejected people can be downright obnoxious and offensive, biting the hand that feeds them.

They can be arrogant, surly, distrustful, abusive, cruel and violent, to those who reach out to them in love.

Testing the Love

One explanation for this bizarre behaviour is that the rejected person does not trust expressions of love.

They expect the person reaching out to them to let them down, hurt them or even abuse them.

So they test the character of the love offered them, by rejecting it.

If a person persists in offering love, the reject can increase their negative reaction, looking for the point where the carer walks away.

When people give up on them they feel morbidly satisfied that they have proven to themselves that those people did not really care about them.

The Abused as Abuser

In this process the abused becomes an abuser.

I have been verbally attacked, falsely accused and actively rejected by those I have reached out to.

At times the rejection has had quite a sting to it, revealing how toxic the poison in the rejected person has become.

The Bible warns that when we take up a 'root of bitterness' we defile many others. And that is what these rejected people seem to be doing.

“Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled” Hebrews 12:15

Abusing Their Family

Another tragic way in which a deeply rejected person rejects others is in the way they treat their spouse and children.

I have seen cases where the rejected person has set up their own family members for rejection, especially their spouse and children.

I think of a deeply rejected man I met years ago who showed no grace to his children. He insisted on cutting their hair by putting a pan over their heads and cutting around the edges.

The result made the children look weird and made others taunt them.

But the father was resolute.

This is how he had been treated and so he would treat his own children that way.

This is the process of denying others a chance for the things the rejected person missed out on.

It is as if they are saying, *“If I had to suffer rejection, then you will have to too!”*

Insecurity at Play

Part of the explanation for a rejected person rejecting others is the issue of insecurity.

Rejection sufferers feel insecure.

Being presented with the new experience of affection and care awakens those insecurities.

They will then reject those overtures, as much for their own comfort and stability, as for any other reason.

“Better the devil you know than the one you don’t know” seems to be the unconscious rationale for staying on the familiar ground of rejection, even though it is toxic ground.

Rejection as a Lifestyle

Many of the things I identified so far as reactions and responses to rejection are expressions of rejection toward others.

Distrust, isolation, cutting people out of their life, putting up barriers, keeping people at a distance, being false with others, being rebellious and escaping into self-pity are all actions which offend or put a demand on others.

Thus the rejected person can spend their whole life orbiting around their rejection, being rejected and offending and rejecting others.

Captives

The Bible has much to say about setting captives free.
People are described as being in prison and being bound by the enemy.
Evil spirits are shown to dog people and bring about adverse things in their lives.

All of these expressions can be related to the rejection sufferer.
They are caught in a trap they cannot escape from.
Their rejection is a prison, and a prison in which they are happy to remain enslaved.

The spirits of rejection, fear, distrust and insecurity become familiar ‘friends’ to which they remain chained through their life.

But, Praise God! Jesus came to set the captives Free!
Jesus came with an anointing that opens prison doors and lets the prisoners go free.

Pray for the Addicts

If you have loved-ones and family members addicted and enslaved to rejection, please pray for them.

Jesus sets the captives free.

Jesus opens prison doors.

Pray that God completely release them from that which holds them in the muck and keeps them from their precious divine destiny in the “*glorious liberty of the children of God*”!

“The Spirit of the Lord God is on me; because the Lord has anointed me to preach good tidings to the meek; he has sent me to bind up the broken-hearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; To proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all that mourn; To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified.”

Isaiah 61:1-3

The User

Another type of person who can emerge from the experience of rejection is the ‘user’. This is a person who is very good at ‘looking after Number One’. They have set their life direction to the compass of taking advantage of anyone and any situation to suit their own ends.

Rejection is not the only reason a person takes on this lifestyle, but I link it to this study of rejection because I have met people whose response to rejection is to become a user of others.

Dead on the Inside

A user is someone who has put aside natural affection and expectations of happy relationships with others.

Instead of enjoying normal friendships and bonds of affection, they devalue such things in place of personal advantage.

Rather than warmth and affection, trust, respect, mutual cooperation and other positive social concepts, the user, prefers simple opportunism.

To be able to do this they have become 'dead' on the inside.

Things they should be alive to, such as warm affection with family and friends, mean next to nothing to them.

Rejection sufferers can easily enter this lifestyle, since their own experience of rejection and pain has hardened or deadened them to expectations of loving friendships and positive relationships.

Bright and Bubbly

A 'user' can present as a very friendly, bubbly and bright person to have around.

They can become good at 'selling' their apparent friendship to others.

However, they do not enter into true relationships of trust and mutual respect, but simply into relationships of convenience.

Life is evaluated by a user in terms of "*What's in it for me?*"

They don't know how to be selfless, sacrificial, caring or thoughtful toward others, except to win their favour and openness.

Most people have self-interest as a high value in their lives, avoiding what they don't like and attracted to what they think will be good for them.

Western culture, with its diminishing stock of Judeo-Christian values in the hearts and minds of the populace, is becoming increasingly self-serving.

You Owe Me

Part of the user value system, for a rejected person, can be the feeling that society owes them a debt.

They have been robbed, cheated and denied the affection they long for, so they see that as justification for taking advantage of others.

Their morality is based on a 'Me' perspective.

If something is good for them, then it is a good thing to do.

Using people is good for them, so it is morally acceptable.

Being able to further justify their attitudes and actions by feeling that others 'owe' them something makes their lifestyle all the more legitimate in their thinking.

My Mission is Me

One young mum who had this problem explained that she took up a user, 'Me'-focused lifestyle when she was very young.

After her parents separated she became a pawn in the parents' tensions with each other and she realised that neither her mum nor her dad was committed to loving her and looking after her.

So she decided, *"I will look after myself!"*

That decision, practical and simple as it may seem, became a curse in her life.

As an adult she made friends easily with her bright personality.

But the friendships became strained as others realised she was always taking advantage of people.

A 'user' sees that their mission in life is to look after their own interests.

Everything else comes second to that.

Give and Take

Normal relationships involve plenty of give and take.

They also involve commitment and self-sacrifice.

When we care about others we will let our own comfort and priorities be displaced in our efforts to bless those others.

But for the user, life becomes much more of a balance sheet.

And they must come out in front all the time.

Any imposition must have a good payout, or they won't suffer it.

Relationships are reduced to cold, calculated 'cost/benefit' analysis.

They will choose friends based on people's ability to help them fulfil their personal ambitions.

Once someone has past their usefulness the friendship can be easily tossed aside.

The user does not like give and take, preferring 'take and more take'!

No Investment

The Bible warns us that we reap what we sow.

If we are a giving person, we will receive much in return.

If we are a user, we have no investment from which to gain a return.

"Be not deceived; God is not mocked: for whatever a man sows is what he will also reap."
Galatians 6:7

"Give, and it will be given to you; good measure, pressed down, and shaken together, and running over, will men give into your bosom. For with the same measure that you measure out it will be measured to you again." *Luke 6:38*

Users set themselves up for an empty life.

They are not sowing genuine friendship. They are not sowing love.

They are not giving of themselves.

So there will be no harvest of the very things their heart most craves.

They will receive no affection in return for their investment of care and love into others.

Self as God

When a person sets their own 'self' as god in their life, they think they can invest their skills in making themselves happy.

But they limit their potential happiness to only that which they can give to themselves.

Having self as 'god' is a most miserable place.

I desperately needed the super-abundance, awesome love and grace of God.

I would be most miserable if I had set my horizon to the scope of what I could give myself.

The user, having their own 'self' as the principal idol in their life, ends up empty at every turn.

They have no investment from which to reap a harvest, and the best they will ever know in life is what their miserable self can give to their miserable self.

How pitiful!

The God Connection

Our only hope as humans is in God.

God's love and blessing far surpass everything your family, culture, friends and nation can give you.

You can lose all of them and be richer than all they offer.

You need a powerful connection with God.

The eternal, Almighty God, creator of the universe and all that it contains, is the most important ally you can ever know.

Stop being a user.

Give in and fall at God's feet.

Humble yourself and repent.

Let God be GOD in your life. Let Him heal and direct you.

You will be so much richer in every way when you do.

Many Kinds of Rejects

We have seen that those who suffer rejection can develop in various ways into different and even contrasting personality types.

There is no one stereotype of a 'Reject'.

Rejected people are all unique individuals and they will respond differently, based on personality, things that influence them, their ambitions and the manner and degree to which their rejection has impacted them.

Motley Crew

A group of highly rejected people can contain quite diverse personalities and lifestyle characteristics.

There will be leaders, followers, loners, negotiators, carers, retaliators, aggressors, crumplers, jokers, performers, high achievers, and everything else.

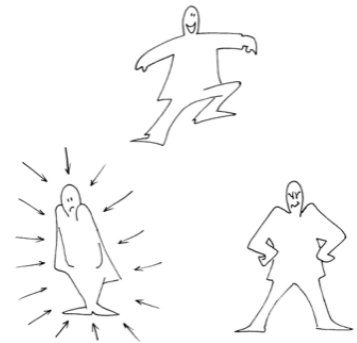
So, from a ministry point of view, I always have in mind that any person I meet, no matter what their appearance of success or wholeness, may be carrying some rejection baggage which needs to be cleared away.
I don't go looking for rejection, but I recognise that it can be present in unexpected places.

Pity - Please - Punch

Three of the main characters I tend to notice the most are those who give in to the Pity party, those who seek to Please others (such as the extrovert performer), and those who give in to aggression (that's where Punch fits in).

The crumpled 'hopeless case' type person may well be a rejection sufferer.
But so too might be the 'life of the party' person who is always seeking to amuse and impress others.
And so too might be the hardened aggressor who stands up to others and does his own thing.

We have also seen that rejection addicts and users are not uncommon types of people to emerge from a rejection background.



Outsiders

Many years ago I was speaking at a Christian meeting in Kings Cross, back when it was the 'bad' part of Sydney.
Drugs, prostitution and all manner of vices could be readily accessed in Kings Cross at that time.

After the meeting, my host called me to the shop window and pointed out two youths walking up the street.
They were dressed in the most extreme punk rocker garb of the day.
Everything about them shouted that they were outsiders to normal society.

My host, converted from the ugly side of life, asked me what I thought those kids were doing dressed like that.
I had no answer.
I had never thought it necessary to play the part of a misfit.

He advised me, from his own personal journey, that people who dress and act as those boys did were addicted to the pain of rejection.
He claimed that they actually wanted people to scowl at them, be afraid of them, and reject them from normal society.
These, then, were rejection addicts, in an extreme version.

No Good in Rejection

I know that some people are able to rise above their circumstances and use their challenges as stepping stones for personal success.
This is true of those who have been rejected.

Their experience of rejection motivates them to achieve, to prove themselves, to outperform others, and so on.

I think of a highly successful businessman who seems to run on high-octane (so to speak), since he is a high achiever in everything he does.

He has risen above the pain of his past and the tragic loss of his parents when he was young.

So, some people might tend to think of hardship and pain as possibly a good thing in places.

However, rejection is an evil experience.

It brings pain and harm.

It is not good, even if people are able to rise above it in some way.

Do Not Use Rejection

I have seen parents, teachers and even peers, use rejection as a tool for manipulation or to motivate people.

“You don’t want people to think you are STUPID, do you?”

“If you don’t lift your grades then you are not one of us!”

“We won’t be your friend any more, unless you do what we tell you.”

Humiliation was a tool some teachers resorted to in years gone by, sitting a child in a corner with a Dunce hat on their head.

The hope may have been that the child would be motivated by the experience to work harder, so as never to suffer that again.

But, even if you appear to create a positive outcome, rejection is toxic and is not a tool to use.

Toying with people’s being, by using rejection, can bring untold damage.

Win and Lose

While rejection may appear to produce a desired result, it leaves deep scars which will not go away.

Money, fame and success do not remove the pain of rejection.

The businessman I referred to earlier, who is a high achiever and highly successful man, is locked up on the inside.

He is unable to relate to people with ease or self-confidence.

He is highly committed to performance and achievement, rather than relationship.

He only understands ‘doing’, not ‘being’.

Those who could have helped him work through his pain and loss did not do so.

He ended up relying on his personal abilities and living his life to compensate for what he lost.

But he cannot have the warmth and depth of relationship that his heart was made for and which he is seeking at a deeper level.

Nothing Like Freedom

There is nothing like freedom.

The Bible talks about the “glorious liberty of the children of God” and being ‘free indeed’. We are told to stand firm in the liberty which Christ has liberated us into.

“Creation itself will be delivered from the bondage of corruption into the glorious liberty of the children of God.” Romans 8:21

“If the Son (Jesus) makes you free, you will be free indeed (truly free).” John 8:36

“Stand fast therefore in the liberty with which Christ has made us free, and be not entangled again with the yoke of bondage.” Galatians 5:1

Do not become attached to your rejection.

Do not think of it as a gift or a blessing in your life.

Do not use rejection on others.

Do not live with your rejection any longer.

Be healed, by receiving the Love that comes from God.

Finding Freedom

Now we come to the most exciting part of this book – Finding Freedom.

Jesus sets us free.

God gives us ‘liberty’.

God heals our broken hearts.

So, how do we experience those things?

“If the Son (Jesus) makes you free, you will be free indeed (truly free).” John 8:36

“Our soul is escaped as a bird out of the snare of the fowlers: the snare is broken, and we are escaped.” Psalm 124:7

“He heals the broken in heart, and binds up their wounds.” Psalm 147:3

My Journey to Freedom

In my late teenage years I was touched by the Charismatic Revival.

It was a season of spiritual refreshing and release of the reality of the Holy Spirit.

Many people who had been Christians for years, such as I had been, became activated in a new way.

As I encountered that process I found that God seemed to impress me with various thoughts in various ways.

I particularly found God making me feel uncomfortable about the fake life I had built around me.

I was hiding my pain behind a mask of confidence.

Behind that mask I felt insecure and vulnerable.

My response to those impressions was to reject them.
They made me feel uncomfortable, even though I sensed it was God who was speaking to me.
My heart response was, *“Go and pick on someone else! I’m doing much better than many. Go and pick on those who need more help than I do.”*

I experienced this, and other challenging thoughts, over many months.
My standard response was to resist the impressions and press on as best I could.

Admit Your Need

I realise now that the very first step toward freedom is to admit you have a need.
As long as I resisted God’s challenge about my needs and my false life, I could not be healed and set free.

I have had people ask me to pray for their needy relatives.
But when I ask if those people are open to God or would even admit their need I am told *“No, they wouldn’t admit it.”*
I cannot help people unless they are willing to admit they have a need.

God pushed me to the point where I admitted I had a need, but I still would not let God deal with me.
I was afraid of the damage He might do if He messed with my inner pain.
I had buried all that stuff and didn’t know where it came from.
So I didn’t want it all stirred up.

Trust God

I could not move further forward until I came to a place of trust in God.
I needed to be confident God would only do me good and not leave me in a mess or in pain if He messed with my inner life.

That confidence to trust God was built up in me in two ways.
First I heard a bunch of messages about the Love of God.
As God’s love was explained to me and I saw what the Bible had to say about it, I found faith built up within me.

And that’s biblical.
The Bible says that faith works by ‘love’.
When we get a revelation of God’s love our ability to have faith in Him is increased.

“For in Jesus Christ neither circumcision avails any thing, nor uncircumcision; but faith which works by love.” Galatians 5:6

The second thing that helped me trust God was truth from God’s Word, the Bible.
I found several verses which spoke about God’s love and His trustworthiness.
Those verses helped to undergird my struggling faith in God.

Bible Verses

Some of the verses which blessed me are listed here. Some of these verses had been put to music and I only learned them because they were sung regularly in church.

“He heals the broken in heart, and binds up their wounds.” Psalm 147:3

“The Lord appeared to me of old, saying, Yea, I have loved you with an everlasting love: therefore I have drawn you with loving-kindness.” Jeremiah 31:3

“Call unto me, and I will answer you, and show you great and mighty things, which you do not know.” Jeremiah 33:3

“The Spirit of the Lord God is on me; because the Lord has anointed me to preach good tidings to the meek; he has sent me to bind up the broken-hearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; To proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all that mourn; To appoint unto them that mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified.” Isaiah 61:1-3

The verse which gave me the greatest confidence to let God deal with the inner things of my heart was His promise not to damage the vulnerable.

“A bruised reed he will not break, and the smoking flax he will not quench: he will bring forth judgment unto truth.” Isaiah 42:3

Let God be God

I had to come to the place where I trusted God to be God.
Up until then I trusted myself more than God.
I knew that I would not let myself get hurt, if I could help it.
But I was not sure about God.

How ridiculous!
I put more trust in a hopeless and failing human than in the God of all eternity!

I also had to trust God to be the God of Love, since “God is love” (1John 4:8).
I had to believe that God was telling the truth and that He had all the power to do it right, and all the love to only want what is best for me.

Once my faith had been bolstered by learning about the love of God and by seeing God’s precious promises in the Bible, I finally gave in and let God be God in my life.

Jumping in the Dark

I remembered hearing the story of a father who would stand his infant son on the table, turn out the lights and then tell the son to jump off.
The boy had to trust his father’s good intentions, strength and promise, in order to happily jump off in the dark.

I had to take a similar leap of faith.

I had to trust God to be God.

I had to lose all control and trust God to know what He was doing and to be abundantly able to not only protect me, but to bless me, just as He said He would.

Taking such a leap of faith is hard when insecurity is an inherent problem in your life.

Rejection leads to insecurity, so I made no hasty rush at this offer.

But, praise God, I did finally get to the point where I would trust God.

Lord, Get Me Ready

Here is a prayer for those who feel much of what I have struggled with.

This is for those who want to be free, but who are bound up by fears and insecurities.

“Lord God, teach me to trust You. I know in my head that You are God and that nothing is impossible for You. But in my heart I am fearful and insecure. I want to trust You from the depths of my being. I want to be free. Lord, get me ready to receive Your love and enter into the freedom you have for me. I ask this in Jesus’ precious and powerful name. Amen.”

Steps to Release

When God set me free from Rejection I thought everyone enjoyed the same release.

I thought it came along with the experience of being Filled with God’s Holy Spirit.

It all happened to me around the same time and I assumed it was all part of the same package.

I remember talking with my older brother toward the end of God’s major work in my life, and realising that what God was doing in me was not common to everyone.

I said to him, *“You know how God gets in and messes with your inner life and totally sets you free and transforms you”*

He looked at me blankly and said, “No”.

So I tried to explain it to him differently.

I finally realised that what I was going through was not a standard procedure, but a wonderful personal journey.

Challenged to Explain

Several years later, when I gave testimony of God’s wonderful healing in my inner life I was challenged to explain how God had done it.

I couldn’t explain it and simply announced that it was God’s wonderful work, for which I am very glad.

Those who heard my testimony told me I had no right to share such a wonderful thing if I couldn’t also tell my audience how God did it, so they too could experience the same transformation.

That put me on my back feet, so to speak, and I went to prayer to ask God what it was that He had done to set me free.

Mileposts on My Journey

The Lord enabled me to reconstruct the journey He had led me along in order to bring me to the release I enjoyed.

I realised that I did not take these steps quickly, but laboured over several of them for extended periods of time.

I had no mentor on my journey so I stumbled along, bogging down, drawing back and resisting the Lord's work along the way.

Yet, I gradually recognised the mileposts which I had passed along the way.

I wrote down the list of major steps God had me take.

As I did, I realised that when I had prayed for others and given them godly advice, I was unconsciously directing others to follow the same path I knew had worked for me.

I called the process my *Steps to Release*.

I have taught them around the world and used them in many diverse situations to help people young and old for a wide range of backgrounds.

So I confidently teach them to others.

Widely Applied

As I defined the path the Lord led me along I recognised He asked very similar things of me for a variety of issues He dealt with in my life.

These were the steps God used to lead me out of Rejection, but He also used them to release me from masturbation, and from fear, and to deal with my pride, and to release my faith, and so on.

As you come to appreciate these steps I commend their use in the many challenges you have to work through, but also in your efforts to bless and help others.

A Road Not A Map

The problem with a distilled list of steps is that the 'map' becomes an object of worship for those who learn the steps.

Bookshops abound with texts espousing the "*Six Steps*" to this or that.

"Become a better YOU in five simple steps!"

However you need to keep in mind that my *Steps to Release* describe a Road.

They define a "journey", not a seminar session.

They are about you stepping into freedom, not about you having a new trick routine to try out.

The steps are not magical.

They do not teleport you to some destination.

Instead, they are the steps upon which you must place your foot.

If you really want to be free you must walk with the Lord, not just read about the road.

Milestones on the Journey

This is the journey which God took me along and taught me to use to bring others into wholeness and release.

This is the journey I have led many rejection sufferers along and seen them walk into complete healing and restoration.

It begins with Admitting you have a need.
This challenges you to be humble.

It helps to identify the real problem and the initiating events, if possible.
The right medicine will only be given if the right diagnosis is made.
Is your problem rejection, or fear, or shame, or something else?
Where did it come from?

Repent of any wrong you have done to create the problem.
Be honest with yourself and God.
If you have initiated, perpetuated or complicated the problem in any way you need to ask God to forgive you.

Forgive all those who have been a part of the problem, including its initiation and continuation.

Renounce all of the evil associated with the problem.
This is the process of breaking the spiritual connection between you and the problem.
Break your link to all the elements of the problem, from its initiation and development in your life.

Now, resist the evil.
Break the power of those things you have already prayed about.
This is spiritual warfare against the evil spirits associated with your problem.

Then throw yourself at God's feet, spiritually.
Give God all of your problem, garbage, fears, sins, and so on.
Let God take what is left of you and make of you what He wants.

Now bask in and receive God's love and healing in your life.

Overwhelming Love

While the *Steps to Release* describe the issues I had to deal with in overcoming rejection, insecurity, inferiority and the like in my life, it was God's Love that actually empowered the whole process.

My inner pain, ill-defined as it was, left me feeling afraid of letting anyone into the areas of my need.

I had created an external image of happiness and success, and I desperately wanted that image to be my truth.

God's invasion of my inner life seriously challenged my internal comfort zone.

Grace and Truth

Some people think that to live in happy delusion is better than living in an unhappy reality. I challenge that.

No-one can truly live if they are living a lie.

The people locked in mental institutions, completely deluded about who and what they are, are not better for their foolish notions.

We are far better to face reality and find God's power to be real in our true circumstances, than to live enslaved to delusion and brokenness.

While God's Love is powerful and was the awesome antidote to my inner pain, it came with a solid dose of 'reality check'.

And that's Biblical.

The Bible tells us that both *"grace and truth came by Jesus Christ"*.

"And the Word was made flesh (Jesus), and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth." John 1:14

"For the law was given by Moses, but grace and truth came by Jesus Christ." John 1:17

Grace is the special favour of God, His love, His mercy and His blessings into our lives.

Truth speaks of reality and facing up to the whole picture, for what it is.

Both these things came at the same time, in the same person, Jesus Christ.

In the same way, God brought both His truth and His love to my heart at the same time.

Supreme Love

God loves me just the way I am.

His love is supreme.

His love is unsurpassable.

God's love is overwhelming.

God's love is SO wonderful and SO powerful that it totally outweighs all the love that every other person could give.

If the whole world hated you and God loved you, you could experience total joy, complete fulfilment, overwhelming satisfaction and abundant delight in being alive.

That's how supremely powerful and wonderful God's love is

Love Revealed

God's amazing love was revealed to me through many preachers who taught on the subject over several years.

Messages about the Father heart of God, the Biblical definitions of love, the example of the Prodigal Son's father, and the many Bible verses that talk about God's love opened my heart and mind to realise that God truly does love me.

I had been raised in good evangelical churches and heard the gospel message of faith in Jesus Christ a thousand times.

The cumulative effect of that, however, did not leave me with a sense of God's overwhelming love.

It took some time before that new truth could settle in my heart.

Slowly I came to trust what the Bible said.

Slowly I came to believe that God was not some angry potentate ready to judge all who fail His standards.

Yes Jesus Loves Me

Somehow in my Christian journey I came to think of God's love as the nice message to tell the children.

It was fine for the children to sing *"Yes, Jesus Loves Me"*.

But I thought that as we become mature in our understanding we are to move away from the childish notion of God's love, and realise our responsibilities.

I carried a weight of obligation, linked to judgements upon those who "looked back", were "unfruitful" and so on.

In the development of those ideas I lost complete sight of God's love for me.

Yet such passages as Romans 8 spoke clearly about the impossibility of being separated from God's love.

And the love of Christ was spoken of in many places too.

"Who will separate us from the love of Christ? Will it be tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?" Romans 8:35

"For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, will be able to separate us from the love of God, which is in Christ Jesus our Lord." Romans 8:38,39

"And to know the love of Christ, which passes knowledge, that you might be filled with all the fullness of God." Ephesians 3:19

I came to realise that Jesus does love me.

God loves me.

Jesus Loves You!

You need a revelation of God's love.

That comes through the ministry of the Holy Spirit, illuminating the Bible.

It is the Holy Spirit who pours God's love through your wounded heart.

"And hope does not make us ashamed; because the love of God is shed abroad in our hearts by the Holy Spirit which is given to us." Romans 5:5

A prayer I often pray for those needed healing from rejection and inner pain is that God's Holy Spirit will release the Love of God through their heart, like ocean waves of God's love sweeping over them.

I want to pray that prayer for you.

Prayer for You

“Lord God, I pray for each person reading this, that You would pour Your love upon them. Let Your love be shed abroad in their heart, by the ministry of the Holy Spirit. Give them a revelation of Your great love for them. Let it flow over them like ocean waves of Your compassion, care, grace and blessing into their innermost being. And Lord, deliver them from rejection, shame, fear, insecurity and all inner pain. Let them enter into the joy of living in the glorious liberty of the children of God. I ask this for them, in Jesus’ precious name. Amen.”

God Loves the Real You

An amazing aspect of God’s love is that He loves us just as we are.
The Bible tells us that *“God so loved the world that He gave His only begotten Son”*.
That love is not a poetic notion.
It is not just a happy thought.
It is the tangible power of God’s compassion released into human lives.

And God’s love for the world is not based on how lovely and endearing the world is to God.
God loves people despite the fact that they are covered in sin and shame.

“But God, who is rich in mercy, for his great love wherewith he loved us, Even when we were dead in sins, has quickened us together with Christ, (by grace you are saved;)”
Ephesians 2:4,5

Just as I Am

An important step in my revelation of God’s love was to realise that God loves me even though He knows all my sins, weaknesses, vulnerabilities, fears, shame, ignorance, foolishness and so on.

God loves me just the way I really am.
He is not fooled by my empty promises.
He is not bribed by my negotiations.
He is 100% aware of all of my terrible failings.
Yet God loves me anyway!
Wow!!!

I don’t have to wait until I am good enough for God, for I never will be.
I don’t have to make amends for my past before I can come to God.
I will never be able to do that.

The only thing I can do is drag the carcass of my stinking self into His presence, with all of my failure and shame naked to His all-seeing gaze.
I can make no appeal.
I can make no bargain.
I am undone.
I am spent.
I am incapable of impressing Him for a moment.

Yet, as I come to Him, just as I really am, He pours His love on me!
That is just SO amazing!
And it is SO liberating!

God Loves the Real You

I was so blessed to realise that God actually loved the 'real' me.
God was not impressed by the image I had created and maintained.
He was not attracted to my reputation or the impressions other people had of me.
God loved the real, miserable, fearful and insecure me that was hidden behind my mask of popularity and success.

The image I use of this shows God's love directed down upon the real, hidden person, behind the inflated image other people see.

God's love is directed to the 'real' you.
That miserable, fearful person is the object of God's love.
That is the Real You and that is the 'you' that God loves and sent Jesus to die for.
God wants the Real You to receive His love and salvation.
He wants the Real You to be released into all that He has prepared for you.



Act of the Will

In my journey through all of this I discovered that love is an 'act of the will'.
That is why God can command us to love Him and to love our neighbour.

"And you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength: this is the first commandment. And the second is similar, namely this, You shall love your neighbour as yourself. There is none other commandment greater than these." Mark 12:30,31

The revelation that love is an act of the will brought to me a new sense of confidence in God's love for me and you.

Do you know why God loves you?
God loves you because He chooses to love you!
It's an act of God's will.
So there are no strings attached.
God's love is unconditional.
God loves you as an act of His will and He will never change His mind!

Unconditional Love

Because God's love for you is a matter of His choice to love you it is unconditional.
It is not based on your age, or your potential.
It is not based on your good looks, career path, willingness to serve God, or anything else you can do.

Unconditional love is something you can't break.

If God loved you because you pleased Him, then as soon as you stopped pleasing Him He could stop loving you.

But, because there are no conditions, there is nothing you can do to make God stop loving you.

That's why God describes His love as an 'everlasting love'.

"The Lord appeared to me of old, saying, Yea, I have loved you with an everlasting love: therefore with loving-kindness have I drawn you." Jeremiah 31:3

God Loves YOU

Let me explain it straight for you.

God loves you, just the way you REALLY are, failures and all.

And God loves you, just the way you really are, because He has chosen to love you.

There is nothing you can do that will stop God from loving you.

You cannot even FAIL your way out of God's love!

If you were to become the greatest enemy of God and lead thousands away from faith in God, God will still not stop loving you.

If you were to step out for God and then make such a mess of things that God is mocked because of your failure, God will still not stop loving you.

Let me say it again, **You cannot even FAIL your way out of God's love!**

Perfect Love Sets You Free

That kind of perfect love casts out fear.

It sets people free.

And it set me free from my fear, insecurity, shame, inferiority and rejection.

I did not have to prove a thing.

The opinions and criticisms from people counted for nothing against such overwhelming love.

That's the love you need to receive.

You need to be drenched in that love and soak in it for days.

You need it to permeate your mind, emotions, personality, will, spirit, soul and body.

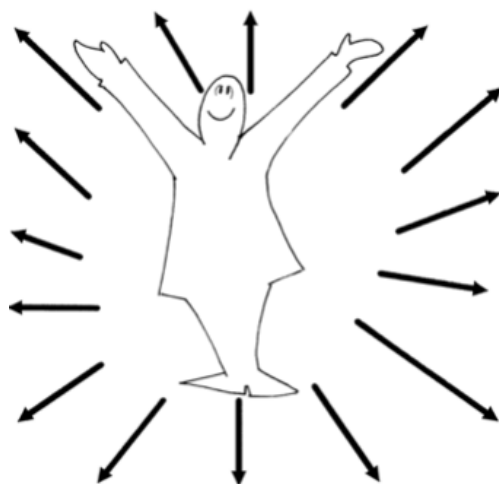
Don't just give God's love a kindly assent, but press in for it, cry out for it, and make sure you experience it.

It truly will set you free!

Let Me Pray For You

"Lord, I ask You to reveal Your overwhelming love into the hearts of each person reading this. Let the love of God be shed abroad in each heart, by the Holy Spirit, so that every one of them is set free and transformed to be the people You created them to be. So reveal Your love that it dislodges all the wrong thoughts in their head and heart. Heal them with Your love. Impact them with Your love. Transform them with Your love. I ask this in Jesus' lovely and precious name. Amen."

The Real You, Waiting to be Released



Friends, press in for a revelation of God's Love for you.
And let the Holy Spirit pour God's love into your heart so you are powerfully released to be the person God created you to be.