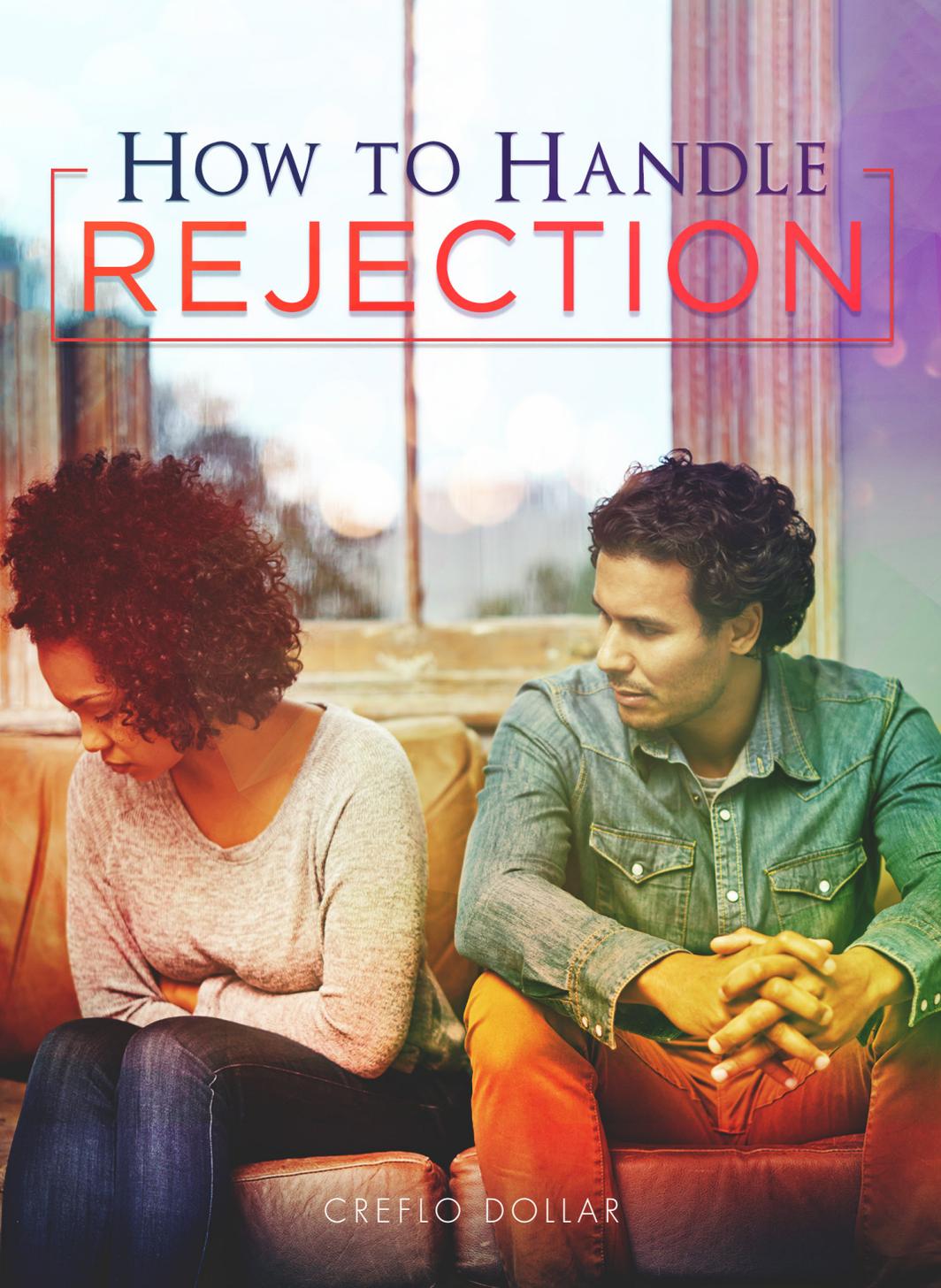


HOW TO HANDLE REJECTION

A man and a woman are sitting on a brown leather couch in a room with large windows. The woman, on the left, has curly hair and is wearing a light-colored sweater and dark jeans, looking down with a sad expression. The man, on the right, has dark curly hair and is wearing a denim jacket and orange pants, looking off to the side with a thoughtful or sad expression. The background shows a bright window with some bokeh light effects.

CREFLO DOLLAR

HOW TO HANDLE REJECTION

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How to Handle Rejection

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CHAPTER 1

Rejection Is a Feeling

Rejection is the state of feeling unloved or unaccepted. A person who struggles with prolonged feelings of rejection does not feel valuable and usually has extremely low self-esteem. Since rejection is a feeling, we cannot allow it to completely take over our lives. I am convinced that one of the reasons so many people experience emotional turmoil is because one of their most basic human needs—acceptance—has not been met. As children, teenagers, and adults, we all want to be accepted. We all want to be celebrated and appreciated for who we are. Prolonged feelings of rejection can produce insecurity, inferiority, anger, and self-doubt.

The world is full of hurting, rejected people who really want to be loved unconditionally. The roots of rejection can run deep, causing a host of emotional challenges and behavior that can surface later in life. Many adults are actually rejected children on

the inside, doing everything in their power to gain validation through someone or something outside of God. They seek relationships, jobs, and material things to compensate for what is missing within. The negative emotion of rejection fuels their insecurities and low self-esteem.

Dealing with rejection begins with understanding where it originates and how it gets into our lives. Rejection is a negative emotion that begins in the soul—the realm of the mind, will, and emotions. It starts when a person is put down or shunned by someone, and he or she internalizes the negative feelings caused by these actions. When the soul is not healthy, the rest of a person's life will be out of order as well. Third John 2 says it is God's will that we prosper in our souls, which includes having a mind and emotions that are intact and whole. Rejection, when it is not dealt with properly, can threaten the emotional wholeness God intends for us to experience. Furthermore, it has the potential to destroy our lives.

We know emotions are feelings on the inside which can take us away from the will of God for our lives, if we let them. Negative emotions can fall under the category of *the flesh*, which does not just refer to the physical body. *The flesh* is also identified as a way of thinking that is in opposition to the Word of God. So to walk in the flesh simply means to think, act, and conduct our lives according to a way of thinking that opposes the Word of God.

Feelings of rejection are what I call, “fleshy,” because they do not line up with what God says about us or how He looks at us. We are not rejected, but accepted by Him. Internalizing rejection produces a mindset that is not in agreement with God. Therefore, it is important to Him that we live lives that are free from rejection.

CHAPTER 2

Being Aware of the Entry Points

Have you ever wondered how the enemy gains access to our lives? He often comes in through the avenue of our feelings because, all too often, we fortify and nourish negative emotions that oppose God's Word. We allow the childhood experiences that scarred us, or the situations in life that left us wounded, to grow and cause us to see ourselves as victims. When we operate in the flesh, it gives Satan the opportunity to come into our lives at any time through the avenue of the soul.

Rejection hits the very core of a person—that part of ourselves where our sense of value exists—which is why it is such a painful emotion. And when we do not know what God says and thinks about us, we become vulnerable to satanic attacks on our emotions.

When someone rejects us, we do not have to allow that rejection to make us feel unloved and

unwanted. Feeling unloved and unwanted does not line up with God's Word. For instance, Jesus said in John 6:37, "All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out." The Amplified Bible says, "All whom My Father gives (entrusts) to Me will come to Me; and the one who comes to Me I will most certainly not cast out [I will never, no never, reject one of them who comes to Me]." Wow! Jesus promises to *never* reject a person who comes to Him.

I wanted to start off with this scripture because I want you to know that out of all the people who may reject you in your life, there is One upon Whom you can always depend—God. You will always be the apple of His eye.

Whether we realize it or not, the opportunity to receive rejection is always present. Often, the decisions we make are determined by our fear of rejection. For example, men, remember that certain young lady in high school you wanted to ask out on a date? You picked up the telephone to call or planned

how you would approach her at school, but before you could dial the number or start up a conversation with her, you got a queasy feeling in the pit of your stomach. Did you make the phone call, or approach her? Or did you let your fear of the word “no” stop you from even trying?

I remember asking my sisters to fix me up on dates. I wanted them to ask the girl how she felt about me first, so my approach would be a little bit more confident and my chances of being rejected would be less. If I felt it was safe, I would walk up to the girl and ask for her phone number. Now let me tell you, every guy I knew had a fear of rejection during those crucial moments, as different scenarios played out in our minds. And as we waited for the “yes” or “no,” the battle with the fear of rejection raged within us.

And then there was the group of “popular” kids at school that you desperately wanted to be a part of. You changed your hairstyle and the way you dressed in order to fit in. And there was the party. You remember—the one where the illegal substance

suddenly appeared. You didn't want to lose any "cool" points in the eyes of your peers, so you were faced with a difficult decision. Did you conveniently lower your standards for the sake of remaining in the group, or did you maintain your stance, despite the possibility of rejection? For many of us, we sort of went with the flow in order to be accepted because we were afraid of rejection.

Rejection issues can come up in other areas, as well. Consider a job interview, for example. Some people may embellish their résumés because they really want to make a good impression. Or in the interview, they may become a "yes person" for the interviewer, just to score a couple of brownie points. This person may agree to almost anything if it will lessen his or her chances of being rejected, only to find out later that this agreement included certain conditions that he or she really was not prepared to carry out.

The potential for rejection is inevitable, which is why we cannot live our lives in fear of it. For

example, if you are a salesperson, you are always faced with the possibility that someone will reject your product. Or, you may have to give a presentation at the office, and your supervisor or manager may reject your suggestions and hard work. In the sports or entertainment arenas, you could be cut from a team or fail to get a contract at any given time. Even in relationships we risk the possibility of being rejected. The potential for rejection is constant. But learning how to deal with it will enable us to gain the victory over it once and for all.

CHAPTER 3

Yielding to the Fear of Rejection

Rejection, like hurt, is based in fear. And the fear of being rejected is what stops us from moving forward and doing the things we need to do to be successful in a particular area. Fear will always connect us to what we *don't* want to happen, and if our dominant thoughts are fear-based, we will experience the very things we fear, including being rejected.

Many women who have been hurt but have never healed from past relationships involving rejection fall into the trap of exploitation. It is almost as if they project an energy that attracts men who capitalize on their weakness in this area. When a woman already feels rejected, the need to gain acceptance, love, and approval in a relationship can easily become all-consuming. She becomes willing to do whatever is necessary to keep a man. This is why women and young girls give something as sacred as their bodies

to someone whose motives and intentions are wrong.

Additionally, parents who have rejection issues can allow their fears to interfere with good parenting skills. Some fear verbal and emotional rejection from their children to such a degree that they avoid disciplining them properly. They are afraid their children will say, “I don’t love you any more,” or become angry with them. So, when their children misbehave, they do not spank or reprimand them. A parent’s main objective should not be to become his or her child’s best friend. But sometimes the fear of being rejected stops the parent from functioning properly in his or her role.

The people we crave acceptance from can ultimately manipulate us because of the power we hand over to them. We should never be willing to be accepted at any and all costs. The enemy wants us to become so wrapped up in the fear of rejection that we give ourselves over completely to our emotions rather than surrendering ourselves to God and allowing Him to heal us, and lead our lives.

Yielding to the fear of rejection can seriously impact our lives in many negative ways. There are three pitfalls to yielding to the fear of rejection.

1. The fear of rejection causes you to compromise for the sake of conformity.

I like to say it like this: Compromise is simply changing the question to fit the answer. And even though you change the question to fit the answer, it still does not mean you have the *right* answer. When facing the fear of rejection, suddenly compromise becomes an option.

When does this compromise occur? It occurs whenever your fear of rejection causes you to ignore your values and standards in order to gain acceptance from other people. When you have issues with rejection, you will *always* compromise something. And, as I often say, whatever you compromise to keep, you will ultimately lose.

2. The fear of rejection also makes us susceptible to exploitation.

In other words, you become willing to do whatever

you need to do to be accepted, even if it means turning control of your life over to somebody else. If you are driven by the fear of rejection, you are no longer in the driver's seat. When your main goal in life is to be approved and accepted by other people all the time, you are setting yourself up to be used.

3. The fear of rejection causes us to lose sight of who we are or abandon our sense of self.

People who have a fear of rejection become like chameleons; they change who they are to adapt to whatever situation they find themselves in.

I have encountered a number of chameleons. Many people in the ministry are actually dealing with feelings of rejection, and as a result, they try to adjust who they really are to “fit in” when they are around their peers. One example is the guy who feels he has to change how he talks so that he sounds more “spiritual” around other ministers.

I remember a situation when a man came up to me in public (he had no idea who I was). Something was going on that irritated him, and he just started

cussing. After he finished ranting about the situation, he then introduced himself and asked my name and what I did for a living. When I told him who I was and what I did, he immediately said, without skipping a beat, “Praise the Lord, brother!” He changed his conversation to gain my acceptance.

No one has to live with the fear of rejection. God gives us the grace to do what we cannot do in our own ability. It is through His power and ability that we are able to break free from the fear of rejection. When we make the decision to use His Word to overcome this negative emotion, He empowers us to do so.

CHAPTER 4

Free at Last

Because rejection really strikes at the heart of who a person is and affects his or her self-worth, the first key to becoming free from rejection is to accept Jesus as Lord and Savior of your life. When you become born again, you become a new creature in Christ! Instead of being connected to sin and spiritual death, you are reconnected to the nature of God.

As born-again Christians, we are no longer subject to the curse of being emotionally-ruled. This means rejection does not have to ruin us unless we allow it to. When we accept Jesus as our Savior, we become children of the most high God and joint heirs with Jesus. As His children, God accepts us unconditionally. Not only does God accept us unconditionally, but we can trust Him to bring people into our lives who will accept us for who we are. No longer will we feel the need to compromise ourselves or our beliefs. Therefore, we do not need to

compromise our standards to be accepted by anyone.

The second key to freedom from rejection is our willingness to discover what it truly means to be the righteousness of God. This is an area where a lot of people miss it because they do not understand what righteousness through Jesus really means. Our *righteousness* is our right standing with God because of what Jesus did for us. It has nothing to do with what we have or have not done. Jesus is our qualifier, and it is through Him that we gain right standing with God.

When Adam and Eve disobeyed God in the Garden of Eden, they exposed all of mankind to the curse from that point on. Instead of having fellowship and communion with God, the curse entered the earth and brought sin, disease, poverty, physical death, and spiritual death—separation from God. Every negative emotion became a part of their consciousness. In fact, immediately after they sinned, they discovered that they were naked, and they began to fear rejection rather than believe that the Father accepted them. As a result, they hid in the midst of the Garden, feeling

that they were no longer worthy in God's eyes. Every human being born after the fall of man in the Garden is born into sin, through no choice of his or her own.

When Jesus sacrificed Himself on the cross, He did not just take on sin; He *became* sin. A divine exchange took place—our sin in exchange for His righteousness. Jesus not only died physically; He also died spiritually, experiencing separation from God. When He defeated the enemy in hell, and was resurrected, the job was done—which is why we have a right to be called Children of God, righteous in His eyes.

Developing a righteousness-consciousness really helps to get rid of rejection. When you *know* you have been made righteous, you are confident that you have been accepted by God. Feelings of guilt, condemnation, or rejection can no longer rule your life. Instead, you can experience the love, peace, and joy that come from knowing that you have a special place in God's heart. There is nothing you can do to cause Him to turn His back on you.

Think about how good it feels to be accepted for who you are, without judgment or criticism. This is how God sees us! There is no room for rejection in the heart of a Believer who knows who he or she is in Christ.

The third key is to forgive. Forgiveness is a vital part of getting rejection out of our lives. Rejection often leads to anger, resentment, bitterness, and strife. When we choose to hold on to these negative emotions, rather than choosing to forgive, we hand over our power to the other person. Remember, we forgive as an act of faith, knowing that God will enable us to completely forgive and be restored emotionally. We don't wait until we *feel* like forgiving someone.

I have often said unforgiveness is like drinking poison, hoping whomever you are angry with will die. All it does is hurt *you* in the long run. Instead of spending energy holding on to what others have done to you, just let it go, forgive the person by faith, and think: "*Boy, they just don't know what they're missing. I'm awesome!*" Sometimes all it takes is

reminding ourselves of all the great qualities we possess to change our perspective. A slight shift in how we look at the situation can push us in the right direction emotionally.

Helping another hurting person can help you to heal, as well. It is also the fourth key to ridding your life of rejection. It is amazing what happens when you choose to become aware of the pain of others rather than focusing only on your own pain. Recognize that someone else has been hurt more than you. Hearing someone else's story can even provide an opportunity for you to minister to him or her, which allows you to heal in the process.

Finally, the fifth key is to break free from codependency on people. Recognize that you can love and admire people, but never allow people to determine how you feel and carry yourself. A great way to become more comfortable with yourself despite the opinions of others is to take time to do things and go places by yourself. There is nothing wrong with treating yourself to a nice dinner or a

movie. When you can get to the place where you enjoy spending time with yourself, your self-esteem increases, and the chains of rejection will begin to break away.

Since the words you speak and internalize will determine your thought-life, and ultimately your emotions, daily meditation on the Word of God is a very important key to overcoming rejection. Meditate on the promises of God concerning His love and faithfulness toward you, and renew your mind in this area. Allow the image He has of you to become imprinted on your soul.

We all have experienced and, more than likely, will continue to experience rejection in some area of our lives. However, the advantage we have as Christians is that we have the Holy Spirit to lead us to answers whenever we face problems. We have a God who has accepted us and committed to never reject us. That relationship empowers us to overcome feeling rejected and unloved.

Confessions

- *I can do all things through Christ who strengthens me. His grace makes me an overcomer.*
- *I possess the grace to overcome rejection and all other negative emotions that lead to sin.*
- *I don't fear the rejection of others because Jesus has promised He will never reject me when I come to Him. I declare and decree that I am forever accepted by Jesus.*
- *Father, thank You for making me righteous and accepted through the blood of Jesus. Because of that, I am blessed and highly favored by You. I am the object of Your affection.*
- *Father, I know that You love me because You didn't spare Your only Son, and with Him, You have given me all things. When I received Jesus as my Lord and Savior, I received all that I will ever need.*

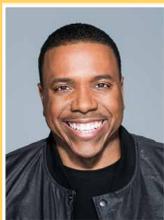
- *I thank You, Lord, that because of the precious blood of Jesus, You are never angry with me or against me.*
- *Father, I believe and receive that I am Your beloved. You want me to feel that I am loved and accepted by You. Therefore, I fully accept that I am special to You, and You value me as Your beloved child. Thank You for giving me more and more revelation of Your love.*
- *I am strengthened with might by Your Spirit in my inner man. I am rooted and grounded in Your love for me (Ephesians 3:14-17).*
- *I enjoy my life because I know that You love me!*
- *I am whole—spirit, soul, and body—because I know that God loves me.*
- *Lord, I know that Your victorious power is working in me now because I am confident in the victorious power of Your love (Ephesians 3:20).*

HOW TO HANDLE REJECTION

Do you feel despised and rejected? Have you been rejected by someone you love? The pain of rejection is real, and if left to fester, will eventually wreak havoc in your life. How do you defeat this agonizing emotion? In *How To Handle Rejection*, you will discover:

- The origin of feelings of rejection
- The pitfalls of rejection
- How to triumph over rejection

You never have to feel unloved. Your Heavenly Father will always love you, and with His help, you can overcome all rejection today!



Creflo Dollar has impacted the lives of millions worldwide with his pragmatic, Bible-based teaching. He demonstrates his love for God and others through his books, messages, and outreach efforts. Dollar is a proven leader in teaching the Word of God with simplicity and understanding.



CHRISTIAN LIVING



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