

Day 12 - All In...Overcoming Rejection

Rejection is when someone refuses to take you, have you, or recognize you. Once rejected, the pain associated with and the memory of it seem to never go away. Rejection internalizes itself quickly and easily. After the occurrence, negative and self-destructive thoughts swarm the mind, especially those that have to do with self worth; that is, low self-worth. "I am so dumb...it's all my fault...they are so much better at it than me...I don't think what I did was all that great...I'll try, but I know I'll fail." These harmful thoughts go on and on.

Rejection brings on an overall feeling of inadequacy and uselessness. Though it may be a difficult and painful process, we can overcome rejection. We have prayer and the power of the word to replace self-destructive thoughts with God-thoughts.

Firstly, the Word lets us know that our Heavenly Father saw us and approved of us even while we were in our mother's womb (Psalm 139:13-16). Secondly, He has given us the truth to set us free from the effects of rejection (John 8:32), especially the lies we internalize that are associated with rejection. Lastly, the Word of God is our shield against all the fiery darts of the devil (Ephesians 6:16, 17), and no weapon that is formed against us shall prosper (Isaiah 54:17)!

Let's Go All In and Overcome Rejection!