

Rebounding From Rejection

“To the praise of the glory of His grace, where He has made us accepted in the Beloved (Jesus Christ), in whom we have redemption through His blood, the forgiveness of sins, according to the riches of His grace.”

Ephesians 1:6-7

No one likes to be rejected. And nothing hurts as much as being rejected by someone you love.

Unfortunately, **rejection happens and rejection hurts**. *Rejection basically means to refuse, to decline, to turn down*. Whether it is being picked last to play dodge ball in school, being turned down when asking a girl for a date, being passed over for a job promotion, being divorced by a marriage partner and on and on, rejection is not a happy thing.

We all desire and need to be accepted and belong. God built that into our being. The Garden of Eden was a virtual paradise where our first parents were unconditionally loved and fully accepted. They belonged to their Creator, Almighty God. They experienced and enjoyed a perfect, personal relationship until Adam and Eve rejected God and His Word (Genesis 3). *Since their sin 6,000 years ago, rejection has run rampant on planet earth.*

Rejection hurts deeply because it strikes at self-worth and a sense of belonging. *When someone rejects us that means they don't want us to belong*. Instead of welcoming us through acceptance into a potentially mutually-satisfying relationship, rejection waves good bye, shutting the door on the possibility of enjoying each other's personhood and positive life contributions each person can bring to the table.

We take rejection personally. **Being rejected leads to feeling dejected**. Dejection leads to discouragement and if we stay discouraged very long, we can become depressed. When we are depressed, we will find ourselves rejecting ourselves, rejecting others, and others will reject us because we are rejecting ourselves. What a vicious cycle rejection is.

Self-rejection is deceptive and destructive. Self-rejection strikes at our self-esteem and self worth. We reject ourselves when we do not feel good about ourselves. When people reject us, we believe we are not worthy of acceptance.

Satan tempts us to reject what God accepts. Rejection of others and rejection by others is awful, but self-rejection is the worst rejection of all. **If we reject ourselves we are rejecting what God accepts. Think about that for a moment. Who are we to reject what God accepts?**

THEREFORE, WE NEED TO REJECT REJECTION.

In the Old Testament, Joseph was rejected and rebounded from rejection. Read Joseph's complete journey in Genesis 37-50. Joseph was rejected repeatedly. By his family (Genesis 37) by his employer (Genesis 39) and by a friend while in prison (Genesis 40).

But during all the rejection that spanned over 13 years, **God never rejected Joseph.** In Genesis 39:2 and 39:21, 23 the scripture states *"the Lord was with Joseph."* **When men took a hike on Joseph, God didn't. While far away from home, cruelly cast into a pit of slavery, exiled to Potiphar's house and incarcerated in the Pharaoh's prison, God was with Joseph.**

Joseph rebounded from rejection when he forgave his brothers who had rejected him (Genesis 50:12-21). He rejected their rejection and freely received them into family fellowship that lasted the rest of their lives.

TRUTH: We break rejection's hold on our hearts when we forgive those who have rejected us.

In the New Testament, Paul was rejected and rebounded from rejection. Paul was persecuted by both the Jewish and Gentile community (see Acts 9:20-24, 13:45, 14:2, 14:19-28, 16:19-24, 24:25-27, 28:16-24)) simply because he preached Christ. *Everywhere he went, rejection greeted God's chosen servant.*

But though men rejected Paul, God stood with him and accepted him (Acts 26:22, II Timothy 4:17). Even though Paul confessed that he was the chief of all sinners, the worst of the worst in I Timothy 12-17, he states that he found mercy from God. This self-proclaimed reject was forgiven by God and God put Him into the ministry. *So much for rejection by men and ourselves.*

If God accepts us and we accept ourselves, it doesn't matter who rejects us.

Jesus Christ Rebounded From Rejection

You and I can rebound from rejection because Jesus Christ defeated rejection through His death and resurrection.

John 1:11 reads that *"He (Jesus) came to His own, and those who were His own did not receive Him."* **The very people Jesus came to save rejected Him.** The Jewish people, Jewish religious leaders, the Roman government and even His disciples rejected Jesus. *Isaiah 53:3 reads "He (Jesus) was despised and forsaken (rejected) by men. A man*

of sorrows, acquainted with grief; and like one from whom men hide their face, he was despised, and we did not esteem Him.”

The Cross was the ultimate rejection. Hanging on the Cross, bleeding to death, being mocked and taunted by those He came to love, Jesus’ horrific death was the ugliest rejection in human history.

But Jesus didn’t reject His rejecters. From the cross He uttered *“Father, forgive them, for they do not know what they do.”* (Luke 23:34). *Wow! Forgiveness for those who rejected Him!*

What does that have to do with you and me? Everything. **When we were at our worst, God gave His best.** Romans 3:23 and 6:23 declare that we are sinners who are lost and headed for eternal death. Spiritually all of us are sinners who have rejected God and His Word.

But while we were sinners rejecting Him, Jesus loved us and gave His life for us. Romans 5:8 states *“But God demonstrates His own love for us, in that while we were yet sinners Christ died for us.”*

GOD DID NOT REJECT US, HE SELECTED US. HE ELECTED US TO SALVATION THROUGH FAITH IN CHRIST (Romans 8:28-31, Colossians 3:12, I Peter 1:2, I Thessalonians 1:4, II Peter 1:10).

Ephesians 1:6-7 tells us that we are *“accepted in the Beloved (Jesus Christ)”*. Our acceptance is based on His grace. God has poured out His mercy on us through Christ. Jesus forgives our sin, redeems us through His blood, restores us to Himself and welcomes us into God’s forever family.

You and I can rebound from rejection because Jesus receives us and His resurrection power is in us! Resurrection trumps rejection every time!

Realities About Rejection

- The world will always reject Christians.
- Some people (family members, acquaintances etc.) will never stop rejecting you.
- Rejection from people can turn into self-rejection.
- Sometimes the church sins against people by rejecting them.
- Rejected people often hook-up with other people who have been rejected.
- Rejected people often become rejecters of others.
- The devil loves it when you feel rejected.
- God never rejects and always accepts those who turn their hearts toward Him.

Response to rejection: rebel and become bitter or choose to be redemptive and become better.

You Can't Feel Rejected If You Receive God's Word About You!

"The Spirit Himself bears witness with our spirit that we are children of God, and if children, heirs also, heirs of God and fellow heirs of Christ, if indeed we suffer with Him in order that we may also be glorified with Him."
Romans 8:16-17

"What then shall we say to these things? IF GOD BE FOR US, WHO CAN BE AGAINST US?"
Romans 8:31

"Who shall separate us from the love of Christ" Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril or sword (or rejection)." Romans 8:35

"So that we may confidently say, "The Lord is my helper, I will not be afraid of what man shall do to me."
Hebrews 13:6

"And raised us up with Him, and seated us with Him in the heavenly places, in Christ Jesus."
Ephesians 2:6

"Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead."
I Peter 1:3

"But you are a chosen race, a royal priesthood, a holy nation, a people for God's own possession, that you may proclaim the excellencies of Him who has called you out of darkness into His marvelous light; for you once were not a people. But now you are the people of God; you had not received mercy, but how you have received mercy."
I Peter 2:9-10

You Can Rebound Rejection (Jeremiah 33:1-6)

- ❖ Expect rejection from time to time
- ❖ Reject rejection every single time.
- ❖ Receive and stand firm in God's unconditional love, acceptance and approval for you.
- ❖ Wash and bury rejection memories in the blood of Christ.
- ❖ Release through forgiveness those who have rejected you.

- ❖ Reach out with Christ's love to rejected people.
- ❖ REMEMBER that God is always with you and will never reject you!

THERE IS LIFE AFTER REJECTION!!!

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