

Handling Rejection – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

When was a time that you felt rejection that hurt you? How did it make you feel? Do you usually respond with anger, or self-pity, or some other emotion? What kinds of actions did you find yourself doing afterwards? Write about that time and write about why it hurt you so much.

Day 2

ROMANS 8:37-39 (NIV)

³⁷No, in all these things we are more than conquerors through him who loved us.

³⁸For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

How does this passage describe God's love for you?

If God loves you this much, does He accept or reject you as a person?

Why do you think God loves you this much?

Day 3

Memorize

LUKE 6:22 (NIV)

Blessed are you when men hate you, when they exclude you and insult you and reject your name as evil, because of the Son of Man.

Day 4

Another important aspect of our inner lives that greatly affects the power rejection has over us, is our sense of value. You need to see yourself as valuable, not based on what others say about you, but on God's perspective of you. When we base our sense of value on what others say, it is constantly changing, depending on who you are around. God saw you as valuable enough to pay the ultimate price for. So your sense of value is directly tied to how valuable Jesus' life was. How valuable do you think that is? So when your value is firm, based on that, how does that affect the impact that the value placed on you by others has on your life? If some people don't recognize a king, does that cause him to cease to be a king? We are joint heirs with Christ, but not because we deserve it. You are who you are, whether others acknowledge it or not. Their accepting or rejecting of you doesn't change that fact.

Day 5

Read **2 SAMUEL 16:5-12**

What was David's response to being insulted and rejected by Shimei?

How can we use rejection or insult or criticism to grow?

Write out some reasons why you think God would allow rejection in our lives, knowing what we now know about God's love for us.