

# How to Handle our Rejection

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## I. Introduction.

- A. Text: Colossians 1:21-22.
- B. We cannot control rejection—we can only control how we handle rejection.
- C. Rejection is refusal to accept a person.
- D. Rejection is a form of communication.
- E. Rejection can be a form of manipulation, control or punishment.

## II. A person should not base his self-worth based on what others think over God.

- A. Fear of rejection results in a lack of feelings of love, a negative spirit, feelings of inferiority, costly perfectionism, feelings of superiority, over-sensitivity, suspicion, self-isolation, depression, self-verification, emphasis on the material, over-sensuality, and dominance.
- B. The one who knows us best loves us best.
- C. Mistreatment and neglect by parents result in feelings of rejection among children.

## III. We need to feel that we belong, we are worthy, and we are capable.

- A. When we became children of God, we belonged.
- B. We were made worthy by the work of Christ in God.
- C. The Holy Spirit gives us ability to do all things.

## IV. Steps to overcoming self-rejection.

- A. Identify the feelings of self-rejection.
- B. Reject those feelings.
- C. Affirm that you belong, are worthy and that you are able in Christ.

### **Application questions:**

1. How do feelings of rejection manifest themselves negatively?

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2. When have you been careless with your words towards others? How can a careless joke have negative consequences?

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3. How would you encourage someone who you feel like is struggling with feelings of rejection? Explain.

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