

Fear-Less
How to Overcome the Fear of Rejection

1. Identify how this fear _____

Proverbs 29:25 *Fearing people is a dangerous trap, but to trust the LORD means safety.*

2. Find your _____

a) _____

John 6:38 *For I have come down from heaven to do the will of God who sent me, not to do my own will.*

Galatians 1:10 *I'm not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ's servant.*

Key: *I make God's will* _____

b) Focus on _____

1 Peter 1:18-19 *God paid a ransom to save you... He paid for you with the precious life-blood of Christ.*

Romans 15:7 *... Christ has accepted you.*

John 6:37 *...whoever comes to me I will never drive away.*

New Message: Even if you reject me, _____

c) Remember God can _____

Romans 8:28 *And we know that God causes everything to work together for the good of those who love God...*

New Message: God will _____

3. _____

Isaiah 51:12 *I, yes I, am the one who comforts you. So why are you afraid of mere humans, who wither like the grass and disappear?*

Romans 8:31 *If God is for us, who can ever be against us?*

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Some of the common signs and symptoms of being scared of rejection are:

- Difficulty saying 'no'
- Taking on too many tasks
- Refusing to ask for what you want and need
- Procrastinating or working inefficiently on projects
- Being overly sensitive to criticism
- Difficulty making new friends unless you are sure they will like you
- Being reluctant to commit to and make a relationship work
- Working too hard to please others
- Blaming yourself when things don't work out
- Staying in an unhealthy relationship
- Hiding your true self from others
- Compromising what you believe to keep others happy
- Giving in to peer pressure
- Avoiding risks

Psalms 119:39-42 (GNB) *"Save me from the insults I fear...I want to obey your commands..."*

Psalms 119:39-42 (GNB) *"Save me from the insults I fear...I want to obey your commands...Show me how much you love me, Lord. Then I can answer those who insult me."*

Ephesians 3:17-19 (LB) *"And I pray...you may be able to feel and understand... how long, how wide, how deep, and how high his love really is; and to experience this love for yourselves, though it is so great that you will never see the end of it or fully know or understand it. And so at last you will be filled up with God himself."*

2 Corinthians 5:9 *So we make it our goal to please him...*

Psalms 27:10 *Even if my mother and father forsake me, the Lord will receive me.*

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