

Fear-Not
How To Overcome the Fear Of Rejection

1. Find your _____

Key: Understand what _____

John 6:37 *All those the Father gives me will come to me, and whoever comes to me I will never drive away.*

I Peter 1:18-19 *For you know that God paid a ransom to save you from the empty life you inherited from your ancestors. And it was not paid with mere gold or silver, which lose their value. It was the precious blood of Christ, the sinless, spotless Lamb of God.*

Key: Through faith in Jesus, I am _____

John 8:35 *Now a slave has no permanent place in the family, but a son belongs to it forever.*

2. Make His acceptance _____

John 4:28 *The woman left her water jar beside the well and ran back to the village, telling everyone, "Come and see a man who told me everything I ever did! Could he possibly be the Messiah?" So the people came streaming from the village to see him.*

3. Make it your goal to _____

John 5:30 *... I seek not to please myself but him who sent me.*

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

Matthew 6:10 *...your kingdom come, your will be done, on earth as it is in heaven.*

a) Daily remind yourself _____

b) When scared ask _____

Daniel 3:16-19 *"O Nebuchadnezzar, we do not need to defend ourselves before you. If we are thrown into the blazing furnace, the God whom we serve is able to save us. He will rescue us from your power, Your Majesty. But even if he doesn't, we want to make it clear to you, Your Majesty, that we will never serve your gods or worship the gold statue you have set up."*

Part of what God does when He accepts you

He makes me His child (Galatians 3:26).

He forgives me completely (Colossians 2:13).

He makes me the salt of the earth (Matthew 5:13).

He makes me a bringer of light to the world (Matthew 5:14).

He makes me one with Him (John 17:21).

He makes me His friend (John 15:15).

I know and believe that I am blessed, chosen, holy, blameless, loved, adopted, accepted, favored, redeemed, forgiven and sealed with the Holy Spirit (Ephesians 1:3-11).

I know and believe I have been made alive in Christ and raised to sit in heavenly places in Christ (Ephesians 2:5-6).

I know and believe I have direct access to God our Father (Ephesians 2:18). I know and believe that my inheritance is guaranteed and that I am a fellow citizen with the other saints in the household of God (Ephesians 1:11, 2:19).

Because I'm in Christ I'm not condemned now or ever (Romans 8:1).

Because I'm in Christ, there is no valid, condemning charge against me (Romans 8:33-34).

Because I'm in Christ, there is no shame I'll own, wear, or ever be put to (Romans 10:11).

I am the righteousness of God in Christ (2 Corinthians 5:21).

Because of Jesus, I am accepted by the King of Kings! He has become my father forever! He loves me just as I am. He's forgiven me completely! He loves being around me. Even if everyone rejects me, He never will. I'm His child forever and He's crazy in love with me.

1. Write out the comments that have hurt: "You'll never amount to anything", "No one could ever love you", "You're worthless".
2. Remind yourself of the truth - God accepts me just as I am ; He knows what true love is and loves me, God says I'm valuable.
3. Begin the forgiveness process for those who rejected you.

John 12:42 *...at the same time many even among the leaders believed in him. But because of the Pharisees they would not openly acknowledge their faith for fear they would be put out of the synagogue...*