

UPROOTING REJECTION #9: Rejection and the Fear of Rejection

Prov 29:25

Intro: We are looking at the principle of rejection in people's lives: Disapproval/lack of valuing

Rejection is the root of so many unhealthy/destructive emotions/reactions/mindsets/choices

We will be looking at the roots of rejection in order to bring freedom

Through supernatural deliverance and the power of truth we will find freedom to uproot rejection

Today: Looking at how rejected people get into trouble because they fear further rejection

I. THE FEAR OF REJECTION

A. There are 2 factors inside of us that the enemy uses against us

1. **Every person has an inbuilt need for acceptance:** God made us to gain approval from people

a. **Genesis 2:18** *The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him." "Suitable = completing.*

1. In a perfect world that would begin with loving parents and continue with godly relationships

2. **Rejected people have negative emotions attached to their events of rejection:** Pain/shame "deep"

a. **1 Samuel 13:13** *where could I take my shame?*

b. **Psalm 109:22** *For I am poor and needy, And my heart is wounded within me.*

Because we need love, but we have experienced pain... what happens is:

B. So a spirit of fear is released into our lives: *A fear of rejection*

1. I don't ever want to feel like that again: *Pain/embarrassment/shame/worthlessness/confusion*

a. That is normal: Only sick people want further pain! Normal people want to avoid pain

2. Because people were involved in the rejection – we often focus our fear of rejection on people

Connection: people = pain. a. *I want people to accept me – I don't want people to reject me*

1. We become afraid of people: *We fear that they will not accept us – they will reject us*

a. **Proverbs 29:25** *The fear of man brings a snare, But whoever trusts in the Lord shall be safe.*

b. The fear of man is a fear of what other people will think of us. (Ordinary course of life..)

c. The fear of man is a fear of what other people will say to us – or do to us

d. The fear of man is a fear of what other people will not say to us – or do for us

3. The fear of man/fear of rejection causes us to want to please people

a. We try and please people – to keep them from rejecting us. "Not what God wants.."

C. Fear of rejection can manifest in many ways

1. **Fear of rejection can cause us to violate our conscience.** (*People without conscience = sociopaths*)

a. **John 19:12–13** *From then on Pilate sought to release Him, but the Jews cried out, saying, "If you let this Man go, you are not Caesar's friend. Whoever makes himself a king speaks against Caesar." ¹³When Pilate therefore heard that saying, he brought Jesus out and sat down in the judgment seat in a place that is called The Pavement, but in Hebrew, Gabbatha.*

2. **Fear of rejection can cause us to make wrong decisions or sin**

a. **1 Samuel 15:24** Then Saul said to Samuel, "I have sinned, for I have transgressed the commandment of the LORD and your words, because I feared the people and obeyed their voice.

1. Smoke/drink/drugs/sleep with people/steal/commit crime

3. Fear of rejection can cause us to deny God

a. **Matthew 10:33** But whoever denies Me before men, him I will also deny before My Father who is in heaven.

4. Fear of rejection can cause us to be unable to be honest

a. People with problems/needs will not ask for help: *What will they think of me?*

b. Sometimes people lie about their sin – or cover up: *I didn't want to disappoint you*

5. Fear of rejection can cause us to be unable to say no

a. People will want you to do what they want: *You don't want to - but you can't say no*

1. Requests for help or money 2. Some struggle to say no to sales people

II. THE DAMAGE OF THE FEAR OF REJECTION

A. The Bible says the fear of rejection is a trap

1. **Proverbs 29:25** The fear of man brings a snare, But whoever trusts in the Lord shall be safe.

a. The one who is trapped has their life determined by the one who trapped them

b. The one who is trapped is stuck: *They make no progress in life*

B. Look at some of the damage that is done by the fear of rejection

1. **We are often unhappy:** *We do things we don't really want to do*

2. **We can be guilty:** *Because we know we're doing wrong*

1. Church/serving God is a torment: We don't fit in with unsaved – and don't feel right with saved!

3. We can struggle in relationships & have relationship problems

a. We feel manipulated & used by the people we can't say no to

1. We start resenting them 2. We start avoiding them: *We can't be honest about our feelings*

4. We can literally get involved in sin/doing wrong:

a. We do damage to ourselves: Our relationship with God

1. **Matthew 10:33** But whoever denies Me before men, him I will also deny before My Father who is in heaven.

a. Man-pleasing is idolatry: I worship their opinion more than Almighty God

1. **Exodus 20:3** "You shall have no other gods before Me. I care more about what you think, I bow down to your opinion. My friends or family.

b. We can lose our souls

1. **Matthew 10:28** And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.

III. HEALING THE FEAR OF REJECTION

A. We need to get free of the trap of man-pleasing; Fear of rejection

1. We need to be healed of the wounds of rejection:

a. **Luke 4:18** "The Spirit of the Lord is upon Me, Because He has anointed Me To preach the gospel to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives And recovery of sight to the blind, To set at liberty those who are oppressed; Supernatural. Not psychology.

1. Healing comes before liberty – healing produces liberty

2. **We need to repent of idolatry:** *If we have made people idols – we need to repent*

a. **Genesis 35:2** *And Jacob said to his household and to all who were with him, "Put away the foreign gods that are among you, purify yourselves, and change your garments. Deal with our gods. This comes first. Repent of idolatry. There is no god above alright God. Wrong that I worship them over you.*

3. We need to trust God:

a. **Proverbs 29:25** *The fear of man brings a snare, But whoever trusts in the Lord shall be safe.*

1. I trust God's opinion of my worth
2. I trust that my life and future is in God's hands

a. **Daniel 3:17–18** *If that is the case, our God whom we serve is able to deliver us from the burning fiery furnace, and He will deliver us from your hand, O king. ¹⁸But if not, let it be known to you, O king, that we do not serve your gods, nor will we worship the gold image which you have set up."*

B. This is what causes God to work on our behalf

1. **Proverbs 29:25** *The fear of man brings a snare, But whoever trusts in the Lord shall be safe.*

a. *Safe: Protected from sin/protected from bad decisions*

2. **Matthew 10:32-33** *"Therefore whoever confesses Me before men, him I will also confess before My Father who is in heaven. ³³But whoever denies Me before men, him I will also deny before My Father who is in heaven.*

3. **Daniel 3:24-25** *Then King Nebuchadnezzar was astonished; and he rose in haste and spoke, saying to his counselors, "Did we not cast three men bound into the midst of the fire?" They answered and said to the king, "True, O king." ²⁵"Look!" he answered, "I see four men loose, walking in the midst of the fire; and they are not hurt, and the form of the fourth is like the Son of God."*