



FREEDOM FROM THE SPIRIT OF REJECTION

WHAT IS REJECTION?

Rejection: to be disapproved of, not accepted, to be abandoned, neglected and disowned especially by those who were responsible to love, lead and nurture us (ex. Father, Mother, Husband, Wife, grandparents, close relatives, teachers and those in authority.)

Good News: If you have been rejected your whole life, God promises that if you enter into a relationship with Him through faith in Christ, He will never reject or abandon you.

Deuteronomy 31:8 (CSB) *The Lord is the one who will go before you. He will be with you; he will not leave you or abandon you. Do not be afraid or discouraged."*

HOW CAN WE RECEIVE A SPIRIT OF REJECTION?

Note: Just because we have been rejected or think we have been rejected we don't have to receive the spirit of rejection.

1) IN THE WOMB - Children can suffer rejection in their mother's womb because they are spiritual beings which are able to perceive and receive their mothers mental and emotional condition.

EXAMPLE #1- UNWANTED PREGNANCY - Women who become pregnant through rape, incest, adultery, fornication and as a result are carrying an unwanted pregnancy, can transfer to their unborn child a feeling or spirit of rejection.

EXAMPLE #2- STRONG PREFERENCE OF PARENT TOWARD HAVING A BOY OR GIRL- Child, at no fault of their own, does not meet parent's expectations and this can cause a spirit of rejection to be transferred to the child.

2) IN CHILDHOOD AND ADOLESCENCE - A child's sense of security and well-being is acquired during the first six years of life.

EXAMPLE #1- LACK OF ATTENTION AND CARE OF PARENTS- parents lack of interest in listening, spending time, training or protecting their children. This can happen through being too busy or choosing a sinful lifestyle that takes parent away from nurturing their children.

EXAMPLE #2 - ABANDONMENT- a parent or parents have left their children because of a divorce, broken home, prison sentence, given them up for adoption, an addiction, a selfish pursuit of personal and career success, substitution of material of things over love, lustful relationship or sinful lifestyle etc...

EXAMPLE #3- HARSH OR OUTSPOKEN CRITICISM- this can happen through criticizing them for their low performance in sports, academics, short comings, disabilities, failures, comparison with siblings, combined with a lack of praise, affection and loving support. Pushing children beyond their ability and making them feel that nothing they do will ever be good enough with a reinforcement of rejection through excessive discipline.

EXAMPLE #4 - PHYSICAL, SEXUAL AND EMOTIONAL ABUSE- this type of abuse can happen by parents, teachers, friends, or other children. This type of abuse can also be called bullying.

EXAMPLE #5 - SHAME- being shamed in front of others. Extreme poverty can also cause rejection because we feel ashamed of our lack compared to others.

3) IN ADULTHOOD AND MARRIAGE

EXAMPLE #1 - DIVORCE AND INFIDELITY IN MARRIAGE.

EXAMPLE #2 - ABORTION.

EXAMPLE #3 - A FINANCIAL OR CAREER FAILURE.

EXAMPLE #4 - INABILITY TO HAVE CHILDREN.

EXAMPLE #5 - MENTAL, PHYSICAL, OR SEXUAL CRUELTY.

EXAMPLE #6 - A PHYSICAL DEFORMITY.

CONSEQUENCES OF RECEIVING A SPIRIT OF REJECTION

CONSEQUENCE #1 - ANGER: Those who have been rejected, often use anger to protect themselves from further rejection. Anger becomes our demonic armor.

Genesis 4:5 (NLT) but he did not accept Cain and his gift. This made Cain very angry, and he looked dejected.

CONSEQUENCE #2 - DEPRESSION: Which causes us to be extra moody, emotional and self-destructive.

Genesis 4:5 (AMPC) But for Cain and his offering He had no respect or regard. So Cain was exceedingly angry and indignant, and he looked sad and depressed. And the Lord said to Cain, why are you angry? And why do you look sad and depressed and dejected?

CONSEQUENCE #3 - HATE: The result of not forgiving and letting go, will turn anger into hate. Thoughts of revenge will lead us to hurt others. Hurting people hurt people.

Genesis 4:7-8 (NLT) *You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master.” One day Cain suggested to his brother, “Let’s go out into the fields.” And while they were in the field, Cain attacked his brother, Abel, and killed him.*

CONSEQUENCE #4 - DENIAL: Denial of true spiritual condition. After we get rejected, we can get in a cycle of blaming others for our feelings of rejection and insecurities. (As long as we are blaming others, we will not be aware and take responsibility for our own shortcomings and never be healed and set free.)

Genesis 4:9 (NLT) *Afterward the Lord asked Cain, “Where is your brother? Where is Abel?” “I don’t know,” Cain responded. “Am I my brother’s guardian?”*

CONSEQUENCE #5 - SELF-DESTRUCTION: The spirit of rejection will cause us to be personally and relationally destructive. We will be under a curse that won’t allow us to prosper, emotionally, relationally or physically.

Genesis 4:10-11 (NLT) *But the Lord said, “What have you done? Listen! Your brother’s blood cries out to me from the ground! Now you are cursed and banished from the ground, which has swallowed your brother’s blood.*

CONSEQUENCE #6 - BE TRAPPED IN A CYCLE OF REJECTION: Until we are set free, we will not be able to build healthy relationships. Rejection will become a lifestyle. The spirit of rejection will cause us to continually do things to make others reject us. (We will be governed by criticism, envy, self-condemnation and devaluation, jealousy, pride and greed. Rejection will not allow us to ever have a home, it will never allow us to enjoy our family, church and other relationships. Rejection will keep us isolated, spiritual orphans and make us homeless wanderers. We will go from relationship to relationship, church to church, job to job, ministry to ministry and make us totally noncommittal.)

Genesis 4:14 (NLT) *You have banished me from the land and from your presence; you have made me a homeless wanderer. Anyone who finds me will kill me!”*

CONSEQUENCE #7 - EMOTIONAL AND MENTAL DYSFUNCTION, SICKNESS AND TORMENT.

- Emotionally numb and hard: tend to be cold and have a lack of sensitivity to others. Only self-aware not others aware.
- Suspicious and extra critical of others. We don't believe others because we don't believe in ourselves.
- Find it hard to forgive others: holds onto hurt, pain, and thoughts of rejection.
- Swear and use dirty language
- Argumentative.
- Take on victim mindset.
- Self-condemnation and devaluation. Never feel that we are good enough.
- Feeling inferior to others.
- Fear: fear of commitment, failure, being alone, extreme worry and anxiety.
- Loss of identity: seeking to find identity in work, sexual orientation, gangs, personal accomplishments, or any place we can feel accepted.
- Push ourselves to succeed and compete for approval and self-worth.
- Independence and isolation. An attitude that says I don't need anyone.
- Egocentric: always bragging, self-righteous, and looking for validation.
- Feels threatened by the success of others. The more others succeed around us the more we feel like a failure.
- Possessive and Controlling. This is mine, leave it alone. Will value their possessions over people.
- Tears others down to make themselves feel better. Always comparing.
- Emotionally immature. Driven by emotions and speak before they think.
- Deep depression, sadness, anger and bitterness.
- Addiction: Alcohol, drugs, food. Seeking comfort and an escape through substance abuse.
- Sexual immorality: Trying to find acceptance through sex. Willing to be with anyone sexually that makes them feel wanted.
- Popularity: Popularity at any price. Live a life as a people pleaser. I will be whatever you want me to be so that you will accept me. With this mindset everyone and anyone has the power to control us and our emotions because we are trying to find our self-worth in the acceptance of others. We are always at the mercy of the likes or dislikes of others.
- Unhealthy and destructive relationships: we find ourselves being attracted to people that are doing so bad that they can't reject us. At the same time, we are comfortable with dysfunctional people and relationships in our lives. We are totally uncomfortable and feel unworthy of receiving and giving love to those that we should.

HOW TO BE SET FREE FROM REJECTION?

1) ACKNOWLEDGE THAT WE HAVE BEEN REJECTED AND BY WHOM

2) KNOW THAT JESUS WAS REJECTED SO THAT WE COULD BE ACCEPTED AND HEALED BY HIM.

(Acceptance, Freedom, and healing is ours.)

Isaiah 53:3-4 (NLT) He was despised and rejected— a man of sorrows, acquainted with deepest grief. We turned our backs on him and looked the other way. He was despised, and we did not care. Yet it was our weaknesses he carried; it was our sorrows that weighed him down. And we thought his troubles were a punishment from God, a punishment for his own sins!

3) FORGIVE EVERYONE THAT HAS REJECTED US OR FEEL THAT THEY MAY HAVE REJECTED US.

4) VERBALLY RENOUNCE ALL UN-FORGIVENESS AND EVERY SPIRIT OF REJECTION. (Renounce all self-rejection, fear, anger, victimization, loneliness, self-isolation, rebellion, and agreements with Satan's lies.)

5) ASK THE LORD TO FILL THE VOID IN OUR LIVES WITH HIS LOVE, WORD, AND GODLY RELATIONSHIPS.

6) RENEW OUR MINDS THROUGH PERSONAL DECLARATION, MEDITATION, AND OBEDIENCE TO THE WORD OF GOD. (Meditate on scriptures that remind us that we are unconditionally loved by God and are righteous in His eyes. Bless yourself with the Word. We will be the byproduct of our thoughts that we receive and speak.)

Psalms 1:2-3 (ERV) Instead, they love the Lord's teachings and think about them day and night. 3 So they grow strong, like a tree planted by a stream— a tree that produces fruit when it should and has leaves that never fall. Everything they do is successful.

THIS WEEK'S HOMEWORK ASSIGNMENT

Read these Chapters in your Bible:

- Psalm 27 — When You Feel Rejected Key verse: Psalm 27:10
- 1 Samuel 16 — David: Rejected by His Own Family but God said: "The LORD looks at the heart." — 1 Samuel 16:7
- Isaiah 53 — Jesus, the Rejected One
- John 15 — Jesus Warns Us About Rejection Jesus tells His disciples: "If the world hates you, keep in mind that it hated me first." — John 15:18
- 1 Peter 2 — The Stone the Builders Rejected
- Highlight key insights in your bible and book.
- Journaling and Bible Reading daily what you are experiencing from what you are reading.
- Pray out loud and Declare out loud the prayers and declarations from the Steps To Freedom In Christ Book.

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