

## Overcoming a Feeling of Rejection

### From Prayers that Avail Much by Germaine Copeland

#### Introduction

Rejection seems to create an identity crisis. Rejection by those in the Body of Christ is especially cruel, but it happens more often than it should. When you are thrown into an identity crisis, you have the opportunity to erase old tapes, which have played in your mind for a long time, and replace those self-destructive thoughts with God-thoughts.

Your heavenly Father saw you and approved of you even while you were in your mother's womb. (Ps. 139:13-16.) He gave you survival tools that would bring you to the place where you are today. He is a Father Who has been waiting for you to come home to truth — the truth that will set you free. (John 8:32.)

Future rejection may hurt, but it will be only for a season. (1 Pet. 1:6.) The Word of God is your shield against all the fiery darts of the devil. (Eph. 6:16,17.)

For victory over your feeling of rejection, pray the following prayer in faith and joy.

For further support, **I encourage you to read Psalm 27 and the book of Ephesians in their entirety.**

#### Prayer

Lord, Your Son, Jesus, is my High Priest. He understands and sympathizes with my weaknesses and this excruciating pain of rejection. In His name I approach Your throne of grace with confidence, so that I may receive mercy and find grace to help me in my time of need. I ask You to forgive my sins, and I receive Your mercy; I expect Your healing grace to dispel the rejection I am suffering because of the false accusations and demeaning actions of another.

Father, Jesus was despised and rejected — a man of sorrows, acquainted with bitterest grief. The grief of \_\_\_\_\_ turning against me and treating me as an outcast is consuming me, just as my rejection consumed Your Son, Who freely gave His life for me.

Forgive me for turning my back on Jesus and looking the other way — He was despised, and I didn't care. Yet it was my grief He bore, my sorrows that weighed Him down. He was wounded and bruised for my sins. He was beaten that I might have peace; He was lashed, and with His stripes I was healed.

In the face of rejection I will declare, The Lord is my Light and my Salvation — whom shall I fear or dread? The Lord is the Refuge and Stronghold of my life — of whom shall I be afraid? (Ps. 27:1 amp.)

I know right from wrong and cherish Your laws in my heart: I won't be afraid of people's scorn or their slanderous talk. Slanderous talk is temporal and fades away. Your Word will never pass away.

Father, I choose to look at the things that are eternal: Your justice and mercy shall last forever, and Your salvation from generation to generation. Your eyes are upon me, for I have right standing with You, and Your ears are attentive to my prayer. You spoke to me and asked, "Now who is going to hurt you if you are a zealous follower of that which is good?"

In my heart I set Christ apart as holy [and acknowledge Him] as Lord. I am always ready to give a logical defense to anyone who asks me to account for the hope that is in me, but I do it courteously and respectfully. I purpose [to see to it that] my conscience is entirely clear (unimpaired), so that, when I am falsely accused as an evildoer, those who threaten me abusively and revile my right behavior in Christ may come to be ashamed [of slandering my good life].

There is wonderful joy ahead, even though the going is rough for a while down here. These trials are only to test my faith, to see whether it is strong and pure. It is being tested as fire tests gold and purifies it — and my faith is far more precious to You, Lord, than mere gold; so if my faith remains strong after being tried in the test tube of fiery trials, it will bring me much praise and glory and honor on the day of Jesus' return.

In spite of the rejection I have experienced, I declare that everything You say about me in Your Word is true:

I am blessed with all spiritual blessings in heavenly places in Christ. (Eph. 1:3.)

I am chosen by You, my Father. (Eph. 1:4.)

I am holy and without blame. (Eph. 1:4.)

I am Your child according to the good pleasure of Your will. (Eph. 1:5.)

I am accepted in the Beloved. (Eph. 1:6.)

I am redeemed through the blood of Jesus. (Eph. 1:7.)

I am a person of wisdom and prudence. (Eph. 1:8.)

I am an heir. (Eph. 1:11.)

I have a spirit of wisdom and revelation in the knowledge of Christ. (Eph. 1:17.)

I am saved by Your grace. (Eph. 2:5.)

I am seated in heavenly places in Christ Jesus. (Eph. 2:6.)

I am Your workmanship. (Eph. 2:10.)

I am near to You by the blood of Christ. (Eph. 2:13.)

I am a new creation. (Eph. 2:15.)

I am of Your household. (Eph. 2:19.)

I am a citizen of heaven. (Eph. 2:19.)

I am a partaker of Your promises in Christ. (2 Pet. 1:4.)

I am strengthened with might by Your Spirit. (Eph. 3:16.)

I allow Christ to dwell in my heart by faith. (Eph. 3:17.)

I am rooted and grounded in love. (Eph. 3:17.)

I speak the truth in love. (Eph. 4:15.)

I am renewed in the spirit of my mind. (Eph. 4:23.)

I am Your follower. (Eph. 5:1.)

I walk in love. (Eph. 5:2.)

I am light in You. (Eph. 5:8.)

I walk circumspectly. (Eph. 5:15.)

I am filled with the Spirit. (Eph. 5:18.)

I am more than a conqueror. (Rom. 8:37.)

I am an overcomer. (Rev. 12:11.)

I am Your righteousness in Christ Jesus. (1 Cor. 1:30.)

I am healed. (1 Pet. 2:24.)

I am free. (John 8:36.)

I am salt. (Matt. 5:13.)

I am consecrated. (1 Cor. 6:11 amp.)

I am sanctified. (1 Cor. 6:11.)

I am victorious. (1 John 5:4.)

Everything You say about me is true, Lord.

In Your name I pray, amen.

**Scripture References:**

Hebrews 4:14-16 niv; Isaiah 51:7,8 tlb; Isaiah 53:3-5 tlb; 1 Peter 3:12-17 amp; 2 Corinthians 4:18; 1 Peter 1:6,7 tlb

**Hebrews 4:14-16 (NIV)** Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are -- yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

**Isaiah 51:7-8 (NKJV)** "Listen to Me, you who know righteousness, You people in whose heart *is* My law: Do not fear the reproach of men, Nor be afraid of their insults. For the moth will eat them up like a garment, And the worm will eat them like wool; But My righteousness will be forever, And My salvation from generation to generation."

**Isaiah 53:3-5 (NKJV)** He is despised and rejected by men, A Man of sorrows and acquainted with grief. And we hid, as it were, *our* faces from Him; He was despised, and we did not esteem Him. Surely He has borne our griefs And carried our sorrows; Yet we esteemed Him stricken, Smitten by God, and afflicted. But He *was* wounded for our transgressions, *He was* bruised for our iniquities; The chastisement for our peace *was* upon Him, And by His stripes we are healed.

**1 Peter 3:12-17 (AMP)** For the eyes of the Lord are upon the righteous (those who are upright and in right standing with God), and His ears are attentive to their prayer. But the face of the Lord is against those who practice evil [to oppose them, to frustrate, and defeat them]. Now who is there to hurt you if you are zealous followers of that which is good? But even in case you should suffer for the sake of righteousness, [you are] blessed (happy, to be envied). Do not dread *or* be afraid of their threats, nor be disturbed [by their opposition]. But in your hearts set Christ apart as holy [and acknowledge Him] as Lord. Always be ready to give a logical defense to anyone who asks you to account for the hope that is in you, but do it courteously and respectfully. [And see to it that] your conscience is entirely clear (unimpaired), so that, when you are falsely accused as evildoers, those who threaten you abusively *and* revile your right behavior in Christ may come to be ashamed [of slandering your good lives]. For [it is] better to suffer [unjustly] for doing right, if that should be God's will, than to suffer [justly] for doing wrong.

**2 Corinthians 4:18 (NKJV)** while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen *are* temporary, but the things which are not seen *are* eternal.

**1 Peter 1:6-7 (NKJV)** In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, that the genuineness of your faith, *being* much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ,

**Psalms 139:13-16 (NKJV)** For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully *and* wonderfully made; Marvelous are Your works, And *that* my soul knows very well. My frame was not hidden from You, When I was made in secret, *And* skillfully wrought in the lowest parts of the earth. Your eyes saw my substance, being yet unformed. And in Your book they all were written, The days fashioned for me, When *as yet there were* none of them.

**John 8:32 (NKJV)** And you shall know the truth, and the truth shall make you free."

**1 Peter 1:6 (NKJV)** In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials,

**Ephesians 6:16-17 (NKJV)** above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God;

**Psalms 27:1 (AMP)** [A Psalm] of David. THE LORD is my Light and my Salvation—whom shall I fear *or* dread? The Lord is the Refuge *and* Stronghold of my life—of whom shall I be afraid?

**Ephesians 1:3-8 (NKJV)** Blessed *be* the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly *places* in Christ, just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, to the praise of the glory of His grace, by which He has made us accepted in the Beloved. In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace which He made to abound toward us in all wisdom and prudence,

**Ephesians 1:11 (NKJV)** In Him also we have obtained an inheritance, being predestined according to the purpose of Him who works all things according to the counsel of His will,

**Ephesians 1:17 (NKJV)** that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him,

**Ephesians 2:5-6 (NKJV)** even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), and raised *us* up together, and made *us* sit together in the heavenly *places* in Christ Jesus,

**Ephesians 2:10 (NKJV)** For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

**Ephesians 2:13 (NKJV)** But now in Christ Jesus you who once were far off have been brought near by the blood of Christ.

**Ephesians 2:15 (NKJV)** having abolished in His flesh the enmity, *that is*, the law of commandments *contained* in ordinances, so as to create in Himself one new man *from* the two, *thus* making peace,

**Ephesians 2:19 (NKJV)** Now, therefore, you are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God,

**2 Peter 1:4 (NKJV)** by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption *that is* in the world through lust.

**Ephesians 3:16-17 (NKJV)** that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love,

**Ephesians 4:15 (NKJV)** but, speaking the truth in love, may grow up in all things into Him who is the head-- Christ--

**Ephesians 4:23 (NKJV)** and be renewed in the spirit of your mind,

**Ephesians 5:1-2 (NKJV)** Therefore be imitators of God as dear children. And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma.

**Ephesians 5:8 (NKJV)** For you were once darkness, but now *you are* light in the Lord. Walk as children of light

**Ephesians 5:15 (NKJV)** See then that you walk circumspectly, not as fools but as wise,

**Ephesians 5:18 (NKJV)** And do not be drunk with wine, in which is dissipation; but be filled with the Spirit,

**Romans 8:37 (NKJV)** Yet in all these things we are more than conquerors through Him who loved us

**Revelation 12:11 (NKJV)** And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death.

**1 Corinthians 1:30 (NKJV)** But of Him you are in Christ Jesus, who became for us wisdom from God--and righteousness and sanctification and redemption--

**1 Peter 2:24 (NKJV)** who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness--by whose stripes you were healed.

**John 8:36 (NKJV)** Therefore if the Son makes you free, you shall be free indeed.

**Matthew 5:13 (NKJV)** "You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men.

**1 Corinthians 6:11 (AMP)** And such some of you were [once]. But you were washed clean (purified by a complete atonement for sin and made free from the guilt of sin), and you were consecrated (set apart, hallowed), and you were justified [pronounced righteous, by trusting] in the name of the Lord Jesus Christ and in the [Holy] Spirit of our God.

**1 Corinthians 6:11 (NKJV)** And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God.

**1 John 5:4 (NKJV)** For whatever is born of God overcomes the world. And this is the victory that has overcome the world--our faith.

## ***Repentance Prayer for Rejection***

***Taken from Pastor Henry Wright's book "Rejection" pg. 112-113***

Father, I repent to You for listening to a lie from a lying man accusing me and telling me I was rejected, or a lying spirit that would have accused me to myself, telling me I was rejected. When I listen to that, I have made man my god and I have made You, Father, a liar. I repent to You, Father, for allowing Rejection to rule my life. I repent to You, Father, for turning away from Your love, not accepting it unconditionally.

I repent for my Fear of man.

I repent for my Fear of failure.

I repent for my Fear of rejection.

I repent for my Fear of abandonment.

I repent for my unbelief and my doubt.

I repent for my faithlessness.

I repent for my ignorance.

I repent for the sins of my ancestry that followed this course and then brought it into my life. I ask that you forgive them. I acknowledge their transgressions, and I acknowledge it in my own life. I repent to You, Father.

I accept Your love according to the Word of God. I mix it with my faith. I accept You, Father, as my heavenly father once and for all through Jesus Christ. I am not rejected. My inheritance is a son or daughter of God, a finished product now, by faith. I am you son or your daughter.

I accept You, father, as You have accepted me. I settle this once and for all in my heart. My family may have been full of Rejection, but I do not have to be a carrier in my generation any longer. I do not have to be a carrier of the spiritual parasite called rejection.

Rejection, I know you. I see you. I understand what you have done to my family tree, I know what you have done to me. I am not in agreement with you. You are not going to rule my life. You are a lying spirit. Let God be true and let you be a liar. Amen.