

## OVERCOMING THE REJECTION COMPLEX

**THE FEAR OF REJECTION:** The fear of not receiving approval, the fear of not being accepted is a motivating factor for so many decisions in life, even in our ordinary day-to-day lives.

**REJECTION PRODUCES A NUMBER OF EMOTIONS IN US:**

- The feeling of impotence and inadequacy
- The feeling of being unaccepted
- The feeling of doing something wrong or giving the wrong impression

But look at Jesus' response to rejection in his own hometown:

*Jesus left there and went to his hometown, accompanied by his disciples. When the Sabbath came, he began to teach in the synagogue, and many who heard him were amazed.*

*“Where did this man get these things? They asked. “What’s this wisdom that has been given him that he even does miracles! Isn’t this the carpenter? Isn’t this Mary’s son and the brother of James, Joseph, Judas and Simon? Aren’t his sisters here with us?” And they took offense at him.*

*Jesus said to them, “Only in his hometown, among his relatives and in his own house is a prophet without honor.” He could not do any miracles there, except lay his hands on a few sick people and heal them. And he was amazed at their lack of faith.*

*Then Jesus went around teaching from village to village.*

Mark 6:1-6

The irony of Jesus' response to rejection is that He faced it not with fear but with amazement. He did not even deny rejection. He did not try to prove Himself by performing a special miracle or anything. He simply acknowledged the rejection with a note of amazement. Then, He picked up where he left off...He went about among the villages teaching.

Jesus did not fall into the trap of feeling responsible for other people's opinions or other people's feelings. He did not fall into the trap of trying to justify Himself. Nor did he cave into and give up or protest or stomp out.

**HOW TO OVERCOME THE REJECTION COMPLEX**

1. Know who you are and what you have in Christ. Jesus knew who He was and where He was going.
2. Be consumed with your destiny and purpose in life. Jesus was totally consumed with His mission and purpose in life. His face was set as flint. Even though He knew He was headed into unpleasant waters He was firmly fixed on His mission in life. Because He was so consumed with His mission and purpose He was able to see this event through a different paradigm. How many of us are truly consumed with God's purpose being fulfilled in our lives?