



Part 4 – Disinfecting The Rejection Virus

The rejection virus is often planted in our hearts not overtly, but indirectly. You may not say "I'm dealing with rejection," but your behavior is communicating "I'm afraid I won't be accepted, or I'm not valued, or they won't choose me anyway."

This message will uncover some common indicators that you may be infected, along with some steps to start the work of disinfecting the virus.

The goal of this message is not to build a defense against rejection or to coach you to the point where it doesn't bother you. Rejection genuinely hurts and is disappointing. However, disinfecting and healing means you can experience disappointment without allowing it to become your identity, or your interpretation system, or a permanent prediction about your future relationships

Discussion Questions To Ponder:

- Which hurts more: being openly rejected, being overlooked, being replaced, or being tolerated but not truly valued?
- What would racial reconciliation look like beyond friendliness or diversity in the room?
- When I feel rejected, do I fight, withdraw, perform, please, or pretend?
- Do you say yes when you want to say no because you fear losing the relationship?

Weekly Reading

Genesis 29:16-35; Psalm 139:13-18; Ephesians 1:3-6

CHALLENGE & ACTION STEPS “FROM REJECTION TO PRAISE”

Your Challenge is to identify your behaviors related to rejection and separate your worth from your response. Your desire is not to let what you didn't get blind you to what God has already given.

Step 1 — Recognize the wound - Read Genesis 29:31–32.

Write down one experience that caused you to feel unwanted, overlooked, replaced, or unchosen.

Ask: What happened? What did I conclude about myself? Am I still living from that conclusion?

Declaration:

“I experienced rejection, but rejection is not my identity.”

Step 2 — Identify the “Now They Will” pattern - Read Genesis 29:33–34.

Complete this sentence: “If I can just _____, then they will finally love, respect, choose, or value me.”

Possible answers might include succeeding, serving more, losing weight, earning more money, never disagreeing, rescuing everyone, or appearing perfect.

Identify one behavior you have been using to audition for acceptance.

Declaration: “I don't have to perform for the love that grace has already provided.”



Step 3 — Separate worth from response. Read Psalm 139:13–18 and Ephesians 1:3–6.

Make two columns:

Their response

They overlooked me

They did not choose me

They misunderstood me

They withdrew affection

They criticized my failure

My God-given identity

I am seen

I am chosen in Christ

I am fully known by God

I remain deeply loved

My failure does not define me

Add statements from your own experience.

Declaration:

“Their response may affect my emotions, but it does not determine my value.”