



## Part 5 – Healing Wounds of Racial & Legal Rejection

The last two messages uncovered the need to disconnect our identities from our negative experiences. What happened to you does not have to negatively affect who you are. We discussed a mindset of scarcity and rejection and the impact on the human heart.

Today's message focuses more on the impact of racial rejection combined with laws that cause injustice. Rejection can wound our identity and limit our opportunities, but our God-given worth remains intact. This message challenges us to heal by renewing how we see ourselves and changing how we treat others.

### Discussion Questions To Ponder:

- Can an unfair practice become so familiar that good people stop questioning it?
- What happens when rejection becomes a rule—or a law?
- What did someone's rejection teach you to believe about yourself?
- Have I remained silent because challenging exclusion might cost me acceptance?

### Weekly Reading

*Genesis 1:26-27; James 2:1-9; Acts 6:1-7; Galatians 2:11-14; Isaiah 1:16-17; Ephesians 2:14-19*

### CHALLENGE & ACTION STEPS H-E-A-R

Your Challenge is to respond to rejection in two ways: Healing from Rejection and changing how we treat others by remembering the acronym HEAR.

#### **H** – Honor Dignity

- When I have experienced rejection: Realize my experience deserves care, and my worth remains. Name the hurt without condemning yourself for feeling it.
- When I have rejected or excluded others: Understand this person deserves respect and fair treatment. Listen without minimizing their experience or defending your intentions.

#### **E** – Examine My Response

- When I experience rejection: Ask: How has this experience affected my beliefs, relationships, or choices? What protects me, and what now limits me?
- When I have rejected or excluded others: Ask: “What assumptions, words, decisions, or habits have made someone feel unwelcome or denied them a fair opportunity?”

#### **A** – Act Toward Healing and Repair

- When I experience rejection: Seek support, set a needed boundary, challenge an inferiority belief, or pursue fair treatment with an advocate.
- When I have rejected or excluded others: Acknowledge the specific wrong, apologize, correct what you can, and change the practice that caused it.

#### **R** – Review The Change

- When I experience rejection: Ask: Am I receiving support and making choices that honor my dignity? What further help do I need?
- When I have rejected or excluded others: Ask: Has my behavior changed consistently? Has access or treatment improved for the person affected?