

Burning Issue #4.....The Fear of Rejection

Have you ever been so afraid that you could not function? Have you ever had a time in your life when fear completely polarized you in a situation or circumstance you were in?

I think we have ALL had circumstances and situations where we were in 'fear' over something...it is a normal emotion in our humanity.

Along those same lines, we all have a fear of 'rejection' that comes from deep inside whenever we try a new concept or when we step out of our comfort zone.

Webster's dictionary says that fear is "to...expect with alarm." Now, as Christians, we are supposed to have a sense of expectancy, but a person who is experiencing fear lays in wait for what seems to be an unavoidable catastrophe.

Some define 'fear' like this; **F**alse **E**vidence **A**ppearing **R**eal

If we have a 'false evidence' that we will be rejected then chances are that we will be rejected.

This same scenario has played out across the pages of the Bible in one way or another. Some examples are:

Gideon was hiding when God called him 'Mighty Warrior'...Moses fled to Egypt and then asked God to let someone else speak besides him....ALL of Israel fled before Goliath out of fear and then David stepped in with God-Sized Faith and killed him...Elijah cried out in fear to God that he was the only faithful one left...and yet God used him in a mighty way...Peter lied in fear that someone would connect him to Christ and yet God used him to begin the first church...

All of these had something in common....they let their fear of rejection overshadow their belief in the Lord!

When we think of Peter actually walking on the water...by the way he is the ONLY human ever recorded 'walking on the water'...he let his fear of circumstances and his emotions take the miracle that really went on to define who he is in Christ. But he walked on water! He did an amazing thing as a human and we see a glimpse of what we can be when we let Jesus have control of our life and forget what we are as humans!

[1 John 4:18](#)

There is no **fear** in love. But perfect love drives out **fear**, because **fear** has to do with punishment. The one who **fears** is not made perfect in love.

For just a second in time....Peter felt the LOVE more than he felt the FEAR and he experienced life as we are intended to experience it! He had no fear of rejection among people in his community or in the boat because he was experiencing the Love of Christ in all of its totality!

That is exactly how the Lord wants us to experience Him every single day of our lives! He wants us to see Him through eyes of love that will not waver on the world or on our emotions that tell us to fear.

We live in a time where the 'fear' is real in this life and if we do not start focusing on His love, we will be polarized by that fear and will be robbed of the blessing from God.

I Peter 3:13-14... ¹³Who is going to harm you if you are eager to do good? ¹⁴But even if you should suffer for what is right, you are blessed. "Do not fear what they fear^a; do not be frightened

What a beautiful passage! We are specifically asked to not fear what they fear...they here is the 'world'...When we are focused on the Lord we do not fear the things of this world...God tells us we are blessed...

How do we apply the 'fear of rejection' and the way to avoid this 'burning issue' in our lives?

- 1 Take small steps in faith that God will show you how to not have a 'fear of rejection'....Do not fear...that is what the command is in I Peter...a small step is better than no step....
- 2 Find some motivation that can help you remove the fear of rejection....if Bible study motivates you and you can get involved in that...do it...God ALWAYS rewards faithfulness! If music motivates you try to listen more to music...if reading motivates...then read....do the things that you find motivation in. Here is one that that we as women FAIL at miserably....DO SOMETHING FOR YOURSELF THAT MOTIVATES YOU!!!...God WANTS you to! We lose our motivation a lot of times because we put ourselves last and usually there is no time left..
- 3 See 'Failure' different from 'rejection'...When we fail, we automatically feel as though we are being rejected...it is put upon us from our mind...we reason ourselves to be rejected because we fail...that is not true!!! God KNOWS we fail...and He loves us anyway! He is not giving up on us...He is believing that we will be faithful...that is all. If we fail, we get back up and start over...we don't give up because our mind says we will be rejected because of the failure...WE MUST WORK PAST THAT!
- 4 Live in the 'NOW'....not the future or the past...Our mind lets us drift off to the island of 'what ifs' over and over again...sometimes they are good scenarios and sometimes they are bad scenarios...but the facts are that God gives us the moment and when we are seeking to make the most of that moment...He WILL REWARD us in faithfulness! We CANNOT have the 'fear of rejection' in the moment because that is all we are living for...and we want to make the most of the here and now...because of Christ...to bring Him glory.

James 4:13-14.... ¹³Now listen, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money." ¹⁴Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes.

God promises us the moment....that is how He wants us to live our lives! Each moment makes up our journey and the journey when lived out for Him, brings goodness and love...no regrets, no fear and no rejection.

A positive attitude helps with this...This is called 'redefining who we are in Christ'....in other words....forget what we have done in this life and the body that we are living in and focus totally on Him and what He desires for our life...this is the way to find true life!

When we do the best we can do and try to live the best we can live and have an ongoing, ALIVE relationship with the Lord....all the rejection in the world doesn't matter! We are 'redefined in Christ' and it has changed our thought process!

'Fear of rejection' a 'Burning Issue'??? Absolutely! Why? Because we LET it be...how do we over come this fear of rejection?

Put our total focus on Him and the Love that He gives us freely.

John 10:10...The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have *it* more abundantly.

'fear of rejection' is the THIEF....Don't let him steal what is ours from the Lord!

This week attempt to overcome the 'fear of rejection' by achieving some of the goals above...I pray that you will be forever changed in the Lord!