

School of Prayer-----Rejection

Definition:

To refuse to accept, consider, submit to; to refuse to hear, receive or admit; rebuff, repel; to cast off, throw back, repulse, spew out, decline.

It is an interruption to belonging—separates a relationship

Symptoms:

Belittling self-talk, loneliness, self-pity, seeks affirmation/validation/permission, man-pleaser, unable to give or receive forgiveness, judgmental, critical, anger, resentment and hostility, sarcasm, neglect, easily manipulated (because of desire to please), co-dependency, avoiding people or keeping relationships superficial, depression, outbursts of anger, disgusted looks, impatience, isolation. There can be compulsive eating, pornography, sexual addiction, alcohol or drug abuse, along with other addictive behaviors.

There is a tendency to crave love, affection, fellowship and intimacy and turn to others to meet those needs.

- The same pathways in the brain are activated when we experience rejection as when we experience physical pain. (We learn to compensate for pain that is chronic)
- We can re-live/re-experience emotional pain. It is called resentment. It recalls an event and re-senses the emotions; and because it is meditated upon without being resolved—it comes to the front of the mind again—enlarged and enhanced—reconfirming our previous conclusions.
- Rejection interrupts oneness/belonging. When we feel rejection, we tend to withdraw/isolate. Over a period of time, this becomes our automatic response.
- If rejection is responded to outwardly: anger/bitterness/malice/violence (school shootings)
If rejection is responded to inwardly: self-loathing, depression, isolation

Overcoming Rejection

- Acknowledge the emotions—don't suppress or deny pain
- View in overall context of your life and relationships. Are there patterns to acknowledge? Are there people to forgive?
- Silence an inner monologue that is accusing/destructive
- Don't allow this interruption to relationship to define you. This is much more difficult when the perceived rejection is from one or both parents. We become detached from a sense of belonging if we are rejected or neglected within our family. (You might want to consider doing the "Father Assignment")
- Discern what you need to acknowledge before God—and grow from—in the midst of suffering.