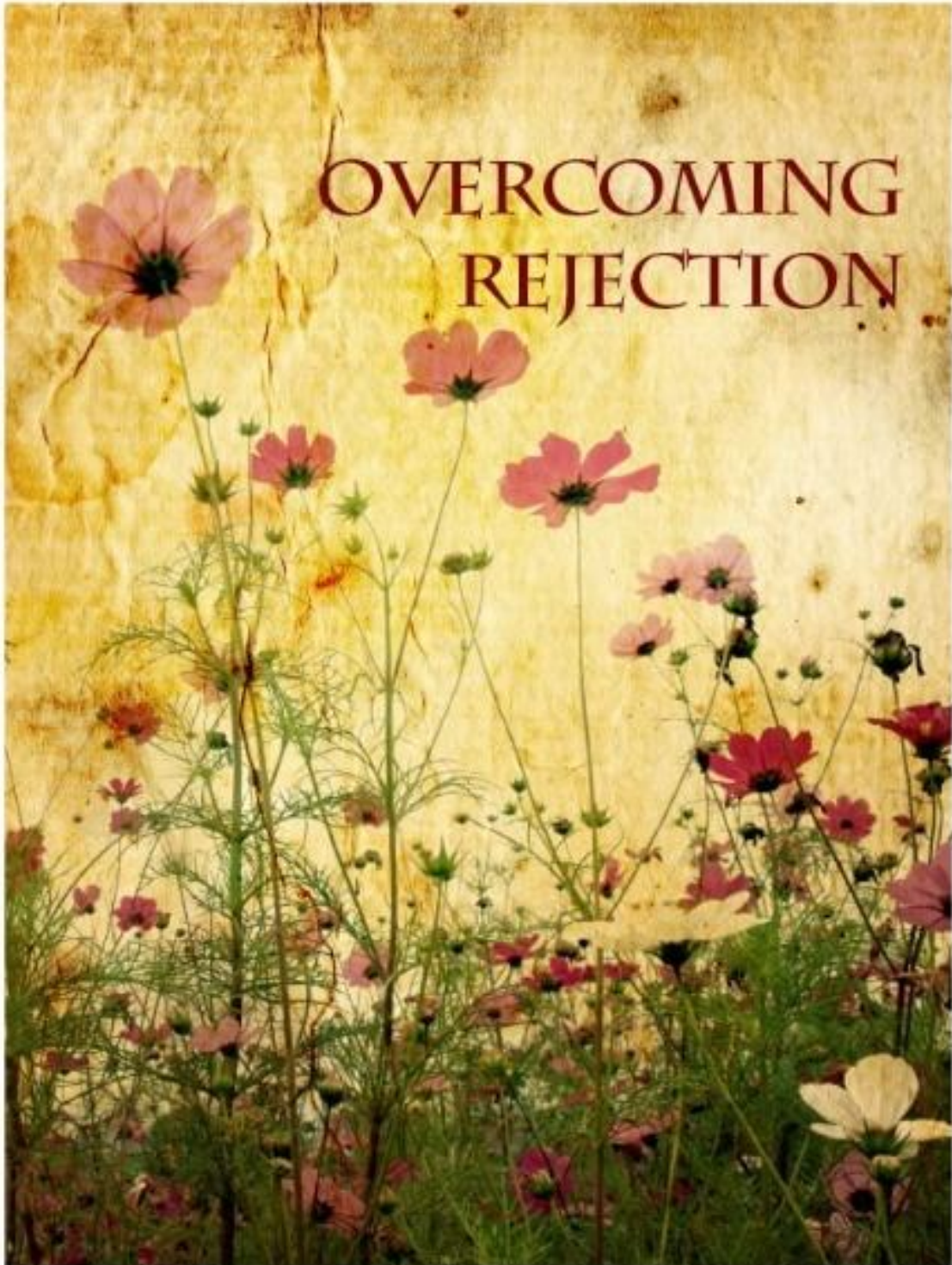


OVERCOMING REJECTION



OVERCOMING REJECTION

Overcoming Rejection with a Love That Will Never Leave You or Forsake You

Overcoming Rejection
Sheila Mangum
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2009

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OVERCOMING REJECTION

Overcoming Rejection with a Love That Will Never Leave You or Forsake You

Overcoming Rejection with a Love That Will Never Leave You or Forsake You
Cross/Death of: Insecurity
Crown/Resurrection of a Fruit of the Spirit: Love

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*No one will be able to stand against you all the days of your life. As I was with Moses, so will I be with you; **I will never leave you nor forsake you.***

Joshua 1:5

She was beautiful. She was gentle, compassionate, and loving. She was such a treasure that men were known to “fall sick in love” with her. Her father was known as a “man that followed after God’s own heart.” Her father’s legacy is one that cannot be matched to this day. She was King David’s daughter **Tamar**.

Tamar had access to all the fine things that royal life had to offer. She felt secure within her family compound and trusted them with all her heart. She was a royal daughter, a princess. She wore the wardrobe of a virgin princess, because that is what she was.

Sadly, in **one day** someone’s sin, flesh nature, and selfishness changed all that for her. What was about to happen to Tamar was something that would never have entered her innocent mind. If you were to caution her ahead of time of this trouble she would not have believed you. In a matter of **minutes** Tamar’s heart would be broken, crushed and torn. Someone she loved and trusted was getting ready to betray her, reject her, and leave her feeling deserted and alone in pain.

Tamar’s sad story is found in 2 Samuel 13. Here we find King David’s two oldest sons Absalom and Amnon. Tamar was the sister of Absalom and half sister to Amnon. Amnon, first in line to the throne, fell in love with Tamar and the scriptures tell us that he was “sick in love” because he could not have her, for she was a virgin.

Oh, if the story could have ended there. Sadly, it did not. Tamar, at the request of her father King David, was summoned to nurse her “faking” sick brother back to health. Little did Tamar know that Amnon was manipulating everyone to get her alone with him. Amnon raped his sister while listening to her plead with him not to for her sake, his sake, and for the sake of the laws of the God of Israel. The “lust of his flesh” overtook reason. Afterwards, Amnon’s love for her

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quickly turned into hate and he pushed her away. He publicly disgraced her by having his servant shove her out the door where she was left lying paralyzed in pain and grief. The pain of rejection and unwanted insecurities were now deeply seeded in her heart. Can you relate to this kind of pain?

Royal Robes

She was wearing a richly ornamented robe.

2 Samuel 13:18

The “richly ornamented robe” of a virgin royal princess was Tamar’s outward display of her inward purity. In her pain, she tore her robe. *She was wearing a richly ornamented robe, for this was the kind of garment the **virgin** daughters of the king wore. Tamar put ashes on her head and **tore the ornamented robe she was wearing**. She put her hand on her head, and went away weeping loudly. (2 Samuel 13:18-19)*

In ancient Jewish times, when someone tore their garments, it was the **outward expression of their inward broken heart**. Tamar tore her robe and her unwelcomed humiliation and grief was made public when she put ashes on her head and went away (to hide) weeping (in pain) loudly. These were all expressions of Tamar’s internal pain. She now felt rejected, shamed, dishonored and tarnished.

In just one day, Tamar’s virgin heart and robe were torn and tainted. Her virgin garments were defiled with ashes, her mind was defiled with insecurities and her heart was defiled with the pain of a rejection. Is that what has happened to you my friend?

Pain, Pain, Go Away!

He heals the brokenhearted and binds up their wounds.

Psalm 147:3

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No one likes to feel the ache that comes into a heart from rejection. It is a stinger. The deep wounds from rejection come first and foremost from our need of intimate love, security, and companionship. We were created for these types of relationships. Meaning it is God's will for us to have that kind of intimacy. So, when someone whom we have chosen to fill in that "coveted spot in our hearts" rejects us, the heart becomes weak and vulnerable from the pure ache and pain of the rejection.

Let's define rejection. The true definition of rejection is this... ***it is painful. No other words can quite describe rejection so perfectly.*** I actually have found nothing to match this pain. With other words such as: to deny you, to condemn you, to eliminate you, to remove and to dismiss you, all describing the deeper meaning of ***rejection***, you have to know it is a very painful experience to be rejected by someone you love and trust. It is an especially tender time when that relationship is the core of your security and identity.

My first heart changing rejection was from my very own father. It changed my heart completely. Other defining rejections came later as I walked closely with the Lord but when I say "heart changing" I am denoting a very pivotal time of heart wounding and brokenness of spirit. Most heart changing rejections "weren't supposed to do that." A spouse isn't supposed to leave or stray. A mother isn't supposed to abandon her child for selfish reasons. A father isn't supposed to leave his family to take care of themselves. Friends aren't supposed to abandon or betray a confidence. A son or daughter isn't supposed to discard a parent. A brother isn't supposed to rape his sister. The loyal and giving aren't supposed to be left friendless or penniless. I could go on and on. Those kinds of rejections are definitely heart changing and heart breaking.

My father committed suicide. That was not supposed to happen. When I was told, all my crippled little heart heard was, "Your dad has left you. He is not coming back because you aren't worthy enough. If you were then He wouldn't have left. He didn't care for you. Therefore, you are now alone." It was hard. I felt rejected, abandoned, and unworthy of committed love. I was alone, scared,

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and now insecure. I had no garments to tear but just like Tamar, I felt as though His death and choices left me with a different heart, a completely broken heart.

Hidden Things in the Heart

Look to the right and see; no one cares for me.

I have no refuge; no one cares for my life.

Psalm 142:4

A healthy whole heart uses rejection as a chance to trust God to intervene, defend, rescue, and protect. A diseased heart crumbles under rejection. Only God can see the state of your heart. You cannot. Man cannot. Praise God, He can. Remember, He searches your heart not to judge it but to restore it. You want Him to search your heart. Trust Him. **(Psalm 139:23)** Just as a pain in your physical body points to an area that needs attention and care, the pain in your heart might direct you to hidden issues deep in your heart that God desires to heal and deliver.

A heart laced with pain, not dealt with, is poison to the entire heart. Not understanding what to do with that pain or how to deal with the “overwhelming situation” that has broken your heart is the underlying problem. I stuffed all I could deep down to the hidden parts of my heart. I had to do something with the pain because it was constantly there, morning, noon, and night. I had to put it somewhere. I hid it and then ignored it.

No one can see that kind of pain. Pain is one hundred percent between you and God. Which means **pain not given to God can become an idol in your heart**. Giving Him access to the pain is your giving Him the authority to resurrect you. Holding on to the pain rather than holding on to God and His goodness is idolatry. If you hide pain away from God’s healing access it will eventually be a hindrance to your resurrected heart. Let me give you some examples.

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Some people sleep their pain away in depression. I have done that. Some try to eat their pain away. And, I have done that. Some work their pain away. Oh and I have done that one too. Others find an "idol" in television, books, sex, friendships, food, un-healthy relationships or even church activities to devote themselves to that alleviates the pain for a while. People in pain can drink excessively, do drugs addictively or find some kind of false god to keep them occupied as they stuff the pain as far down into the heart as it can go. These idols only numb they do not heal. They are all false idols and distractions and healing delay tactics from the enemy.

Ironically, we think that keeping the pain away is truly the only way you can function. The pain of a broken heart is paralyzing. Truly it is. Some "run" from their lives and never face what God wants to heal. Just to function in life for another day their pain has to be stuffed behind a closed door in their heart and left there. That is until Jesus shows up to open it. (Revelation 3:20) He wants you to give Him this pain today. He wants to give you back beauty for the ashes of your humiliation and grief. *To comfort all who mourn, and provide for those who grieve in Zion, to bestow on them a crown of beauty for ashes.* **Isaiah 61:3.** It's true. I know.

The Promise

The Lord is faithful to all his promises and loving toward all he has made.

Psalm 145:13

My mother said to me, many times after my father's death, that God would send people during my lifetime to replace my father when I needed him most. God promises to supply all our needs and she believed that for me. The hardest day after my father's suicide was my wedding. The stuffed, ignored, forgotten pain began to surface at my wedding when he couldn't be replaced. My dad wasn't there to walk me down the aisle. Missing the father-daughter dance was hard for me to accept and painfully obvious to me that day. In my mind it was the picture perfect wedding to have "that dance."

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I needed my father there. I needed a father to watch me, adore me, and to dance with me. It never happened because he had left me, alone. And that was “not supposed to happen.” But I carried on that day and many more days avoiding what I didn’t know how to deal with. I cried to God alone in my pain. The way I was “acting” and “feeling” was not lining up with a healthy whole heart. Miraculously, the heavens were listening to my inner cries and they are listening to yours as well.

Just as He promised, God did hear my cry. (**Psalm 40:1**) And just as He promised, He did supply all my needs. (**Phil. 4:19**) He did arrange in the heavens for someone to fill that emptiness in my life. (**Ephesians 1:20**) He did send someone to be there for me when I needed them most. I am sure that you can envision in your mind the many times that God sent a person over the years to fill in the missing pieces of not having a father when a broken little girl needs him. You probably think that a pastor, or elder at my church stepped in when needed; or a stranger, a neighbor, a friend, two friends, three friends or even someone fabulous or a celebrity. No, none of them were whom God sent. Who did He send? God sent... Himself.

*His name is the LORD and rejoice before him. A **father** to the **fatherless**, a defender of widows, is God in his holy dwelling.*

Psalms 68: 4-5.

We are safe, secure, never ever forsaken, and protected by a loving compassionate God. Our relationship with Him is to be the core of our identity. His love and commitment towards us cures completely the diseased heart from all rejections. We are His sons and daughters, a royal priesthood. Loved and adored by a kindhearted, concerned, living, caring Father.

He is faithful to all His promises and loving towards all that He has made. (**Psalm 145:13**) Yes, it’s true and He promises to heal your broken heart and bind up all wounds. (**Isaiah 61**) How does He do that? He loves. True security in His love is the way to overcome the mercilessness of a rejection. He will never leave nor forsake your heart. Your heart is His most treasured possession.

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What goes in and out of your heart is His greatest concern. Allow Him to inject His love and remove the pain and insecurities.

What Do You Need?

How long must I wrestle with my thoughts, and every day have sorrow in my heart? How long will my enemy triumph over me?

Psalm 13:2-4.

Has a rejection left a hole in your heart? Has the pain overcrowded your mind, will, and emotions so deep that you feel defeated? Has your heart completely changed because of something that “wasn’t supposed to happen”? He will be faithful to heal, deliver and rescue you from **all** that has your heart in bondage. *The LORD is near to the brokenhearted, and saves those who are crushed in spirit. Many are the afflictions of the righteous; but the LORD delivers him out of them all. Psalm 34:18-19. All.*

He is the great I AM which means He will be all that you need Him to be, right now, this very day, this very minute. Cry out to him in your need. What do you need from your God today? Do you need a Father? He says, “I AM your Father.” Do you need a spouse? He says, “I AM your spouse.” Do you need a friend? “I AM your friend.” Do you need strength, wisdom, love, kindness, understanding, provision or patience as you endure this heartache? He is all that you need or will ever need as you endure.

He will turn this situation around for **your** good. His highest pleasure is to give you what you need. ***Do not be afraid little flock for your father has been pleased to give you the kingdom. Luke 12:32.*** God is going to move mightily for you. Trust Him to perform great things on your behalf. He is not only going to resurrect your heart to be healthy and strong but he will also intervene to rescue you from the pain you have “exchanged” with Him. He will make something beautiful out of your ashes and pain.

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I want to warn you of this: God likes to be surprisingly wonderful. So, whatever you expect Him to do, I can promise you He will not. He will do it better. He wants to make your resurrection unforgettable so that you “forget” this pain. He won’t do it the way you can imagine. I know.

Dancing With Daddy

You turned my wailing into dancing, you removed my sackcloth and clothed me with joy, that my heart may sing to you and not be silent. O LORD my god, I will give you thanks forever.

Psalm 30:11-12.

He has taught me that there is a wedding that my Father will be at. His presence will be known. There will be a wedding that I will ***Dance with my Daddy.*** (***Romans 8:15***) At the marriage supper to the Lamb, I will take the hand that created me, (***Colossians 1:16***) I will hold the palm that has my name written on it, (***Isaiah 49:16***) I will look into the eyes that are watching me now, (***Psalm 145:20***) I will stand on the feet that have guided me to all truths, (***Psalm 23:3***) I will dance in the arms that I have run to many times, (***Proverbs 18:10***) and I will reach out and touch the face of love. (***Psalm 31:16***) There will be no pain in our hearts that day. Abba Father, ***Jehovah-Rapha***, is the Healer of a broken heart. ***The Sovereign LORD will wipe away the tears from all faces. (Isaiah 25:8)***

The way to overcome any life changing rejection is to be “rooted and grounded in God’s love.” His love can move mountains, change lives and transform hearts. This love is a **power** that most do not comprehend and it is the most important love of their life. I want you to truly understand the nature and character of God when it comes to His love and care for you and your broken heart. Hard life lessons, failed humans relationships, the fear of the consequences of “falling short” of religion’s standards and the “unknowns” in life have God’s children holding their broken hearts back from healing and a deep love relationship with Him.

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Although God has proven His love at the cross, many feel as though they are alone. That is not true. The truth is that we are to be in an “abiding” relationship with God. His nature is that of nurturing, providing, healing and also granting justice and recompense out of care and security for His own. There is a life changing breakthrough that comes when a child of God becomes secure and confident in that kind of love.

Your rejection may have changed your life completely but your trusting in His acceptance of you will change YOU completely, inside and out.

Your security is that He loves you. *“Let the beloved of the Lord rest secure in him, for he shields him all day long, and the one the LORD loves rests between his shoulders.”*

Deuteronomy 33:12. Insecurities are to have no room in your heart.

Overcrowd your heart with His love for you and give no space to the devil’s lies that cause such horrible pain. You are accepted in the beloved and are called to be “rooted and grounded” in His love. (Ephesians 3:17) Trust Him. Believe Him. Pursue Him. Wait on Him.

The Lord longs to show you His favor.

He wants to give you His tender love.

The Lord is a God who is always fair.

Blessed are all those who wait for Him to act.

Isaiah 30:18

Truly the only thing that kept me going during my broken heart was that I **trusted** God to do **something**. My heart remained towards Him and His ways. I waited every day. I cried out to Him, I wept before Him, I worshipped and praised Him, I petitioned Him, I trusted His timing, I thanked Him and I loved Him. I also, failed Him some days but I quickly repented and undeniably kept my heart towards His. He knows. He forgives. He forgets. And I am forever grateful He does. Huge doses of His grace, love and mercy have allowed me the privilege to “press on.”

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We can do absolutely nothing in our own human flesh to attain “the high prize” or to receive anything from God. It is not about us and our human fleshly abilities, but then again we **have to do everything that we can to position ourselves to receive what He wants to give us in exchange for the pain.**

You work hard at believing Him, trusting Him and pursuing Him. You are to **pull** down strongholds, **cast** down vain imaginations, you are to **choose** life, you are to **rebuke** the devil as a liar, you are to **cast** your cares, you are to **pursue** righteousness, and you are to **declare, decree and establish** yourself in your security as His child. *Blessed are those whose strength is in you, who have set their hearts on pilgrimage. Psalm 84:5.* That is intense “heart changing” work. I counted the cost and it is worth it my friend.

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.

Romans 8:18

I stood on His Words and Promises. I positioned them correctly and trusted that what He said was the truth no matter what things looked like in the natural.

He set my feet upon a rock and made my steps secure.

Psalm 40:1-3

God didn't reach into my circumstances and grab me out in one day. He can do that though, really He can! I have watched Him do it for others many times. With me, it was like He just peeped down into the pit just so I could see Him there.

*The Lord is exalted over the nations, his glory above the heavens, Who is like the Lord our God, the One enthroned on high, who **stoops** down to look on the heavens and the earth.*

Psalm 113:5-6.

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Then every single day He handed me a stone to step on so that I could climb out of the pit of rejection. The stones were His living, active Word and His promise to do a work of God in my heart.

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and spirit, of joints and marrow, and discerning the thoughts and intentions of the heart.

Hebrews 11:12

So, I climbed out of the pit of rejection standing on His promises and Word. To me, my heart troubles were seemingly impossible and unbearable. But without disappointment, because of His unfailing love, each new day He gave me a brand new stone to rescue me. I knew that my getting out of that lonely place depended on me taking His Word and applying it daily as strength to my diseased heart. I still cried many of those days and I stumbled on a few of the stones but faithfully He gave me enough strength to eventually pick them back up and place them where they belonged in my heart. I positioned myself to receive what He wanted me to have.

He shall see the fruit of the travail of His soul. He shall be fully satisfied.

Isaiah 53:11

One day he gave me the stone of "I will never leave you nor forsake you." The next day was the stone of, "You can trust fully in the One at the right hand of the Father." Then the stone, "You are seated in Heavenly Places with Christ Jesus." Next, "You are favored of God." "I will rescue you." "I will restore all things." "There is life in the power of My Words." "Your enemies are under your feet." I stood securely on them all. I put one stone on top of the other laying a firm foundation and the closer I got to the top the closer I was to God. *I waited patiently for the LORD. He turned to me and heard my cry for help. He pulled me out of a horrible pit, out of the mud and clay. He set my feet on a rock and made my steps secure. He placed a new song in my mouth, a song of praise to our God. Many will see this and worship. They will trust the LORD.* **Psalm**

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40:1-3. You do the very same my friend. He wants your heart healed and you delivered out of this pit of pain from a rejection.

Be Healed

Filled with compassion, Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!"

Mark 1:41

What will heal your broken heart? His Word. **Psalm 107:20.** *He sent His **Word** and healed them, and delivered them from their destructions.* Why His Word? Here are just a few reasons: Because it is alive. (**Hebrews 4:12**) His Word does more than just heal it resurrects. (**Psalm 107:20**) It does not come back to Him void. (**Isaiah 55:11**). Heaven and earth may pass away but His Word will not. (**Matthew 24:35**) What He purposes to do in His Word He does. (**Isaiah 46:11**). God is not a man that He shall lie. (**Hebrews 6:18**) He is faithful to His promises. (**Psalm 145:13**) He watches over His Word to perform it. (**Jeremiah 1:12**) He is faithful and true to you and His Word. Stand on His Word. Believe in His Promises. Be of the same mind with God and agree with Him in the truth and power of His Word to resurrect your broken heart. Trust, believe and agree with His Word.

The scriptures says this, *Again I tell you if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven.* (**Matt. 18:19**). You and God agreeing on His love for you and your identity as His child are a majority and all you need. He wants you to stand on His promises and arise out of these ashes as a confident son or daughter of the King of Kings. You can fully trust in the protection and care of His promises. He will never reject you. He loves you. He will never leave you alone or desolate. He is your rescuer and defender. It's true.

Tamar tore her garments in heartache and lay desolate, but your God has torn the veil in the holy of holies to bring heavenly light into the hidden scars of your heart so that your heart, mind, and soul can be healed, restored and then resurrected through His Word. Whatever is holding you captive, deceiving you,

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or keeping the stench of death buried in your heart will be exposed in love for you to be prepared whole and free.

I will tear off your veils and save my people from your hands, and they will no longer fall prey to your power. Then you will know that I am the Lord.

Ezekiel 13:21.

The hidden pain that has broken your heart will be restored back to wholeness as you are healed through the power of His love towards to you. The death you have experienced will be swallowed up with a victory for you. God will wipe away all your tears and the reproach you have been carrying will be removed as God defends you from the snares, plans, and traps of the enemy of your soul. You have access to royal treasures as His child.

Take the promises on the following pages as treasured living stones and stand on them to arise out of your pit of rejection. There is a power offered to heal the pain of a broken heart. Agree with God's love and it shall be done! Arise as His child out of the pit of rejection and ***"Dance with your Daddy."***

At His Feet
Bible Study

Bible Study/Application
Overcoming Rejection

You need God.

You need His love, His friendship, His care and His commitment to you.

Take the following scriptures and arise out of your pit of rejection secure and confident that your foundation is His love and His promises to you. Each Scripture verse is given for you to stand on, believe in, and wait on its manifestation in your heart and circumstances. God's Word does not come back void. It does what it is sent to do, heal and deliver. (Isaiah 55:11) Believing in His promises is the "one thing" that will change EVERYTHING.

Remember what we said, "Your rejection may have changed your life completely but your trusting in His acceptance of you and love for you will change YOU completely, inside and out."

Take each scripture below and "arise and shine" out of this pit agreeing with God:

I am not a man that I shall lie and I will never change my mind towards you.

(Hebrews 6:18, 1 Samuel 15:29)

You: You are not a man that you shall lie and you will never change your mind about me.

I am your Father and you are my child, forever.

(Galatians 4:4-7, John 1:12)

You: You are my Father and I am your child, forever.

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I chose you before the foundation of the world to be mine.

(Ephesians 1:4-6)

You: You chose me before the foundation of the world to be yours.

I keep all my promises to you.

(Joshua 21:45, 1 Kings 8:56, 2 Peter 1:4)

You:

You are a fellow heir with my Son Jesus.

(Galatians 3:29, Romans 8:16-17)

You:

You are the apple of my eye.

(Deuteronomy 32:10, Psalm 17:8)

You:

I have made you my own possession.

(Romans 8:15, 2 Timothy 1:7)

You:

You are precious in my sight.

(Isaiah 43:3)

You:

You are my special treasure.

(Deuteronomy 4:20, 7:6, Exodus 19:5-6)

You:

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I will bless you with every heavenly gift.

(Ephesians 1:3)

You:

I crown you with tender mercies.

(Psalm 103:4, Ephesians 2:4-5)

You:

I discipline you with love and justice.

(Proverbs 3:11-12, Hebrews 12:6-11)

You:

I am a Father to the fatherless.

(Psalm 68:5)

You:

I take pleasure in you.

(Psalm 149:4, Zephaniah 3:17)

You:

I have given you an everlasting kingdom.

(Daniel 7:18, 1 Peter 2:9)

You:

I have given you an inheritance.

(Ephesians 1:11-14, Colossians 1:12-14)

You:

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I honor you and cherish you.

(Isaiah 43:4)

You:

I bear all your burdens because I care for you.

(Psalm 55:22, 1 Peter 5:7)

You:

I keep you from evil.

(Psalm 121, John 17:12, 2 Thessalonians 3:3, Psalm 31:7-8)

You:

I know all your needs.

(Matthew 6:8)

You:

I am love.

(1 John 4:8-10, 1 Corinthians 13:4-7)

You:

I love you with an everlasting love.

(Jeremiah 31:3)

You:

I love you the same way that I love Jesus.

(John 17:23)

You:

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I am compassionate towards you.

(Psalm 103:13)

You:

I lavish you with grace.

(Ephesians 1:7-8)

You:

I meet all your needs according to the riches in Christ Jesus.

(Philippians 4:19)

You:

Nothing can separate you from my love.

(Romans 8:35-39)

You:

I do not remember your sins or iniquities

(Hebrews 8:12, Psalm 103:10-12)

You:

I give you peace. Do not be anxious or worried.

(1Corinthians 14:33, Galatians 5:22, Philippians 4:7)

You:

I was pleased to make you my own.

(2 Timothy 4:8, Jude 24)

You:

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I will give you rest.

(Matthew 11:28-30, Hebrews 4:9-11, Psalm 23:2)

You:

I never change.

(Malachi 3:6, James 1:17, Hebrews 13:8)

You:

I have set my affection on you.

(Deuteronomy 10:15)

You:

I am trustworthy.

(Psalm 9:10, Proverbs 28:25, Isaiah 12:2, Jeremiah 17:5-8, Hebrews 13:8)

You:

I will vindicate you.

(Deuteronomy 32:36, Psalm 7:8)

You:

I will never leave you nor forsake you.

(Deuteronomy 31:6)

You:

I will not fail you.

(1 Chronicles 28:20, Psalm 89:33-34)

You:

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I will not take my love from you.

(Psalm 89:33)

You:

I will never betray you.

(Psalm 89:33)

You:

I will not abandon you.

(Deuteronomy 4:31)

You:

No one can pluck you out of my hand.

(John 10:27-29)

You:

I am a Redeemer and I will redeem your life from the past.

(Isaiah 63:16)

You:

I execute vengeance for you so you can rest in peace.

(Deuteronomy 32:35, Hebrews 10:30)

You:

I fight your battles and win them all.

(Deuteronomy 1:30-31, 1 Samuel 17:45-47, Nehemiah 4:20)

You:

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I will revive you when you are weary and exhausted.

(Romans 8:11)

You:

I will gather you in my arms and carry you all your life.

(Isaiah 40:11, Isaiah 46:4, Deuteronomy 1:31)

You:

I will reward you.

(Matthew 6:4)

You:

I want your highest good.

(Psalm 31:19, Psalm 103:5, and Psalm 107:8-9, Zechariah 9:16-17, Romans 2:4)

You:

I will always be with you.

(Matthew 18:20, 1 Chronicles 28:20, Zephaniah 3:17)

You:

**All promises of God are “yes and amen”
2 Corinthians 1:20**

At His Feet
Bible Study

Overcoming Rejection

Tamar put ashes on her head and tore the ornamented robe she was wearing. She put her hand on her head and went away, weeping aloud as she went.

2 Samuel 13:19

For the rest of this study read all of 2 Samuel 13:1-21 again, fresh and new.

Tamar's painful treatment and the rejection from her own brother was "not supposed to happen." Let's review Tamar's story one more time:

Amnon was lusting after his sister Tamar with the "eyes of his flesh". The Bible says that he was in love with her and was frustrated to the point of illness that he could not have her. So, he concocted a scheme to get her into his bedroom and then he raped her. That was not supposed to happen.

What is it that someone did to painfully treat or reject you that was "not supposed to happen" to you? **Tell your God every detail that is buried deep down in your heart.** This will require complete honesty between you and Him so take the time to express your heart, your pain, your disappointments and your loss and you can count on Him listening.

Write out and read Exodus 2:24.

*God heard their groaning and he remembered his covenant with Abraham, with Isaac and with Jacob. So God looked on the Israelites and was **concerned about them.***

OVERCOMING REJECTION

Tell God what is on your heart; He is listening and very concerned about you.

Now express in your own words and emotions how your crippled heart interpreted what happened to you.

Remember my illustration:

My father committed suicide. So when I was told, all my crippled little heart heard was this, *"Your dad has left you. He is not coming back because you aren't worthy enough. If you were then He wouldn't have left. He didn't care for you. Therefore, you are now alone."*

What happened my friend?

Now I want you to interpret what happened to you with a heart now full of God's love and the promises that you just prepared as your foundation as His child.

The Secret of a Broken Heart

What Happens When You Allow God's Power Into Your Pain

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OVERCOMING REJECTION

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