



# Lesson 16

## Roots

### INTRODUCTION

Merriam-Webster defines rejection as “not given approval or acceptance.” Synonyms for the word “rejection” include: denial, disallowance, disconfirmation, and negation.

Self-rejection and self-hatred are major schemes of the enemy to stop an individual or the Church from functioning. It can separate and isolate an individual from God and from other people. Most people have received rejection at some point in their lives. In some, rejection is obvious; in others, it is well hidden. Rejection can be the root of many problems in our lives. A few examples of the consequences of rejection include: un-forgiveness, bitterness, feeling unworthy, feeling undeserving, or feeling inferior.

When we are born again, we receive the “root” of God’s love. He wants all ungodly roots out so that we can be filled with all the fullness of Him. This requires forgiveness. We need to learn to apply the many forms of forgiveness to our lives. It is important to know that we must ask for forgiveness from God for our sins. We must also learn to forgive others, forgive ourselves, and forgive God.

### TYPES OF REJECTION AND RESULTS

Undeserved rejection (the focus of this lesson), deserved rejection (ex. The Israelites), group rejection, and rejection for Christ’s sake (Matt. 5:11-12) are all types of rejection. Basic needs in a person’s life are not met when rejection is present. When basic needs are not met, proper foundations are not used. This causes improper foundations to become the initial structure in that person’s life.

Denied feelings of the first (below) will cause feelings of the second (below) to develop:

- Security --> insecurity
- Acceptance --> self-rejection
- Belonging --> loneliness
- Value --> worthlessness
- Love --> undesirableness

Note that accepting Christ and becoming a Christian DOES NOT AUTOMATICALLY cancel the above feelings!

## ROOTS OF REJECTION

What can cause roots of rejection? Common roots of rejection include:

1. Rejection can come from an unmet need for love. Failure to receive love can leave a hole out of which rejection can grow. To counter this rejection, it is important for love to be consistently communicated.
  - Recall this natural principle from your science class: things left vacant will not remain vacant. Even a glass of water left vacant is filled with air!
  - The Bible directs us to a spiritual principle affirming that things left vacant will not remain vacant. Matthew 12:43-45 talks about an unclean spirit who left a man. The unclean spirit went out and did not find rest, so he returned to the man in an even greater form (bringing seven with him even more wicked than himself). The state of the man was worse than before!
2. Birth order in a family.
3. Ethnic background.
4. Adoption.
5. Situation into which you were born:
  - Sickness or death of a parent or a sibling
  - Financial situation where "money was tight"
  - A parent having an affair
  - A parent abusing drugs or alcohol
  - A parent unable to express love
  - Divorced parents

## THE RESULTS OF REJECTION

Rejection can cause many negative thoughts and emotions. It can take root when there are thoughts of self-rejection, self-hatred, inferiority, bitterness, failure syndrome, fear (of people, of situations, of failure), a spirit of destruction, or depression.

Rejection can result in a person becoming:

1. Withdrawn or a loner
2. Prideful
  - Finding identity through a self-made image of pride
  - Pride compensates for rejection
3. Unforgiving
  - Trouble not forgiving self or others for lacking perfection.
4. Self-Centered
  - Always focused on self
  - Always trying to create the "right image" of dress, actions, or speech
5. A Perfectionist
  - Performance based acceptance: cannot just perform, but must perform perfectly/ sense of worth comes from perfection
  - Setting goals and standards that cannot be achieved (ex: 100 on every test/paper throughout the entire high school career).
6. Critical
  - Of self: cannot take a complement/ not good enough/ not worthy
  - Of others: friends/ parents/ siblings/ those closest to you

## GENERAL PATTERNS OF THOSE WHO HAVE BEEN REJECTED

General patterns are evidenced in a person who has been rejected. A child's spirit is aware of rejection before the child is completely formed. Medical doctors now attest to a baby's awareness in the womb (Secret Life of the Unborn Child).

Satan often causes a pattern of rejection to be experienced by people who battle roots of rejection. For example, the oppressive feelings of not "fitting in" and not "meeting the standard" set for life is a very popular rejection pattern. With enough time and enough personal reinforcement, there comes a point where it is common for a person to walk in agreement with the pattern. (Amos 3:3) Someone in agreement with this pattern will anticipate and expect rejection. That person will even come to believe that he deserves the rejection because of the person that he is (thinking that there is something inherently wrong with himself). Finally, deep self-hatred sets in and the result is a strong dislike of self.

## EVIDENCE OF SELF-REJECTION

1. Over-attention to clothes
2. Inability to trust God
3. Excessive shyness
4. Difficulty in loving others
5. Self-criticism
6. Wishful comparison with others
7. Bitterness
8. Perfectionism
9. Attitudes of superiority
10. Awkward attempts to hide
11. Extravagance
12. Wrong priorities



## HOW DOES REJECTION AFFECT RELATIONSHIPS?

1. Student Athlete Carrying Rejection
  - In the world, she is Miss Success.
  - She is usually a workaholic.
  - In her family, she may be a failure. She is poor in relationships at home because she is so busy training and performing in the world.
  - No energy left for relationships at home.

2. Friend Carrying Rejection
  - Looking for someone to fill her needs.
  - When she finds a friend, she absorbs, draws from and clings to that friend.
  - Disappointment will set in because no one can be there 24/7 and meet all of her needs.
3. People Pleaser Carrying Rejection
  - No person or persons can meet all of your needs. Rejection causes you to become a people pleaser.  
(Jer. 17:5)

## COMMON CHARACTERISTICS BY THOSE WHO KNOW REJECTION

There are many common thoughts that are produced by those who have been rejected.

1. Often, those who know rejection want to place blame and judgment on God. They often think that God made a mistake when He formed them. Further, they like to think that God does not love them or care to hear their prayers and complaints.
2. Those who know rejection are quick to place harsh judgment upon themselves. They often think that they are not deserving or worthy in the way that other people are deserving and worthy.
3. A person's weakness or strength is not an indicator of rejection. Outwardly, one can appear to be defeated or depressed, or can seem extremely strong and confident.
4. Unfortunately, rejection and very little affection from parents is typical for someone who carries wounds of rejection.
5. Those who have felt rejection usually fear losing control.
6. Popular "weapons" that those who carry rejection keep in their arsenal are: judgments, vows, word curses (both by self and others), mind-control, fantasy, anger, retaliation, self-justification, and control.
7. Fears of failure, new situations, abandonment, betrayal, and vulnerability are common fears by those who know rejection.
8. Also, it is common for the rejected to reject themselves physically and not like the way they look.
9. Suicidal thoughts can be common. (John 10:10)
10. Finally, gender confusion is extremely prevalent by those who have felt rejection.
  - This root usually takes hold during childhood. If during childhood the child did not receive enough attention and love, or if there were rejection feelings surrounding the birth, that child can grow to develop confused feelings about being born the wrong gender.

## REJECTION AS A BLESSING

The Bible is filled with story after story of rejection. It is also filled with story after story of rejection producing blessing! In fact, the story of Jesus, the greatest love story and biggest blessing ever given to man, contains many instances of rejection. Man rejected Jesus and yet, Jesus brought life to the world!

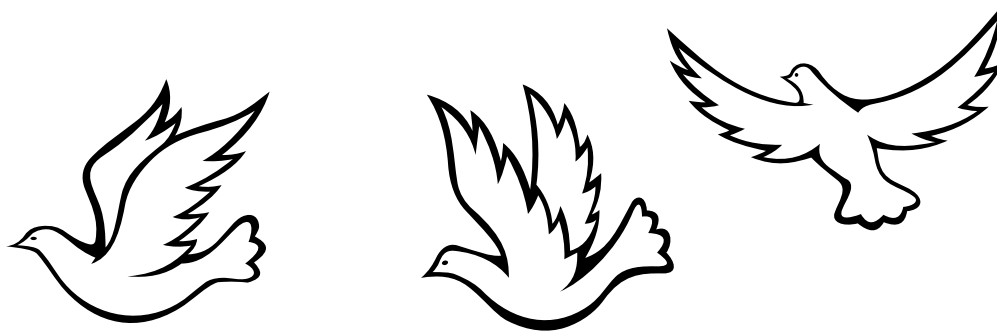
## NOW WHAT?

Did you identify any roots of rejection that you are allowing to stay rooted in your life? If so, pray that God will remove all evidence of any root from your life. He is a good, good Father who loves you so much! He does not want you to carry around feelings of rejection. Like weeds in a garden, roots can be removed! Once removed, you will want to fertilize, water, and plant new seeds of life in the hole left by the removed weed. God wants to fill in the places of your rejection wounds with His love. Ask Him to do so! Ask for forgiveness for yourself or for others associated with your root of rejection. Then accept His love and move forward in the blessings and authority He gives you as His precious child.

THEN PETER CAME TO JESUS AND ASKED, LORD, HOW MANY TIMES SHALL I FORGIVE MY BROTHER OR SISTER WHO SINS AGAINST ME? UP TO SEVEN TIMES? JESUS ANSWERED, "I TELL YOU, NOT SEVEN TIMES, BUT SEVENTY-SEVEN TIMES." MATTHEW 18:21-22 (NIV)

"FOR IF YOU FORGIVE OTHERS THEIR TRESPASSES, YOUR HEAVENLY FATHER WILL ALSO FORGIVE YOU, BUT IF YOU DO NOT FORGIVE OTHERS THEIR TRESPASSES, NEITHER WILL YOUR FATHER FORGIVE YOUR TRESPASSES." MATTHEW 6:14-15 (ESV)

IF WE CONFESS OUR SINS, HE IS FAITHFUL AND JUST TO FORGIVE US OUR SINS AND TO CLEANSE US FROM ALL UNRIGHTEOUSNESS. 1 JOHN 1:9 (NKJV)



## CONCLUSION

### PRAYERS OF FORGIVENESS

First, identify if you need to forgive others or forgive yourself. Pray a prayer of forgiveness once you have made that identification. In your prayer, name both the person (this person can be you) and the hurt. Below are example prayers of forgiveness that you can use when praying to God.

#### Forgiving others:

1. I choose to forgive (insert person's name) for (insert the rejection that you've experienced) and for the long-term effects this may have had on my life.
2. Lord, forgive me for the ungodly reactions (name your ungodly reaction) of \_\_\_\_\_. (examples include: anger, bitterness, jealousy, hatred, and revenge) Forgive me for having carried this reaction in my heart towards (insert person's name). Forgive me for judging them. You say to judge not or we will be judged.
3. I pray for (insert person's name) and I bless (insert person's name)!

#### Forgiving yourself:

1. I choose to forgive myself for \_\_\_\_\_.
2. Lord, forgive me for the ungodly reactions (name your ungodly reaction) of \_\_\_\_\_. (examples include: anger, bitterness, jealousy, hatred, and revenge) Forgive me for having carried this reaction in my heart toward myself.
3. I choose to receive Your blessings!