

# **Facing My Fears**

## **Facing My Fear of Rejection**

### **Proverbs 29:25**

*“He was despised and rejected by men, a man of sorrows and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not.” (Isaiah 53:3)*

#### **Making a distinction:**

Fear of failure: What I \_\_\_\_\_ - My \_\_\_\_\_

Fear of rejection: Who I \_\_\_\_\_ - Me as a \_\_\_\_\_

#### **This Fear Can Entrap Us By:**

- Causing us to \_\_\_\_\_ our lifestyle and values
- Keeping us from \_\_\_\_\_ the truth in love
- Preventing us from giving and receiving \_\_\_\_\_
- Leading us toward loneliness and \_\_\_\_\_
- Creating in us insecurity and unhappiness as we continually seek to \_\_\_\_\_ others
- Silencing our \_\_\_\_\_ about Christ
- Keeping us from spiritual \_\_\_\_\_ as we focus too much on others and not enough on God

#### **How I Can Overcome This Fear**

1. \_\_\_\_\_ the fact that people will sometimes reject me

*“A disciple is not above his teacher, nor a servant above his master. It is enough for the disciple to be like his teacher, and the servant like his master. If they have called the master of the house Beelzebul, how much more will they malign those of his household.”* (Matthew 10:24–25)

*“I, I am he who comforts you; who are you that you are afraid of man who dies, of the son of man who is made like grass,”*  
(Isaiah 51:12)

We will all be \_\_\_\_\_ by the rejection of others, but we must not be \_\_\_\_\_ by it

**2. \_\_\_\_\_ from supportive relationships**

*“But God, who comforts the downcast, comforted us by the coming of Titus,”* (2 Corinthians 7:6)

**3. \_\_\_\_\_ on pleasing God**

*“For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ.”* (Galatians 1:10)

We must learn to live for an audience of \_\_\_\_\_

*“And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell.”*  
(Matthew 10:28)

We tend to focus on the wrong \_\_\_\_\_

Courage has to do with the \_\_\_\_\_ of our fear. If we fear God more than we do people we will be courageous

4. \_\_\_\_\_ **how God looks at you**

*“But the LORD said to Samuel, “Do not look on his appearance or on the height of his stature, because I have rejected him. For the LORD sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart.””* (1 Samuel 16:7)

God has a different way of \_\_\_\_\_ us than people do

The truest thing about you is what \_\_\_\_\_ says about you!

5. \_\_\_\_\_ **on God’s unconditional love for you**

*“In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins.”* (1 John 4:9–10)

*“There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.”* (1 John 4:18)

It is one thing to \_\_\_\_\_ about God’s unconditional love, it is another thing to fully \_\_\_\_\_ it

## **Making It Personal:**

- Have I fully embraced God's unconditional love for me? Have I responded to that love by turning from sin and trusting Christ with my past, present and future?
- How has the fear of rejection impacted my life in the past? How is the fear of rejection impacting my life today? How does this fear tend to entrap me most often?
- Review the major points on this outline about how to overcome the fear of rejection. Which truth do I most need to internalize this week?
- Is there somebody in my life who gives me a "sense of rejection?" How do they communicate this to me? Why do I think they might be communicating this to me? What part of the relationship can I control, what part must I leave to God? What adjustments do I need to make in this relationship?
- Is there somebody in my life who gets a "sense of rejection" from me? Why and how am I communicating this to them? What adjustments do I need to make in this relationship? Is there a relationship where I need to be able to reject certain behaviors, but not reject the person? How can I more effectively do this?
- What do I sense God is calling me to do, but I haven't yet done it because of my fear of rejection? What am I going to do about it? What is my next step in obedience to God?
- Who can I share these truths with?