

The Pain of Rejection . . .

Nothing can ravage your heart like rejection. The most penetrating wound is the painful rejection of a loved one. Even death itself does not pierce your heart as deeply as when you know you have been abandoned. You feel devastated when someone dear to your heart deserts you. Rejection chips away at your self-image . . . chisels down your confidence . . . and challenges your hope. Meanwhile, the memory of your loved one lingers on and on in the recesses of your mind, repeating—through whispers and shouts—those haunting messages: “You are unwelcome . . . You are unworthy.”

Is your heart broken? Is your spirit crushed? Nothing is more healing than to know that the Lord loves you unconditionally. . . . He accepts you eternally. When your pain seems endless and your heart is tender to the touch, continue to put yourself into His compassionate hands. He will hold you with His heart of love until there is true healing . . . because . . .

*“The LORD is near to the brokenhearted
and saves the crushed in spirit.”
(Psalm 34:18)*

Q: “My mother doesn’t care about me or my problems. She doesn’t spend time with me, and she doesn’t show me any love or affection. Why does she continue to reject me?”

Sadly, many parents do not know how to nurture their children. Your mother’s lack of love reveals that she is not emotionally whole—her rejection sheds a spotlight on the hole in her heart.

- Ask the Lord to help you stop taking her behavior personally. Her lack of love has nothing to do with you.
- Realize that the void within her heart restricts her from reaching out to your heart.
- Fully receive and focus on God’s unconditional love for you. Although you have no power to make your mother express love, God will give you all the love and acceptance you need, empowering you to overcome the pain of rejection.

The Bible gives you this special assurance . . .

*“My father and my mother have forsaken me,
but the LORD will take me in.”
(Psalm 27:10)*

Overt Causes of Feeling Rejected¹

Some of the reasons people feel rejected are obvious. Often, the loneliest times of your life can be readily understood because you were overtly rejected.

- Abandonment
- Adoption
- Cast away
- Childhood sexual abuse
- Disapproval
- Divorce
- Domestic violence
- Excessive punishment
- Favoritism
- Humiliation
- Infidelity
- Prejudice
- Rape
- Verbal Abuse

*“On you was I cast from my birth,
and from my mother’s womb
you have been my God.”
(Psalm 22:10)*

Covert Causes of Feeling Rejected²

Just as there are obvious overt reasons for people to feel rejected, there are also not-so-obvious covert reasons. However, covert rejection cuts just as deeply as overt, if not deeper.

- Addictions
- Broken promises
- Comparison
- Cliques
- Death/critical illness
- Discounted emotions
- Gender discrimination
- Handicaps
- Overcontrolling
- Overindulgence
- Performance-based acceptance

*“The LORD looks down from heaven; he sees
all the children of man; from where he sits enthroned
he looks out on all the inhabitants of the earth,
he who fashions the hearts of them all
and observes all their deeds.”
(Psalm 33:13–15)*

Breaking the Rejection Cycle

Meditate on these statements and memorize these Scriptures.

Rejection — “Just because someone rejects me doesn’t mean that everyone rejects me. Jesus loves me, no matter what others choose to do.” (John 15:9)

Worthlessness — “Just because someone may think that I am worthless doesn’t mean everyone thinks I’m worthless. God has already established my worth, and because of Him I will always have worth.” (Luke 12:6–7)

Self-hate — “Just because someone has rejected me doesn’t mean I should hate myself. God has always loved me, and I can rely on His love.” (1 John 4:16)

Negative behavior — “Just because someone has rejected me doesn’t give me license to do what is wrong. God has given me the power to do what is right. Sin will not be my master!” (Genesis 4:7)

Key Verse to Memorize

*“It is the LORD who goes before you.
He will be with you;
he will not leave you or forsake you.
Do not fear or be dismayed.”
(Deuteronomy 31:8)*

Key Passage to Read and Reread

Romans 8:28–39

You Are Accepted Even When Rejected

Admit the rejection of the past and acknowledge its pain. (Lamentations 3:19–23)

Claim God’s acceptance and unconditional love. (Isaiah 54:10)

Choose to forgive those who rejected you. (Colossians 3:13)

Expect future rejection as natural in a fallen world. (1 Peter 4:12–14)

Plant Scripture in your mind to produce new thought patterns. (Romans 12:2)

Thank God for what you’ve learned through your rejection. (Psalm 119:71)

Encourage others as an expression of Christ’s love. (Hebrews 3:13)

Draw on the power of Christ’s life within you. (Philippians 4:13)

Related Topics . . .

- Conflict Resolution:
Solving People Problems
- Forgiveness:
How to Forgive . . . When You Don’t Feel Like It
- Reconciliation:
Restoring Broken Relationships
- Self-Worth:
Discerning Your God-Given Value
- Victimization:
Victory Over the Victim Mentality
- Wife Abuse:
Assault on a Woman’s Worth

HOPE FOR THE HEART’s *Biblical Counseling Library Quick Reference* provides immediate, concise, biblical truths for today’s problems.

For more comprehensive help, refer to our *Biblical Counseling Keys . . .*

Rejection:
Healing a Wounded Heart.

If you would like more information, call 1-800-488-HOPE (4673) or visit www.hopefortheheart.org.

For prayer encouragement and biblical counsel call 1-866-570-HOPE (4673).

1. Charles Solomon, *The Ins and Out of Rejection* (Littleton, CO: Heritage House, 1976), 13–18.
2. Solomon, *The Ins and Out of Rejection*, 18–25, 40–42; Charles Solomon, *The Rejection Syndrome* (Wheaton, IL: Tyndale House, 1982), 29–52.



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