Outline

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D. Creating Healthy Boundaries: Discuss the importance of establishing healthy boundaries to protect oneself from future rejection.

Chapter 5: Living Free from Rejection

A. A New Identity in Christ: Explore how embracing a new identity in Christ transforms one’s outlook on life.

B. Fruit of Freedom: Describe the joy, peace, and fulfillment that come from living free of rejection’s residue

C. Encouraging Others: Empower readers to support others in their journey towards healing.

D. Conclusion and Blessing: Offer a concluding blessing and prayer for readers to walk confidently in their newfound freedom.

Chapter 1. Understanding Rejection and the residue that is created.

First, let’s start by breaking down the word rejection. When you hear the word reject what comes to mind? I know for me a reject is someone not wanted. A person that stands out doesn’t quite fit in. A person overlooked because they lack what is needed for the assignment. According to Webster dictionary “Reject is to refuse to accept, consider, submit to, take for some purpose, or use”. A second definition is to “refuse to hear, receive or admit”. A rejected one is someone not wanted, unsatisfactory, or not fulfilling requirements set in place.

Now let’s look at the word ion or tion. Which is simply to put action behind a word. Collins dictionary defines it as “indicating state, condition, action, process, or result”. Many other sources define it as a suffix meaning to put behind a word. Including toppr.com which says "-ion" and "-tion" mean “State of, act of or result of”. Okay let’s put the two together. Rejections is the state of being rejected. You could use any one of these words, it would have the same flow. For example: rejection the condition of being rejected: rejection the act of being rejected; rejection the result of being rejected. As you can see it goes from just a moment of being rejected to a process of being rejected. Remember it’s the action that follows.

We all have experienced being rejected at some point in time: Whether you apply for a job and are told no: Trying to be part of a group and are told no; Dating someone and they stop communicating. From a child to an adult being rejected has occurred. Therefore, everyone experiences rejection. However, there are those of us who carry the spirit of rejection. Where rejection resides different. What is a spirit? I am glad you are curious. According to Oxford a spirit it the nonphysical part of a person. It is where your emotions and character are housed. I would define it as the living part of your emotions and character into one. Your spirit is what you carry. Therefore, when you hear the term spirit of rejections, I want you to consider it as something you carry around with you. As I stated earlier, we all deal with rejection but now you can see that some of us carry the spirit of rejection around like it is a badge of honor. Meaning where we go or whatever situation we face rejections is our lens.

There can be two people in the room that I am interested in for an opportunity, but I may only choose one of the two in the room. I may choose the one that's best qualified. I may choose the one that speaks to my personality, the best. I may choose the one that everybody else can get along with. There are different reasons why people are chosen. It doesn't mean that you're not great. It doesn’t mean that you are less than. It just means that person was chosen because they were the right fit for that situation. Now do not get me wrong, you do have intentional rejection. where people are rejected based off their skin color, their race, their gender, what country they’re born from, and their religion. Rejection comes in all forms. Where the issue comes in is the process after being rejected. You will go through a series of phases. Many people often get stuck in the phases. Before I list the phases let me give you the types of rejection.

There are four types of rejection I will be referencing. Please note each type could possibly have its own breakdown. But I will stick to the basics for now. Familial rejection is one of the first types of rejection a person will experience. It is being rejected by one’s family. This form of rejection can be based off abuse, abandonment or even neglect. Familial rejection is one I have experienced all too well. I believe everyone experiences familial rejections. It may not be your family’s intention but at some point, you end up being rejected. Especially as parents we risk the chance of being neglectful even when we are not trying to. We just have to do a better job teaching our children how to process hurt. Which brings me to my next rejection type social rejection.

Social Rejection is another widely spread rejection. It is one of the hardest rejections for children to get over. This occurs when one feels alienated in a social setting. This can happen at any age. This includes the schools, playground, workplace and events. This can be individual, or group related rejection.   
One feels social rejection more when being ostracized by a group of their peers.

The third type of rejection is relational rejection. This is when you experience rejection through different relationships. This can include friendships, business relationships, church, neighbors, classmates and etc. This type of rejection includes being interested in someone, but they are not interested in you.

Romantic is the fourth rejection type. Romantic rejection seems to be familiar to everyone. Most people identify with this rejections type as their first rejection. Not knowing it started way before they got into an intimate relationship. Out of all the rejections I have experienced, this is the one I remember the most. We often think romantic rejection only happens when a person leaves us or denies us access to them. This type of rejection can be an ongoing situation inside of the relationship, or marriage

B. The Residue of Rejection: How I learned rejection had left lasting emotional and spiritual marks.

I did not realize the impact rejection had on me. Even after years of conquering it. It wasn’t until I was in my 40’s that I understood rejection still had a hold of me and it wasn’t rejection itself, it was the residue of rejection. Although I got to a place where rejection no longer had me bound. For instance, when people told me no or rejected me or didn’t want me to be a part of something it no longer bothered me going forward. I was healed from the spirit of rejection, so a person telling me no didn’t affect me anymore because I knew who I was in Christ. I knew the place God had brought me to. A no to me didn't sting or cut me like it did before. This is what I mean when I say I was healed from the spirit of rejection. It no longer had a hold of me. I was no longer affected to the point that I'm putting up walls or I'm being bothered or wanting to be to myself. This is my definition of being healed from it.

However, I never went back and corrected the patterns and all the habits I picked up because of the spirit of rejection in the beginning. For instance, with the spirit of rejection you might pick up the habit of putting up walls to protect yourself to not let anyone in, that is one. Secondly, you might have one where you are constantly being a people pleaser, because you don't want anyone to say no to you, so you don’t say no to them. You then may also feel like the more you do for somebody the more they'll like you. You may begin to ask yourself how they can turn you down when you're always so good and great to them. Then you have people that don't need anybody. They are like “I got it; I can do it by myself.” you know like a solo.

There are different types of people who deal with rejection and how they deal with it. However, there's residue that comes from it all. So, you pick up these habits to protect yourself when dealing with rejection. One of the habits I picked up was not expecting much from people. This in turn caused me to not expect much from myself. I got to a point where I felt like what I did was not good enough for people. Therefore, I shouldn’t do my best, I shouldn't give them my all, because it wasn’t going to matter anyway. So why should I care. So, in the midst of that I created this habit where I didn't do my best. There are so many things I did at the bare minimum. I did just enough to get by. It was just enough to please people to a certain extent: without exerting myself, without giving my all, without going above and beyond. Because they didn't care so in my eyes why should I care.

It wasn't until I was taking an Eagle’s class called “Shake the Heavens”. This was a choreography class under the direction of Pastor Jasmine. Each year two of my friends and I would take a course. We were a part of the Eagles International Training Institute under the founder Apostle Pamela Scott. I had taken several classes before and even received a minister of dance certificate from a previous class. These classes were design to help us understand the biblical foundation of worship through dance as well as give us a technical component because God called the skillful. One day I had a teacher who literally called me out. Listen, in the way she called me out she did it with so much respect that it hit me like a ton of bricks. She begins to describe her life and as she described her life, I literally saw myself in it. As she continues to describe her life, I realize she is doing this on purpose, to show me, me. It first started off with me telling her about myself and then she said you sound a lot like me and then she said let me tell you what I mean. Let me tell you about myself. She began to describe herself to a T. As she is explaining her life, I'm like oh my goodness that's me. I do that wow and amid her saying this I did not even know I did this. Well, let me take that back, I knew that I did it but I didn't know why I did it or that it was a problem. Think about it you build up a habit for something that happened so long ago that overtime you continue this same habit, but you have forgot why you actually do this. When it came to certain stuff, I just gave the bare minimum I only did what people asked me for. For instance, you know how you ask your children to wash the dishes, and that is all they do. Instead of drying them and putting them up. Not to mention cleaning off the counters or sweeping the floor. They literally say to you, mom you only asked me to wash the dishes. That was me, I only did what you asked. Can you get the groceries and bring them in the house? Sure. I thought I was doing something by putting them on the countertop for you. Not even considering putting them up and taking out the trash of the old items. These are just a few examples.

I had built a lifestyle doing this and it was the same even when it came to doing something that I was very passionate about. Example, I loved worshipping God through movement of dance something I get great pleasure in doing. This is a gift God has given me. But over the years I would put myself in the background to not be seen or minimize my dance to look like everyone else. I was tired of hearing people say she is doing too much. It doesn’t take all that, she is over the top.

Well, all of that was about to change. This is the reason I got called out. I had been given my first assignment to take one minute of any music of my choice and create steps based on the previous lesson we were taught. I remember doing the assignment and putting in it everything she had asked us to do. After submitting the assignment, Pastor Jasmine set up a one on one with me. She wanted to go over the assignment as well as get to know us better. She said I had seen your video and as I was watching it I was like ohh that's cute and if you could see her face you know her words meant something different. I'm a person who studies people's nonverbal communication which includes body behavior, facial expressions, eye contact, tone in voice, pauses, etc. Sometimes what a person say is not necessarily what that word would normally mean. Movement is everything to me as I mentioned earlier so I'm able to discern when your words don't match your body language. As pastor Jasmine continues, she said yeah, I was like okay she did her porta bras, tendu, and passe that is good, and she pauses. Her face explains the pause like is that it, I could tell she wanted more. She said I kept waiting for the rest. She said I can tell that you do what's asked of you. Now some would think this is a compliment. But the pause in her voice and her body behavior tells me there is more to come. After her slight pause she said you do just enough to get by, and she began to explain what she meant. Pastor Jasmine says you know how you're really good at dancing and so you're good it's somebody else's great somebody else’s amazing she said that's you. She said because you're so good at it you can get away with it. Your good is someone else’s great. She said you know when you do good and people say that was amazing, that was awesome. But you know in your heart it wasn't your best. She was referring to when you barely do anything, but because you're that good someone else sees it as great. She said but was it great to God? Was it your best? Did you give it your all?

I heard her differently; most people might have been offended. Words of correction to a healed person sound like insight, but when you hear from a place of brokenness word of correction sound like pain in the pit of your stomach. As people we tend to hold on to thing because they give us comfort when we are not ready to change. However, healing requires you to change. It requires you to see differently. This opened my eyes and I realized that was my whole life that I gave my bare minimum. For instance, back then if you asked me to type up your notes that is all I would literally do. I would present it to you as basic as possible. I did not add sections, bullet points or any color. You know the extra stuff to make it amazing. Do not get me wrong, it doesn't mean what I did was bad. I just didn't go above and beyond. Honestly how hard could it be to add bullet points and to section it off for you to understand better. Just in case you had to present it to somebody else. This is just a simple example, but I want you to know how small these little things are and then I want you to see how big they can be as well.

How many of us do this in life. Do just enough to get by. This is not the life God wants for us. And because I had adapted these traits my life being in the position it was in, made a whole lot of sense. I begin to go over the history of my life and how every decision I made was based on the residue of rejection. This showed me how mediocre my life had been, and it was not adding up to who God had called me to be. I was living below my purpose, but this was my wake-up call. This insight was everything to me, it changed the trajectory of my life. She gave me permission to be great in all areas of my life. She literally said, “God gives you permission to be Great”. Now that may be minor to some people, but this was everything to me. It meant I no longer had to be hidden. That I no longer had to shrink for others to be great. It meant that your concern about me had nothing to do with me. It was how you felt about yourself. Me caring about what you said, or thought did not please me or God, it just made me operate below my standards. It is amazing what little words can do for you, but this is what I needed. It was like a Holy Ghost gut punch to get me in check. A lesson to all of us is: Do not operate below your standards to accommodate no standard people.

C. Biblical Context: Discuss biblical examples of rejection and God's response to those who were rejected.

And early in the morning he came again into the temple, and all the people came unto him; and he sat down, and taught them.

**3**And the scribes and Pharisees brought unto him a woman taken in adultery; and when they had set her in the midst,

**4**They say unto him, Master, this woman was taken in adultery, in the very act.

**5**Now Moses in the law commanded us, that such should be stoned: but what sayest thou?

**6**This they said, tempting him, that they might have to accuse him. But Jesus stooped down, and with his finger wrote on the ground, as though he heard them not.

**7**So when they continued asking him, he lifted up himself, and said unto them, He that is without sin among you, let him first cast a stone at her.

**8**And again he stooped down, and wrote on the ground.

**9**And they which heard it, being convicted by their own conscience, went out one by one, beginning at the eldest, even unto the last: and Jesus was left alone, and the woman standing in the midst.

**10**When Jesus had lifted up himself, and saw none but the woman, he said unto her, Woman, where are those thine accusers? hath no man condemned thee?

**11**She said, No man, Lord. And Jesus said unto her, Neither do I condemn thee: go, and sin no more.

Joseph was rejected by his brothers and threw into a pit. This is found I the book of Genesis 37. Jospeh was truly loved by his father, and this made his brothers jealous. After Joseph talked about his dreams of ruling over them, they hitched a plan to get rid of their brothers. They sold him into slavery. However, God uses this to get him into the palace. And just like his dreams predicted he was ruling over them.

D. Signs of Residue: Identify symptoms that indicate lingering effects of rejection in one’s life.

There are several symptoms that are consistent with one who suffers from rejection. How do you see people is one symptom. How you might see the world against you. The phrases but no one loves me, no one cares for me, and no one wants me, is definitely a symptom of rejection. These are considered signs that you have residue on you from rejection. Let’s examine other signs that residue still exist on you. Not wanting to get close to people. Having walls up signs that she suffered from symptoms that she suffered from rejection being a

**People Pleaser**: a person that has a desire to please everyone. They don’t like to let anyone down. They are yes people. They often time inconvenience themselves for others. Many might think this is a good thing. They are always giving, very selfless. The problem is there is a thin line between wanting to be selfless and being seen as the answer. They do not know how to say no. They are often burnt out because of their willingness to go, go, go. But they constantly complain to others about what all they have People pleasers don’t want you to see them as less than.

**Always wanted to be noticed**

**Easily Offended**: a person who thinks everyone is always out to get them. They are under the impression they can do no wrong. They are always in defense mode. They always play the victim. They feel like no one can tell them what to do. They can’t handle criticism.

**Being Stagnant:** According to dictionary.com a person who is “inactive, sluggish, lazy, also characterized by lack of development, advancement, or progressive movement”. This could be a stagnant mind. A person’s unwillingness to grow, or change. They lack direction. They have low self-esteem. They can easily fall into depression. They do not like a challenge. One who often lives a mediocre life not striving for more.

**A Loner:** a person who distance themselves from others. A loner is afraid of trusting people. They feel they don’t need anyone in their life. They walk in fear.

Symptoms of rejection can be small things, they're not always big things. It's the small things that make them bigger. Think about when you are sick it is the symptoms that make things bigger or make you really sick. You can have an infection, but it's a symptom of the fever that has you down and out. It's the symptom of the headache that is pounding and you can barely move or function. It's the symptoms that destroys the body because we tend to focus only on what we see or feel to fix the issue. We implement many ways to handle this by putting medicine in our body that doesn't take care of the root issue. It just weakens our body by focusing on all the symptoms. It does not cure us does and does not make us whole.

Chapter 2: Personal Stories of Rejection

Author’s Journey

Now this may sound strange, but I was rejected through the word yes. I am sure you are like rejection happens when being told no. But in my case, it was different let me explain what I mean. My mom gave me everything I wanted. No matter what I asked for she figured out a way. I don’t remember too many times my mom telling me no which is kind of like a contradiction of rejection. Meaning that rejection means to be told no, to be overlooked. It seemed to me to be like an oxymoron. Meaning my mom always said yes, she rarely said no. I probably can count on one hand how many times she told me no. At the same time the spirit of rejection is when someone constantly keeps hearing no. For instance: no, I don’t want you, no I don’t need you, no we got somebody else, no you’re not good enough, no to the no to the no no no. But with my mom it was always yes, yes, yes, yes, and yes.

Yes, you can stay with the neighbors because I am moving to another city, and you do not want to go. Yes, you can go to this school, even though we live 45 minutes away. Yes, you can spend the night over at their house because the event will end late. Yes, you can spend the summer with them because you have daily activities you can’t miss. Yes, you can live with them because going back and forth is too much. In the beginning all her yeses were what I wanted to hear. I did not realize it was creating a place for rejection inside of me. Over time I became more distant from my mom. My mom did this to please me and to make me happy. Her intentions were good, they just did not outweigh what I experienced without her being there.

Abandonment now I’m sure my mom wouldn’t call it that because in her eyes she didn’t abandon her child who would ever want that to be their title or be associated with the word abandonment, but in my eyes as I grew up that’s what it felt like. During the time that you’re in it, you don’t consider it abandonment or neglect. You don’t think that’s it. Don’t get me wrong, I knew my mom loved me, but the issue was she was not present. There were times when I lived with just my mom and that was great, but either due to my request or something happening in my mom’s life that would quickly change.

My mom had me when she was young, and we both lived with my grandmother. I would say that my grandmother raised me to some degree because when you are 16 and have a child, you’re not raising a child, you are still a child. You’re still being raised yourself and so I get it. I understand she was young she didn’t know what she was doing. I totally get it but that didn’t change the way I felt about it in those moments. It was a time when I didn’t understand, when I didn’t know what to think about it, at eight or nine years old you didn’t know that your mom had you when she was 16. You don’t know how to put the ages together. I wasn’t like oh my mom was only 16, like you’re not doing that. Honestly at thirteen, or fourteen I don’t think I knew. I can’t remember what age I found out but even when I found out it still didn’t register what that meant. I believe I only knew because they were trying to keep me from having a child like my mom as a teenager. So, I wouldn’t continue what we now know to be a generational curse.

So, I knew from that point don’t have a child when you are a teenager, but I still didn’t understand like I understand now. For instance, she was a teenager, and she knew nothing, we grew up together. At the time you are being molested, or sexually assaulted you don’t think about your mom as oh she was young, she didn’t know any better. Your thoughts about your mom are where are you at? Why are you not here? You didn’t protect me so it’s crazy to think that my mom never told me no but yet I still felt rejected. Although I know that the word no didn’t come from her mouth, instead it came from her actions.

I remember around 1987 I found out my grandma had breast cancer, and my mom sent me away to go stay with my other grandma on my dad’s side. Basically, while my grandmother went through the hardest part of her life to only call me back to come to the funeral. Sometimes as parents we do the worst thing to our children. I get you don’t want me to see her in this state, but at the same time you take away the very thing I know and love that is dear to my heart. Then when I come back, she is gone, make it make sense. How did you protect me? I think to myself, because you got to say goodbye and I didn’t. So, I ask myself again how did you protect me because you didn’t want me to see that she was sick? Well, she was sick before I left and so being away and wanting to see her and not knowing how she’s doing was more hurtful than being there to see it. You can’t unsee what you know. Then to come back and she’s gone yeah, I don’t think they thought that all the way through. If anything, have a conversation with your child explain to them the transitioning that is happening. Because at some point, we know, everyone will experience death. And it didn’t mean I had to see everything right, because I get you want to protect your child. But there could’ve been a better way. There is always a better way, and from that point on rejection was like a freefall for me. Because now the one thing that has been stability in my life is now gone.

Because I experienced rejection at such a young age. I held on for dear life with every relationship I encountered. This included my friendship, familyship, and type of relation I had with people. I was someone who connected with people very quickly. I became a very loyal person, almost to a fault. I stayed in relationships longer than I should have. I didn’t like the feeling of being abandoned or being left. It made me feel less than. It made me feel like I was not good enough to be loved or wanted.

The things we put up with because of the spirits we carry.

The spirit of rejection had me going in and out of a relationship. I’ve been married twice, and I didn’t even marry the love of my life, God said no because he knew if I committed to that, I would’ve never came out don’t give me wrong the other two relationships I was in I stayed in it longer than I should have, but I had the ability to leave, but if I had gotten married to the love of my life at that time I wouldn’t have made my way out because when I say the love of my life, I was so deep into it that I couldn’t see anything clearly. I was so willing to risk it all. I was so willing to do any an everything for this person.

So, when we talk about being dangerously in love, I understand it all too well. It can be very dangerous who you love. And it is weird because he is the one person who showed me who God truly is. Meaning that he showed me how to get to know God for myself and that I could have a personal relationship with God that I didn’t have to know him through my mom, my grandparents, or my past. It was so I could know Him for myself. And I can never take that away from him. He taught me how to read my Bible and study the word and how to develop in Christ. You would think this is a good thing and it was. But the problem is he became a god to me. The very person he was teaching me about, he became that to me, and he wasn’t trying to. I allowed it to happen because I loved the fact that he knew God and that he had given me something nobody had ever given me. Because we know that in God there’s peace, there’s joy, there’s hope, and this man had begun to give me that very thing by knowing Christ from myself.

I grew up in church, so I knew God. Well knew of Him I will say since I was a child, but I didn’t understand I could have a personal relationship with Him. It’s amazing how things work. I was already able to speak in tongues at the age of 19 but at the same time I could still say, I didn’t have a personal relationship with God. But it’s as though I was given that power ahead of time for what would happen. They were like steppingstones. So, if you notice I didn’t say I wasn’t saved or that I didn’t accept Christ as my Lord and Savior which I had. I had done it plenty of times because every time I had a chance to go to the altar I was there. The Holy Spirit had already been imparted into me and so I had evidence of speaking in tongues. I had already been baptized, but I still did not know God for myself. Back in the bible days when the veil was up, and everything had to go through the priest, is where my mind was. I was still stuck in that time, and everything had to go through the Pastor. And it’s not like I tried to have a personal relationship with God, and somebody talked me out of it. I didn’t attempt or know it was possible or even that I should.

However, I met this young man when I was 20 after going to a church service a friend invited me to. We became friends quickly and this man showed me God for the first time in a different light. And I fell in love with the fact he knew God who was all powerful. That he had a personal relationship with Him. He gave me the opportunity to become God’s friend, he wasn’t selfish with what he had learned. I was currently in a bad marriage, and this was my first sign of hope, Not being with this man but that there was freedom near me. I was married to a cheater and a man that did not take care of his family responsibilities. At the time I was working two jobs and going to school. My first ex-husband did not have a job and was not in any rush to get one. I was tired, I was burnt out and remember I was only 20. I got married at age 19 to my high school sweetheart some would say, after my first year in college. We were both young and did not understand what marriage required. I was in a very emotionally abusive relationship. He would lock me in a room or keep me from coming out of my dorm room. He would cut up my clothes and take parts off my car to keep me from going anywhere. Learning more about God was my attempt to freedom.

My mistake was I began to put my friend above God, idolatry at its finest. God hates idolatry. It is when you put others before him. He will show you the very ugliness of a person. This man started off really good and seemed to be good for me. At the time I was married and was attracted to who he was compared to who my husband was. Which was my first issue. Eventually I got divorced, because how can you learn more about God and stay in an adulterous relationship. They just don’t go together. The problem is when you begin to reject the commandments of the one who made you those around you began to reject you. I did not know I had begun to idolize this man. It was because he had brought light into my life a revelation about the true and living God. But instead of looking to God to be my source. This man became all things to me. Whatever he asked of me I did. I remember one day we were talking about body types. He began to tell me he like women with big butts. He was a man that didn’t care about breast but butts is what he was attracted too. He said I really like you, but I want to be honest. I think you are very pretty I just wish you had a bigger butt so I would not have to look at other women. When he said it I laughed I was like so that what you want oh that not a problem. I told him everyone in my family had big butts even some of the men. I told him I was trying to be different and wanted to be smaller. I had always been athletic so it was easy to not put on the weight. But once I realized thick was in I was like that will take no time. So he suggested I take protein shake it was something he was using to build his muscles. I begin drinking protein shakes like three times a day. And I begin to put on weight. It didn’t take long I had a butt and breast now you should be satisfied. This process made me begin to doubt myself. I begin to compare my body to almost every woman around me. I was constantly looking at their shape comparing it to mine wondering was he satisfied. Of course, you guessed it he was not. Nothing I did satisfied him. It was always a temporary fix. One thing I will say he was always honest with me and told me when he was seeing someone else. But I was so in love that I did not care I was still trying to be with him trying to change his mind that I was the right one. This relationship had me on a roller coaster. I became crazy in love with this man. No matter what he did or said made me leave. I remember the first time he hit me. It was Sunday and he had brought a guy friend from his job to church to visit. He had introduced me to him and I spoke and they joked about something from work. When we got in the car and was pulling out of the parking lot. I said I finally got to me so and so that you be talking about. I am glad he was able to come to church. He is a nice-looking guy. What did I say that for, his hand came across my lip. I could not believe he had punched me in my month. My lip was busted and it was bleeding. Why did you hit me oh you have lost your mind,   
I said. He was so angry. I can’t remember word for word, but he mentioned something about me being attracted to his friend and that it was disrespectful. I was like I do not want him, and he does not want me. I was just being friendly. I became quite the rest of the ride. In my head I was trying to justify why he hit me, and if I should stay or leave. We had just left church and I was still in shock. I had never seen this side of him before. Although he never hit me again that side of him was awoke for me. I begin to see what I didn’t see before. The anger was always there it just was not geared toward me. But that became his open door. It seemed we argued about everything. I stayed because I felt like that would be me giving up on him.

I went from one abusive relationship to the next. All I did was change partners but it was the same spirit in all them they just had on a different suit.

The residue that was left from this relationship His perception of me changed my own perception of myself.

B. Common Scenarios: Provide examples such as rejection in family dynamics, friendships, romantic relationships, and career setbacks.

C. Impact on Self-Perception: Discuss how these experiences shaped the author's self-esteem and view of the world

I love hard and I’m sure people say this all the time right but it’s true. I think some people truly love hard like they give their all and they leave nothing out. They go all the way in giving 100% from the start. It is not until you do them wrong that they begin to take away their level of love for you subtracting slowly. Then you have those people who say if I get 50% you get 50%. They give you what they get. They believe in keeping an even balance. This tells me people give love on different levels.

I learned at an early age to love with all my being. Now that I think about it, it comes from the spirit of rejection. Because in the beginning, I never wanted you to say I didn’t give it my all, I didn’t try my best, I didn’t love you. I had seen too many people walk out of my life and my response was to love harder. So, I would go all in with loving them as hard as I possibly could, with unconditional love, no matter what you did, I forgave. And went back in for more until I could not be beaten anymore through heartache and pain through rejection after rejection.

I began to shut down, and I began to build walls that I had no intention of tearing down, and each relationship I just kept adding bricks, no matter if it was a friendship, family, intimate relationship, brick by brick by brick by brick it went up. and even though I had bricks going up after bricks going up, I still was being in relationships but each time I did the relationship a little different. I didn’t love as hard. I didn’t give as much. I gave what you gave me and in the back of my head I told myself well I’m not all the way in. Even though my heart was wide open to be hurt again and again. But I’m not all the way in I would say. Which means a person has to be delusional to think that you’re not all the way in but your heart is open to constantly be hurt.

Things I would say to justify it. I’m not all the way in, I love him, but I can determine how much. I never gave up on being in a relationship. I just begin to look at them all differently. Oh, but friendships I gave up on that, but romantic relationships I didn’t give up on. Maybe I value them differently. I’m not sure, maybe I knew that I would have to truly be all in a friendship. But in a relationship, I could let my body do the talking that my heart didn’t have to lead, but my body could lead. Mentally I didn’t have to be all the way in a relationship, I just needed to be in it physically. Wow, that just hit me and so with friendships I couldn’t be all the way in because I had to mentally be there. There is no physical aspect. There is no sex. There is literally conversation me caring about what you have to say, me caring about your family. I didn’t have the energy or the space to give that to anybody that wall I built was solid like cement paved over it. But intimate relationships I didn’t have to open myself up so much, just my legs. Believe me I wanted the best in relationships, and I did give. But I think the minute I realize you’re not even given back, I’m like oh “this what kind of relationship this is” oh I can match you, matter fact, I can beat you at this game. I’m a pro at this and I have known it all my life. I think about the color purple “all my life I had to fight”.

This has been my world view of people and relationships. I viewed everyone the same way. I didn’t give people the chance to be different. My perception in life was distorted.

D. Connection to Readers: Encourage readers to reflect on their own experiences with rejection.

Think about the first time you were rejected. Well, the first time you remember being rejected. Most of us were rejected before the time we remember. For now, let's just stick to the time we remember. I want you to sit in that place. I want you to remember how you felt. What was going on, who you were around. Okay sit there a little bit longer. I know this is not always a pleasant feeling remembering the first time being rejected. For many of us the first time being rejected might have been a bit confusing, you weren’t really sure what happened. You questioned a lot and that's normal. It is usually not until the second or third time you realize rejection just happened. Even then some of us are still not sure how to put it into words.

However, once your brain notices a pattern it goes into protective mode. Just like our body. According to better health.vic our “immune system keeps a record of every germ (microbe) it has ever defeated so it can recognize and destroy the microbe quickly if it enters the body again.” That second and third time your body experience pain through rejection your brain begins to create a plan of action. It no longer wants you to feel the pain of rejection in that area. This is what I mean when I say you create a life around rejection. Just like our body naturally fights off disease, the goal is to prevent it from happening again. Same thing happens with us even from a mental state. When your body doesn't like a particular action and it says oh no how can we prevent this from happening. So naturally it creates a plan that you might not even be aware that you are creating. Whether it being you no longer want to go certain places, or you stop talking to people. The minute your brain sees stuff happening, you will volt. Your mind naturally creates a plan to keep you from being hurt is the same way our body naturally creates a plan from us getting sick again. This does not always work but our body still goes into protective mode regardless. In actuality this sometimes causes us to get hurt even more, because instead of us dealing with that rejection, seeing why it bothers us, or why it triggered us, we begin to compartmentalize it. We just tell ourselves that hurts and I feel rejected without having a conversation with the people who actually hurt us. This now creates a door for the spirit of rejection to come in.

Chapter 3: The Spiritual Healing Process

Seeking God’s Presence:

Seeking God’s presence is crucial in living a joyous and prosperous life. Seeking someone’s presence is an indication that you want a relationship with them. And what better way to do that than to spend time with them. When we spend time with God, we get to know Him in an intimate way. There are a several ways to seek God’s presence. One may seek God’s presence by praying, mediating on his Word daily, by praising and worshiping Him, fasting, and fellowshipping with other believers. These are all keys to healing the mind, body and soul.

Healing starts with knowing who you are in Christ Jesus One way to know this is through His word. The bible teaches us about what He loves and what He dislikes. It helps us to understand what gives Him Joy and what makes Him sad as well as what makes Him Angry. His Word confirms His purpose for our lives. Mediating on God’s Word guides us on how to live abundantly.

Prayer is essential to healing. It is where you get divine instructions of what to do. Prayer is communication between you and the father. Prayer is how you know there is a problem in the first place. There are a lot of times we are blind to the issues we face in life. But when you commune with God, He opens your eye to things you are often not aware of. In the bible God instructs us to pray. He even provided us with a model prayer Matthew 6:5-15. Whether you are new to prayer or have been doing this for a while the model prayer is a great place to start when you are lost. Often, we just repeat this prayer as if that is all He wanted us to do but no that is not it, He wanted us to use it as a model only. Meaning, take it and use it as instructions on how to pray.

The first thing one should do is acknowledge Him “Our Father in Heaven” when you pray. Be specific as to which Father you speak of because there is the father of lies and there is your earthly Father. Therefore, make it known who you are talking about. That He is the creator of All, that He made the Heavens and the Earth, That He performs Miracles. Mention what He has accomplished

Then we are to give him honor and reverence, we call Him Holy “Hallowed be thy Name”. Now we talk about who He is not what He has done. It becomes about His character, His nature and how it is above all else. That he is All Powerful, All Knowing, Merciful, Loving, Kind. We speak to who He is.

“The Kingdom come”. We invite his legislation here on earth. We establish His Authority here on Earth. The He will have Rule, Reign, and Dominion on Earth. That He is Supreeme

Next we agree with his purpose for our lives, that His will and way will be done here on Earth as it is in Heaven. That what He wants accomplished will take place here on the Earth.

My Great God who sits on High. For you are El Shaddai the Lord God Almighty You are the Righteous one. I Glorify your Name. We establish your Authority and Plans for our live here on Earth as you see it in Heaven.

1. Healing begins Within

Healing from rejection is a process. However, knowing the root cause of an issue makes healing simpler. Not saying that it's not a process or that it won't take time. But knowing the cause allows you to attack the source of the problem. A lot of times we don't get healed because we don't know the root cause. We are too focused on the symptoms that we have. Think about it, just from a literal since. When having a common cold we tend to focus on the symptoms. For example, a child has a fever, and they are coughing, so you begin to focus on those particular symptoms, and you give medicine for the fever to knock it down, which is great because you need it. Or if it's a cough and you take the cough syrup, to get rid of the cough. But it's not until you realize the root cause of the issue that you are able to truly receive healing. I could have a fever, but the root cause could be an infection in my body. Once I know that it's an infection, then I'm able to focus on the infection part of it and take whatever medicine I need to heal the infection. Once I heal that, all the other symptoms go away. Just in a natural state, they go away. However, if all I do is focus on every symptom in my body, I will remain sick.

One day I was at church, and I was not feeling well. I had just finished ministering in dance. I noticed I had a fever, and I had chills. I become lethargic and dizzy. I begin to focus on the symptoms I had. I went home and took medicine for different symptoms I had, but it was not helping. The next day another symptom came I had a headache. So, I took more medicine thinking it was just something simple. The following day my fever broke, and my headache went away. This was my body’s way of tricking me to think I was healing. My fever was gone, and I no longer had the chills. The symptoms I was dealing with had dissipated. Then suddenly, my throat started hurting. I was like I was feeling better what is this. This is what causes you to go back and reconsider what's really going on. Because what you thought might have been a simple cold is now an infection, pneumonia, or the flu. At this point I can no longer be dr. Larkezia diagnosing myself, I need the real professionals. I went to the doctor and guess what I had. I had Strep throat can you believe that? Oh, my I would never have guessed that especially not from the symptoms I was having. I honestly thought I had the flu the way my body was feeling in the beginning. But when I noticed I was having a hard time eating oh I said something must give cause your girl likes to eat. My reaction had to be different, because over the counter medicine cures some things but not all things. I needed antibiotics for what I had.

This is what healing from rejection looks like when we focus on the symptoms of rejection. We never really, truly get healed from it. A symptom of rejection could be you are a people pleaser. You are constantly pleasing everybody, and you never get anything out of it. You begin to focus on the symptoms of why do I please everybody? Why do I never get anything in return. Then you start to tell yourself, well, I'm going to start telling people no. I'm not going to be doing everything and I'm not getting anything out of it. I am tired of people asking me to do things at the last minute because they know I will do it. Whatever your case may be. Do not get me wrong, this is great you might tackle that symptom right, but then, you have another symptom. Were now, you're not letting anybody in. You're not willing to trust anybody because all the people that you had in your life that you did trust have let you down. They were always pulling from you but never adding to you. That alone is still rejection. Because now you have closed yourself off to even receiving anyone's love and care because other people didn't do it. Now you don't expect anybody to do it. You know how we always say all men cheat because of the ones we dealt with. They cheated, so therefore, all men cheat. But that is not the case. All men do not cheat. Mature men do not cheat. They say what they want, they say what they need, when they're not getting it, they communicate that. So that's the difference when you're used to a particular crowd, you like to sum it up with all. That is like the saying, all black women are aggressive. No, not all black women are aggressive. Depending on how you were raised, you were brought up in what you're surrounded by. You may be a little bit more assertive than others. It's not aggressive as take over, take charge, or be in control. There are some women that had to be very assertive and make things happen because they were going to lack for it. Their families were going to lack it. So instead of waiting for others to make it happen they made a decision to go and make it happen for themselves. But that's for another conversation as far as all black women are aggressive. I know a lot of black women who are very passive. And sometimes I wish they were a little bit more aggressive, because they get taken advantage of. There are times I feel sorry for them.

Here are a few ways to heal from the spirit of rejection. The first step is recognizing that it is an issue and that there is a such thing called the spirit of rejection. After acknowledging that it exists. Then you want to get to the root cause of why it exists in your life. Where did this stem from? Is it something that was passed down from generation to generation. Like how early did it start for you? That is going back to the root cause, because a lot of times we like to go back to our quote relationship. The one we were in and the man or the woman rejected us in such a way that now we are bitter. We then tell ourselves that is why we might suffer from the spirit of rejection because of the relationships we were in. But again, that is not the root cause that's just a symptom. You must understand that symptoms cause other symptoms to happen. For example. When somebody has a fever like I mentioned earlier, that's a symptom. However, with that symptom, once your body begins to have a fever, other symptoms happen. Sometimes your body begins to shut down because of the fever. And then you must take other medicine and then that medicine might cause other issues. It's like a trickle effect. And many doctors love this because they get paid good money to handle symptoms. Without getting to the root cause of your issue. Then you find out all along that the fever that is causing all these other issues is just the symptom of this infection in your liver.

But my job today is to help you get to the root cause to allow healing to begin. As you can see, I've included stories in this book about my life. And for the longest, I assumed my rejection started from relationships that I was in, or the abuse I endured, I might even say, when I was living from place to place, with other family members, not being with my mom. I could give plenty of avenues, where my spirit of rejection entered. However, I have learned they are not the root cause of my rejection. My rejection stems from generational rejection. Do not get me wrong, I was also taught things that allowed the spirit of rejection to grow.

Unknowing, to my surprise I was born into rejection. I was a product of date rape according to my mother. She had been knowing this man for about two months. They met at a party and they both were dancers. One day on their way back from the movies they stopped by a friend’s house. This is where he took advantage of her. She was only 15 at the time of conception. She was told he was 19 but came to find out he was older. I only have my mom’s version of the story. I found this out years after my father died. So, here begins my journey “rejected from the womb”. My mom did not want me, how could she I was a reminder of her innocence being taken away. How her life would change forever. Can you imagine at age 15 knowing if you continued in school you would have to do it with everyone knowing your sin. Oh, the humiliation that she must have faced.

Knowing this about my past is how I got to the root cause of the rejection   
I faced in my life. This is where the real healing began for me. Because what I was facing had more to do with generational curses than it did with the present. I had to deal with what was before me in order to deal with what was in front of me. God helped me realize I had to pluck up the root. Now that I think about it, before knowing this, I was just dealing with the branches and kept wondering why they kept growing back. I felt like this is something I had dealt with before and I was wondering why am I seeing it again. I was like Lord what lesson did I not learn. The truth of the matter is my roots had never changed. It was just a new branch growing, appearing to be different but coming from the same source. There was so much in this root. Which included bitterness, anger, unforgiveness, fear, resentment and more. It reminded me of the sycamine tree Jesus talks about. A sycamine tree can grow thirty feet or more, because its roots are so deep in the earth. It is very difficult to kill according to renner.org. In Luke 17 Jesus was talking about bitterness and unforgiveness and he used a sycamine tree as an example. When Jesus spoke of other obstacles he would say speak to the mountain and it shall be moved. But in this instance, he did not use mountain instead he said sycamine tree referring to the roots being so deep that you need to pluck them up. That bitterness and unforgiveness is something that continues to grow and grows fast. With mountains they reach their peak and stop, they are just big and in the way. But sycamine trees grow fast and are rooted deep and cannot just be moved. You must instead dig deep to get to the root to pluck it up. The Greek word for sycamine having Hebrew origin is sykaminos it means “in imitation of”. This is another reason Jesus used sycamine tree because it appears to be something it is not. Most people think when something is deep rooted it produces something great. But in this case, it produces fruit that does not resemble its tree. Just like the enemy to facade itself. To appear to be one thing while having the source of something else.

My steps to healing were acknowledging rejection existed that I had felt rejected most of my life. Then I had to cipher through all my rejections to see where it started with me. Meaning I had to go back to the time when I could remember being first rejected. Then I had to sit in that moment and feel everything I should have felt back then. I had to put a voice to those feelings. Then I had to ask myself what in me told me this should hurt, why did it hurt, why did I have to let it cause me to be silent and not verbalize how I felt. What in me told me to remain quiet. These are the questions that help you get to the root. Your goal in this healing process is to see where it began for you. Get to the source that caused you pain or the source that resembles pain that may not be pain. Remember a sycamine tree resembles something it is not. If we had put words to the feelings in those moments the spirit of rejections would not exist. It only comes when we do not verbalize how we feel, instead we internalize and give it space to grow.

Other key points to my healing process was: receiving Christ love; becoming a new creature in Christ Jesus; seeing myself different; loving who loved me; being the change that I wanted to see in others; and teaching others how to heal.

B. Forgiveness: Discuss the role of forgiving oneself and others as a crucial step towards healing.

Forgiveness is a key component to healing after you have filtered through all the hurt and pain and suffering. After you have acknowledged everyone who participated, who took part in your suffering, you have to now be willing to forgive them. You must be willing to let it all go because all it does is continue to hurt you. They're living their lives and have moved on. A lot of times they don't even remember hurting you. Yet when you see them: you're disgusted, you're bothered, you upset and can't think straight. Forgiveness is a gift it releases you from all the burdens that you have placed on your shoulders. Forgiveness is a decision, it's not a feeling you literally have to decide to forgive. In the moment you may not feel like you've forgiven, but again you must tell yourself it was a decision that you made. You must keep forgiving daily because you may not feel it today, tomorrow or next week. But God is taking your decision to forgive in the natural and adding his Supernatural to free you of the weight of it. After making the decision to forgive, eventually you get to a place to release the person of everything they have done wrong to you. You release them to do well, you release them to prosper, you release them to go forth in life. This is true forgiveness. This notion of forgiving them, but I won't forget, is not forgiveness. It is still a mindset of holding something over someone’s head. True forgiveness is I forgive you and release you as if you never done with it. Now this doesn't mean you have to have a relationship with them or be friends. Forgiveness is not for the person. It’s truly for you. You are releasing it off your life. You no longer have to drink the poison. This is what people say when you don’t forgive it is equivalent to drinking poison and expecting someone else to die. It’s intended for somebody else but you're drinking it. Forgiveness allows you to live again, it doesn't mean the other person doesn’t deserve to go to jail. It does not mean they don't deserve some type of repercussion, but that's not necessary up to you, One should put in God hands to handle. If it's a situation of abuse or rape or anything like that then yes, they deserve to go to jail. You are still supposed to forgive it's for you not for them. Most of the time whether you forgive or don’t forgive the person, they don't even know it. Again, forgiveness is for yourself that you're not mine boggled by the distraction that another person has caused. When we go through suffering it’s the thing that makes us reject God's love. When we go through a lot of pain and hurt from other people, we no longer see God as loving. We begin to question if God loves us and why am I going through this? Why did this have to happen to me. We talk about other people rejecting us, hurting us, and disappointing us, but we do the very same thing to God. The minute we go through pain, trials, and tribulations we now reject and disappoint God in our response. We wonder if He would allow us to lose a baby, get a divorce, bury our parent or a significant other do He really care. Once we question those things, we begin to reject his love, which makes it hard for us to forgive others because we haven't even technically forgiven God. We are holding something in our hearts against Him. According to scripture in Matthew 6 the bible says forgive our debts as we forgive our debtors. This insists we are only forgiven to the level that we forgive, and that is dangerous. In other words, I can only be forgiven for what I forgive someone else for. If I only forgive somebody a little bit, God is only forgiving me for a little bit. Can you imagine everything you said or done that you want forgiveness for, if you don’t forgive others for those same things, you won’t be forgiven. Wow forgiveness looks different from that perspective. We must learn how to forgive quickly so that it doesn't hold us back. That it doesn't turn into bitterness. That it doesn't turn into anger. This is how rejection enters, because we don't deal with what's really going on in our heart, our mind, and our soul. One must address it quickly. Be able to say it and get it off you. Examples: that hurt me; that bother me; I don't like when you said that. I don't know if you intentionally did it or not, but I can't walk around, holding that in my heart. Give them a chance to respond. If it is a misunderstanding let it go. Check to see if it becomes a pattern. Have a conversation with God and begin to forgive and release them from that.

C. Scriptural Guidance: Highlight key scriptures that offer comfort and guidance in overcoming rejection.

**1 Peter 2:4** To whom coming, *as unto* a living stone, disallowed indeed of men, but chosen of God, *and* precious,

**Isaiah 49:15** Can a woman forget her sucking child, that she should not have compassion on the son of her womb? yea, they may forget, yet will I not forget thee.

**Isaiah 53:3** He is despised and rejected by men, A Man of sorrows and acquainted with grief. And we hid, as it were, *our* faces from Him; He was despised, and we did not esteem Him.

**John 1:11** He came unto his own, and his own received him not.

**John 15:18** If the world hate you, ye know that it hated me before *it hated* you

**Luke 10:16** He that heareth you heareth me; and he that despiseth you despiseth me; and he that despiseth me despiseth him that sent me.

**Psalms 27:10** When my father and my mother forsake me, Then the LORD will take care of me.

**Psalm 94:14** For the LORD will not cast off his people, neither will he forsake his inheritance.

**Psalm 118:22** The stone *which* the builders refused is become the head *stone* of the corner.

**Roman 8:31** What shall we then say to these things? If God *be* for us, who *can be* against us?

Scripture that come against rejection

**Roman 15:13** Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

**Psalm 139:13-14** For thou hast possessed my reins: thou hast covered me in my mother's womb. I will praise thee; for I am fearfully *and* wonderfully made: marvellous *are* thy works; and *that* my soul knoweth right well.

**Psalm 34:17-20** *The righteous* cry, and the LORD heareth, and delivereth them out of all their troubles The LORD *is* nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit. Many *are* the afflictions of the righteous: but the LORD delivereth him out of them all. He keepeth all his bones: not one of them is broken.

**1 Corinthians 3:16** Know ye not that ye are the temple of God, and *that* the Spirit of God dwelleth in you?

**John 14:16-18** And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; *Even* the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you. I will not leave you comfortless: I will come to you.

 Chapter 4: Practical Steps to Healing

The first step to my healing process was acknowledging rejection existed that I had felt rejected most of my life. Then I had to cipher through all my rejections to see where it started with me. Meaning I had to go back to the time when I could remember being first rejected. Then I had to sit in that moment and feel everything I should have felt back then. I had to put a voice to those feelings. Then I had to ask myself what in me told me this should hurt, why did it hurt, why did I have to let it cause me to be silent and not verbalize how I felt. What in me told me to remain quiet. These are the questions that help you get to the root. Your goal in this healing process is to see where it began for you. Get to the source that caused you pain or the source that resembles pain that may not be pain. Remember a sycamine tree resembles something it is not. If we had put words to the feelings in those moments the spirit of rejections would not exist. It only comes when we do not verbalize how we feel, instead we internalize and give it space to grow.

1. Practical steps include knowing your triggers. Help readers recognize and understand their personal triggers related to rejection.

Here are a few practical steps to Healing. Practical steps to healing are **acknowledging** that something is not right. That something is wrong in your life. That you're not living your best life. That you lack in areas. One of the most important, practical steps is acknowledgment. When one acknowledges things, then your able to see where you went wrong. How did I get here? How can I move forward? What can I change? What can I do different? But when you don't acknowledge that there is an issue what is there to heal. After you acknowledge that there's an issue you then begin, to see what the **root cause** of this issue is. Where did this stem from? Where did this start from you. Once you get to the root issue then you begin to establish a cure, **a plan of action** of how to get well. How do I get this out of my life? What do I need to do? What do I need to stop doing to make this change. After getting to the root cause, then you begin to create a plan of action. Once a plan is established then you begin to implement it and make sure you follow through, make sure that **you're consistent**. Your plan doesn't mean you won't have to set back but you keep moving forward. Don't dwell and stay in your past but continue to think about the future.

Next create boundaries about what things to stay away from, and what things might trigger you. Think about it, this is still a healing process, and it is not always done overnight. Sometimes this is a lifelong lesson. Therefore, create boundaries so that you're not easily triggered. You're not easily offended

In the healing process you had to first take a reflection of yourself. One had to first see what triggered them, where they felt the most rejection. Then one had to go through the understanding of why it felt like rejection. To question all beliefs that told you it was rejection. Once you tackled the why. Your perception should have somewhat changed.

Other parts of the healing process: receiving Christ love; becoming a new creature in Christ Jesus; seeing yourself different; love who loves you; be the change that you want to see in others; and begin to teach others how to heal.

1. Renewing the Mind: Teach practical methods for renewing the mind, including positive affirmations and scripture memorization.

To know that you do not have all the answers is a vital part in renewing one’s mind. You must be willing to change. Merriam defines renew as “to make like new**:**restore to freshness, vigor, or perfection”. I also like how Cambridge defines it “the act of starting again or starting to do something again”. Here are some steps to renew one’s mind.

Regenerate: be spiritually reborn again or converted; a new birth; transformation. You see the errors in your ways. You believe in something different. You desire to become more worthy.

Revive: become active again; restore to existence; to function. Go back to God’s original intent for one’s life. The Hebrew word for “revive” is Chayah and means to bring back to life, to restore to consciousness.

Rebuild: make extensive changes: recognize repairs are needed. You become aware that you have ware and tear, and reconstruction is needed.

Repeat: to present oneself again; be consistent; to not give up; to duplicate.

Resume: to take back your rightful place; to start again; to reclaim; to return after interruption.

Replenish: to supply; to fill up again; to add to; to give; to not lack; to nourish.

Once your mind has been renewed, then you heart can be renewed. You will begin to see yourself differently. One of the most important things is to love who God made you to be. To do this one must have relationship with God to know how He sees you. To know His purpose for your life here on earth. Here are a few practical ways to renew your mind.

Create a relationship with God

Read the word of God

Repent daily

Pray

Forgive

Replace lies with the truth

Have a positive attitude on life.

Rid yourself of toxic friends

Want more for yourself than what you see

Know that you are in control of the outcome of your life and not man with the help of God.

C. Building Confidence: Offer strategies for rebuilding self-esteem and confidence through faith-based practices.

Esteem is the respect and admiration you have toward someone. Therefore, self-esteem is the respect you have for yourself. It is one’s perception of themselves based on their opinions and beliefs. How they value and see themselves.

Low self-esteem is equivalent to having your esteem diminished by the actions of others as well as no confidence in self.

Don’t measure yourself against others but against your best version of yourself. We are all meant to be different and achieve different things. The best way to measure growth is to compare yourself to yourself. People who are the best in their fields don’t compete with others. They compete with the last version of themselves for the greatest achievement.

Be Realistic- don’t dream above the work you put in.

Be honest with yourself- don’t exaggerate or lie to keep up appearances

Identify area of opportunity to Grow- know your short cummings and seek help,

Be open to change- no one is perfect, remember growth requires change.

Be kind to yourself- It’s okay to make mistakes, own up to it and try again.

Surround yourself around positive people- look for people who enjoy life. They see the glass half full versus half empty.

Live from the present and not your past- put your past behind you and strive for what is in front of you.

D. Creating Healthy Boundaries: Discuss the importance of establishing healthy boundaries to protect oneself from future rejection.

Learn not to deal with people who create unhealthy patterns in your life. This is when you must create boundaries to protect yourself in ways not to distance yourself, not to put walls up. There's a difference between walls and boundaries. For example, a boundary could be a gate or a fence, where you can still see me, and I can see you. I just have something slightly there to protect me, but I don't mind opening the gate or door to the right people. Meanwhile with a wall I can't see you, nor can you see me. In this instance I don't know if you're good or bad because there is something blocking my vision. Yes, a wall protects you and keeps the wrong people out, but it also keeps the right people out. You must know the difference. However, boundaries allow you to let the right people in your life and prevent the wrong people from entering. Boundaries are like having an entrance and exit. Whereas walls there is no in and out that is the difference.

We all need boundaries in our life. We just need to demonstrate what those boundaries are and then we must keep them. One must remain consistent with their boundaries. It's ok to set boundaries. It's ok for people to honor your boundaries. When people want to talk against your boundaries stop them. Don't allow people to minimize your boundaries or talk bad about them. Set your boundaries and stick to them. It makes people respect you more when you honor your boundaries. There are times when you need to reset your boundaries, because you have changed or evolved. Therefore, boundaries should change and evolve over time. Boundaries allow you to love freely without feeling like someone is taking advantage of you.

Chapter 5: Living Free from Rejection

1. Christ living through me: Explore how embracing a new identity in Christ transforms one’s outlook on life.

There are many ways to deal with rejections. The truth lies in how you see yourself through God’s eyes and not man. When you see yourself, the way God see’s you rejection is not a factor. In the beginning of time, we were rejected by God when sin was among us. It was through Jesus Christ that we were able to be connected to the Father again. Without Jesus sin is always present. Once we got adopted into the family of Jesus Christ, we became new creatures.

For the longest I had just been existing and not living. But the minute I began to remove the residue that was on me, I am now living my life to the fullness. And there was so much that God had in store for me. That I was not able to receive, because I was just existing. But now that I'm walking in the freedom of this life that God gave me, daily things are being added to me. He wanted us to “prosper and be in good health even as our soul prosper.” That we can be here and accomplish what he sent us to do. It doesn't mean that life won’t be lifeing. It doesn't mean that things won't happen in life. But you don't have to let that become your life. That is one thing rejection tries to do. It tries to become your life. That you operate from a state of rejection from a place of rejection. But Jesus Christ has already given us the victory. So, I now operate from a place of victory. Knowing that he's already done it. It makes me think differently. It makes me act differently. It makes me believe differently. One of the ways I walk in total freedom is I do not take everything personally. I have realized, it is not always about me. It's about the one who sent me. So, some things that I want to do in life and want to be a part of God did not call me for that. And so now I see rejection as a form of protection.

When people are rejecting me, saying I’m not supposed to be a part of this, or they don't want me to do this, I now look at like I am not supposed to be a part of it. So I'm OK with you rejecting me. I prefer you to reject me to my face rather than after the fact. Don't let me be a part of something that you really do not want me to be a part of. Tell me hey we don't have enough space. Hey, this is not really for you, OK? I'm so secure in who I am with Christ Jesus. That your no’s are a blessing to me. Because now I understand them, before I didn’t. And I was processing rejection the wrong way. But through growth I have learned how to process rejection.

My focus lately has been getting rid of the residue that rejection had caused all those years ago. This includes my childhood, teenage years, young adult life, marriage and even divorce. All those things we go through create a residue if you are not careful. But now I'm free of that residue. Because think about it, I no longer need it. If I'm truly saying that I am healed in this area, then I no longer have to put up walls to block people from getting close to me. I no longer have to be a yes person that says yes to everything. Thinking I need to please everybody for them to not reject me. I can say no to things. Also, I no longer have to be a one-man island. The mentality I can do it by myself. Because I fear rejection. I'm at a place in my life that I need people. There are things that I need to accomplish, and God has sent them as a resource to help me. What do I look like telling the Father no I don't need them, I can do it by myself. If that's the case, we would have already done it. The question should be, why haven't I done it yet if I quote don't need anybody. We have to remember God uses people. In the same way that I am saying that God is using me to accomplish things in the Earth, He is also using others. And a lot of times we block our blessings by blocking the ones that God sent to help us to accomplish things. There's a saying that people are either in your life for a reason, season, or lifetime. You must determine what their position is.

Total freedom means I'm not afraid to be in relationships because they might leave me. The Grace that God has open my eyes to see allows you to leave freely. Because again, it's protection. I would have loved to know this sooner. That a person rejecting me was my protection. I would be in a better headspace. If I hadn't known that. But thank God for His mercy and His grace. That I now have the knowledge of that. This is how I now live my life that your rejection is just God's protection. And there are times we do not want to see it that way. But when you go back and look over your life, everything you were rejected from was God's way of protecting you. Just think about all the things that you were rejected out of. A lot of those things you weren’t supposed to be a part of. Honestly something you didn't even really want to be a part of. You just wanted to say oh I got in. But we just need to take a moment right here and thank God for rejection.

Rejection has kept me from a lot of hurt, harm and danger. Imagine the circle you would have been in, and where those people are now? Some are not for the better. Some are far away from Christ. Some situations would have had you in jail, or even dead. Thank God for rejection. The thing I've learned throughout all of this is that no matter what I go through I doesn’t have to become my life. Meaning If someone hurts me, I don't have to live in a place of hurt. I don't have to respond from a place of hurt. No matter what it is in life that I go through whether it be health, whether it be financial strain? I don't have to live in that place. And too many times we often live in that place. For instance, if I'm in a bad financial situation we tend to live in a place of poverty, not having enough or lacking, and then I begin to position myself as though that's my life. And it is not. And so we have to change the narrative. At this point in my life this season, this situation, I didn't have the funds. It could be my fault because I didn't do right. But it doesn't mean my tomorrow has to be based off yesterday's decision, if it doesn't benefit me for the better. That goes for sickness as well. Example, you might have a health scare or maybe the doctor told you they found a lump, and they need to check it out. That is not your life. That's a situation that God is going to handle, if you let him. Having a mindset that you now have cancer hinders the healing process. Walking around living your life as though you have cancer hinders healing. Not wanting to be around people, not wanting to do anything, just lying in bed tells your body you do not want to fight the issue going on. Whether you have cancer or not you need to walk from a place of healing. Knowing that God is able, knowing that God has already did it. Yes, you may make changes for the better. You might even start to eat better, to exercise, or even get rest. All those are good things you need to do anyway. Just don't start to operate from a place of defeat. A place of well, I won’t start anything because I may not be around to see it. Imagine creating habits based off the fact you receive radiation. After receiving radiation, you may be told to not do certain things, like be around pregnant women. This would just be a temporary situation. Are you not supposed to not be around pregnant women going forward? No. You don't begin to live every day like you get radiation every day. Our hope is that this is temporary.

Another example is, say that you are pregnant and based off your pregnancy you are carrying this baby for what some may say nine months and it could come sooner. However, the goal is nine months. With being pregnant you begin to create these habits based on your pregnancy status. The doctor wants to make sure you're eating enough, getting plenty of fluids, because now you're feeding for two. Then you prepare and buy bigger clothes because over the next few months you're going to get bigger and need to wear more comfortable clothes. You may stop smoking. You may stop drinking. Which are good habits to kick anyway. You are told to keep yourself from going through radiation or having X-rays and different things. This is why they always ask if you are pregnant to prevent possible harm to the fetus. They tell you to stay away from certain medication. You may have morning sickness, become lethargic, or your feet may swell. All kinds of things could happen during your pregnancy. People may tell you to eat or stay away from certain foods, they may tell you to do certain stuff to prevent it from being worse than it could be. After going through the trimesters, you now have this baby. A healthy baby we pray and Thank Jesus for.

It's been three months since you had the baby. However, you are still acting as though you are pregnant. You are still walking around holding your back. You're still holding the chair before you sit. You're afraid to eat certain foods because you do not want to harm the baby that's no longer there, and you're not breastfeeding. When you go to a doctor's visit you tell them you can’t do Xray cause you pregnant. And they're like, ma’am, you're not pregnant. It's though you still operate as though you're pregnant. You find yourself doing things as though you're still pregnant. You are still buying big clothes and you're no longer that size.

So, imagine you having pregnancy residue. At one point in time, you were pregnant, and you had to make a few changes because you were pregnant. Now you are no longer pregnant, but you are keeping those changes. I'm not talking about the good changes, the eating, better, the no drinking. Instead, you are still talking about you are eating for two and you still got morning sickness. Now most of us would say there is probably something mentally going on with you. But can you imagine having the residue of pregnancy on you and you're not pregnant. So that's how we have been operating in life with the spirit of rejection.

We have created habits as a protection to keep us from going through rejection. But if we are honest, we are now rejecting ourselves from having a full life. We are just existing in this world instead of living to our fullest potential. God does not want that for us. He wants us to be the light of the world. We should be shining wherever we go. Being the one that stands out, the one that is different. The Father does not want us to operate from a place of defeat, depression, poverty, bondage. That is what the enemy wants because the bible says he comes to steal, kill, and destroy. Instead, God wants us to operate from a place of victory, joy, wealth, liberty which in totality is freedom. Jesus says I have come that you may have life and life more abundantly.

B. Fruit of Freedom: Describe the joy, peace, and fulfillment that come from living free of rejection’s residue

C. Encouraging Others: Empower readers to support others in their journey towards healing.

Along this journey of riding yourself from rejection and the residue that follows. Make sure you encourage others to do the same. When you help others, it frees you of your own self-pity. When you become free it easier to free others. If you recognize others struggling with forgiveness or resentment, teach them what you have learned. Be willing to be the testimony they need. **Matthew 5:16 tells us to “Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.”** Another one that hit close to home is **Revelation 12:11 And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.**

We can defeat the enemy not only by the blood of the lamb but also through our testimony. Letting the world know how God has healed us and set us free. It is through your testimony that others can relate. We are kingdom citizen seeking to bring everyone to Christ. According to **Romans 10:14: But how can they call on someone if they haven’t trusted in him? And how can they trust in someone if they haven’t heard about him? And how can they hear about someone if no one is proclaiming him?**

You do not have to be a preacher to be the sent one. God has called us all to a group of people to lead and guide. So go and let your light shine so the world may know who your Father is.

D. Conclusion and Blessing: Offer a concluding blessing and prayer for readers to walk confidently in their newfound freedom.

I have taken you through my life where rejection had left residue that I was not aware of. To show you the decisions I made that hindered me. My hope is that from my point of reference you may spot residue that may be on you. This attempt is to help you identify the root cause of rejection in your life that you may begin the healing process. And for those who have already started the healing process, being able to spot residue to remove that you may be totally free and make better decisions.

Prayer