BECOMING FREE FROM THE RESIDUE OF REJECTION

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Introduction

What if I told you that everyone has been rejected. Would you agree or disagree? I can't speak for all, but most people at some point in life have experienced rejection. However, there are others of us who suffer from the spirit of rejection. Not only are you rejected, but you build a lifestyle out of rejection. Which keeps you from your potential because you see and view everything through the lens of rejection. In the since that we all experience rejection some see it as a ladder to climb, while others see it as defeat and will not even try anymore.

Rejection can happen in many ways. I’m here to breakdown what rejection is according to the world as well as how God sees it. There are a few other areas I will be covering. For instance, where does rejection come from? Is it inherited or were you taught this? What rejection looks like from the natural eye as well as the spiritual realm. What do the process of healing look like? Does rejection have residue that others can see? Is rejection just a thorn you learn to live with, or can you have total victory in life beyond rejection?

Allow me to take you on a journey of my life as we define the spirit behind rejection, and the revelations God has given me to help others identify what is hindering them.

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Now I want to take you back 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 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.

Chapter 1 What is rejection?

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 basic type 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.

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.

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.

Shortly after my grandma died, I lived with her best friend. Not sure for how long, but this was my first time not living with family. Although they became my family. She had two daughters and one son. They were all older than me. They lived in the same neighborhood. They lived in a trailer which was nice compared to the project apartment we lived in. What we would call a duplex now. I grew up different than most kids my age at the time. I knew more than I should have at my age. It was due to most of the people I hung around being older than me. I lived there because I didn’t want to change schools. My mom was living in another city and was still married. This begins my journey of living from house to house in and out of my mom’s house on the weekend. Most of them were family members or friends of the family. A lot of it was due to me wanting to go to a particular school, but this is where I talk about my mom never telling me no. No matter what I asked for I received.

You know how kids ask for stuff that should be a definite no? Well, when they don’t get their way, they may throw a tantrum or may even say I hate you. Other phrases could be I don’t want to live with you, I want to live with my grandparents, or I want to live with my dad. Most of those times you tell your child to go to their room and don’t come out. Then they get over it. They get mad but you tell them they better get glad. Maybe the worst thing they could do is run away and then come back. Well, my mom was different when I asked, she was like ok you want to stay where? I got to stay with all these people, now some would be family don’t get me wrong they wouldn’t be complete strangers, but they weren’t my mom. So, though I knew she loved me she still left me to pursue her own life.

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 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 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.

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.

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. This is where I thought rejection had started for me. But boy was I wrong.

Did you know that when a man cheats on you it’s just another form of rejection. Most of us would all agree with that. However, a lot of the time we say it’s not you it’s him. Let be honest it does not feel that way when it happens. For instance, it’s not like they cheat and leave. They cheated and still want you. It would be easier if they left. But instead, they say I don’t want you out of my life or to break up or to divorce you, no, I want you. But I just want to put my Ding-a-ling in somebody else as well. This has nothing to do with you. I love you I need you, but I just have this desire to stick it somewhere else. Of course, they are not this brave to say this way, but it is the truth. It’s as though they want you to be okay with that, like don’t go nowhere don’t leave me. I will take care of you. I’m a provide for you. I will make sure you want for nothing, just don’t get mad if I sleep with someone else. Don’t even get mad if I end up getting somebody pregnant (a story for later). 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 Kourtney 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 Kourtney 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 now 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 after my first year in college. We were both young and did not understand what a marriage required. Learning about God was my attempt to freedom.

My mistake was I began to put this guy 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. The problem with rejection is when you begin to reject 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. Kourtney became all things to me.

I need to clear up this ending for this section.

Another example of romantic rejection

You here all the time that love knows no bounds and it just means that sometimes your love goes beyond what is humanly possible or what should be humanly possible. There are time you hear people ask how can you love that person, how can you love them knowing what they did and doing to you. Remember love sees no wrong. That is what it truly means when it says love has no bounds. Love doesn’t know how to stop loving, it just does it just continues to love. Which can only be Agape love. The bible tells us this in 1 Corinthians 13:4-7.

Love never gives up.

Love cares more for others than for self.

Love doesn’t want what it doesn’t have.

Love doesn’t strut,

Doesn’t have a swelled head,

Doesn’t force itself on others,

Isn’t always “me first,”

Doesn’t fly off the handle,

Doesn’t keep score of the sins of others,

Doesn’t revel when others grovel,

Takes pleasure in the flowering of truth,

Puts up with anything,

Trusts God always,

Always looks for the best,

Never looks back,

But keeps going to the end.

It takes the will of God to love people that you think are unlovable. The will of God to love people that are mean, abusive or evil. It takes effort, and when you decide to love people beyond what they give you it’s a glorious thing, but at times it can be very hurtful. In my latest marriage I learned that all too well. Although I’m happily divorced now just needed to point that out. In that marriage I learned to love and what I mean by that is it wasn’t easy. It didn’t always come off sweet and amazing, there were moments when it happened, and there were moments where I just had to make a sacrifice to love. I wanted to love him beyond where he was. I wanted to see the very best in him. I wanted to see that change could happen, I felt if I loved him like Jesus Christ, loved me that things would be different. That he would see himself differently and that my love could open him up to a world he had never seen before. I wanted him to see God through my love, which means you literally have to be calm No longer selfish to self, it can’t be about you. Literally a person has to die to themselves. It’s hard but I knew in order for that marriage to work that’s what I had to do. One day I had to ask myself, “are you willing to die to self in order to make this marriage work. Now hear me and hear me clearly oh it was possible. I knew it could have worked, but again the question was, are you willing to die to self to make it work. For most of us we might say yes, if we knew it was going to work. However, when you think about dying to self, it is no easy task. It means you might literally die to your dreams, your desires, your wants, your needs. Again, you die to self. It is no longer about you. Honestly how many of us are willing to do that. For certain people we are willing to do that, but certain ones we’re not. Again, it’s easy to love people that are lovable. It is easy to die to self to somebody that you think is deserving and worthy of it. But are you willing to die to self to somebody that’s unlovable in your eyes that is unworthy that doesn’t give back that constantly take take take take take take, the question that goes through our heads over and over again what am I willing to sacrifice to love you and for me at times I was willing to sacrifice it all, but there are two areas that kept me from that. one being I wasn’t willing to share I was willing to love this man beyond what I was capable of in my thought process I was willing to love him beyond the hurt, the mental abuse the frustration and irritation beyond not feeling like I’m receiving love and the ups, the downs, the one minute he’s on 10 the next minute he’s on one, but what I wasn’t willing to do share. I feel like there is no way that I’m willing to go through all this and on top of that I gotta share you with somebody else no and don’t get me wrong. I thought I could there were times that he cheated and I for gave, and he cheated again, and I for gave, because again, I was trying to die to self to go beyond my heart and I love this man unconditionally as Christ loves me.

I have more for this section just need to edit the rest.

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 walkout 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 begin 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”.

But in this last relationship I decided to be different. I had become closer to God. I wanted to honor God and my Husband. I thought I had let all the walls down. But maybe somewhere still left. Maybe the residue from the habits I had created were not visible.

I have a little more to add here this section can also go in another spot I was not sure where it needed to be.

Chapter 2 Where does rejection come from? Just giving a glimpse of what it will be about

Can you believe it that at one point God rejected us. When Abraham had a child without his wife Sarah that child was rejected. That was a whole generation of people that was not considered the chosen people. If you were not a Jew back in Old Testament times you were rejected.

Generational

Have you ever considered Generational rejection. You often hear about relational rejection which we will discuss later. But we were rejected as a people first. We were brought to a country where the people did not like us. They used us as slaves. That is rejection at its finest. And to think it started with our own people. Even other parts of the world reject Black Americans. Depending on what part of the country you were born in, certain cities reject you. The people in your neighborhood reject you. Then you may be rejected based on your gender referring to male and female. Then rejected in our personal families. The list could go on. We have the opportunity to be rejected in every area of our lives. Rejection stems from the beginning of time.

Relational

The beginning will start off addressing relational rejection. Followed by personal examples of it.

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.

This section is also not finish it may be section 2 of chapter 1 or I might make it chapter 2 let me know what you think

Chapter #3: The process of healing from rejection

Identifying the root cause

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 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 go 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. Instead, it was from birth. 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. 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 finished school you would have to do it with everyone knowing your sin. Oh, the humiliation that she must have faced.

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. I begin to pluck up the root. Now that I think about it, before, I was just dealing with the branches and kept wondering why they kept growing back. I felt like I had dealt with this before 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 fosage 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 parts of the healing process is: 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.

How to respond to new rejections.

How Should one respond to new Rejections. One might wonder if there is a true way to answer this question. 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.

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. 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.

Here are several ways you should respond to rejections.

Every answer you cannot take personal. I will give an example

You must forgive quickly. I will give an example

You have to realize some No’s are protection. I will give an example

You don’t measure yourself against others but against your best version of yourself. I will give an example

The Aftermath of Rejection

Chapter #5: The residue rejection leaves.

I did not realize the impact rejection had on me. Even after years of conquering it. It wasn’t until I was 43 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 turned 43 and had a teacher, she 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.

However, I got called out during the time 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. I had been given an 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, she told me that I can see you only do what is asked of you, you do the bare minimum. 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 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.

Chapter 6 Total Freedom from rejection and the residue that follows

Even Jesus was rejected. And the Bible gives us many stories of His rejection happening one after the other. However, this rejection never detours Jesus from bringing us the victory that we now walk in. Freedom from rejection and residue, what should it look like. It should look like you are free to feel. That you are free to be hurt and process it, without it becoming bitterness, or no self-control. That it puts you in a depressive state. Think about it Jesus own brother rejected him according to John 7. People he knew and grew up around rejected him. Mark 6:4 states Jesus said a prophet is without honor, but in his own country, and among his own kin, and in his own house.

There were many times the Pharisees and Sadducees rejected him. But he was still sent here for a purpose. And he accomplished his purpose. And the same goes for us. We are sent here for a purpose. And we cannot continue to allow rejection to hinder us for the purpose that God sent us for. When you truly know who you are in Christ and no longer looking to man to be your answer or tell you who you are, rejection no longer has a hold on you. You are able to hear you're not needed or wanted and process it correctly, and still move forward in life. The bible says Jesus has come to give us life and life more abundantly. So when you're in total freedom, you walk and life more abundantly.

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, I would have already done it. The question would be, Why I haven't done it yet if hand quote I you don't put 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 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 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.

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 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.