Fighting off Rejection

Outline

1. Understanding Rejection

**Section A. What is rejection? Did you inherit it or is it something you placed on yourself?**

Chapter 1. What is rejection? Define rejection.

1. Examples of rejection
2. Phases of Rejection

Chapter 2. Where does rejection come from? Spiritual aspect

1. Generational
2. Relational

Chapter #3 When did rejection enter me?

1. Birth
2. Childhood
3. Abuse
4. Death
5. Relationships
6. Church
7. Divorce
8. Healing from Rejection

**Section B. Now that you know the root cause why do you have so many symptoms?**

Chapter #4: The process of healing from rejection

Chapter #5: Unknown currently

1. The Aftermath of Rejection

**Section C. Rejection has a smell and others that deal with it can see it on you.**

Chapter #6: The residue rejection leaves.

Chapter #7: How to respond to new rejections.

1. Total Freedom from Rejection and Residue

**Section D. Do you live in a place of freedom or is there still evidence you just came out the fire?**

Chapter #8: What should the other side look like now that you are free.

Chapter #9: How to respond to new rejections. Not sure if this fits better in the previous section or not. I will adjust as time goes by.

Chapter #3 When did rejection enter me?

E. Relationships

I want to take this time to break down rejection that I have endured and face through relationship and what I mean by that is just taking you on a little journey of rejection one after the other, and still not totally getting all that God has for me. Do you know that when a man cheats on you it’s just another form of rejection and what I mean by that he still wanted me so it’s not like he totally got rid of me. 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. 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 stick it over here 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 went in it, 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, in my mind 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, this man showed me God for the first time in a different light. And I fell in love with the fact he knew God somebody more powerful than a song, and that he had a personal relationship with God and he’s like inviting me into the same space, he wasn’t selfish with it.

I began to put him above God, idolatry at its finest. Talk about idolatry and God’s stance on it to be continued

God had to show me the very ugliness of this person. I begin to put him so high like he couldn’t do no wrong. Talk about the reward of idolatry (narcissist partner) to be continued

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 take any more 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 it 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”.

To be continued