

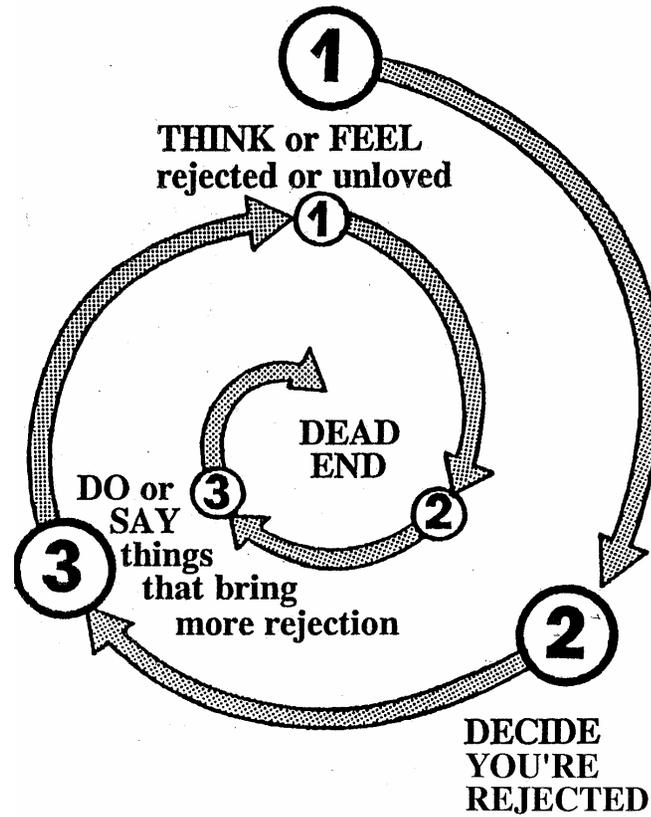
The Rejection Cycle¹

A. **JEPHTHAH**, Judges 11

B. **ESAU**, Genesis 25-27

A. Withdraw, refuse to take care of self, be clingy or irresponsible, choose unhealthy relationships, performance oriented, rescuer, etc.

B. Lash out, be angry and controlling

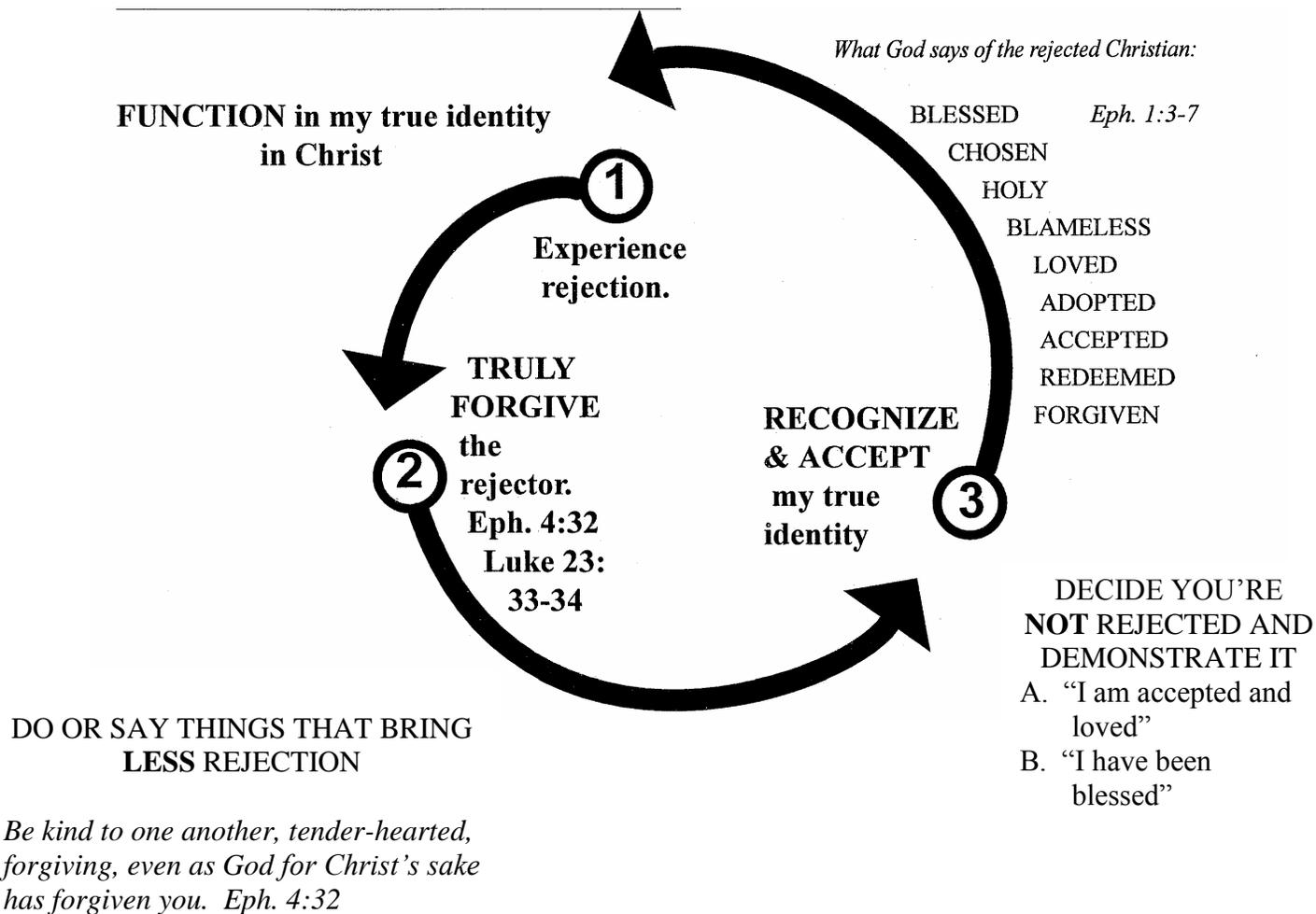


A. "I am rejectable and unlovable"

B. "I have been treated unfairly"

¹ This chart has been adapted from a diagram developed by Victorious Christian Living International 14900 W. Van Buren Street Building G, Goodyear, Arizona, 85338. Used by permission.

Overcoming the Rejection Cycle²



² This chart has been adapted from a diagram developed by Victorious Christian Living International 14900 W. Van Buren Street Building G, Goodyear, Arizona, 85338. Used by permission.

Homework Assignment on Rejection

1. Ask the Holy Spirit to bring to mind the people whom you feel have rejected you and make a list of them.
2. Allow yourself to get in touch with the pain and anger you have toward these people. If necessary, write letters to them (which will not be sent) expressing how you feel.
3. Make a decision to forgive and bless each of these people as you get in touch with your pain.
4. Evaluate your responses to being rejected. Have you withdrawn, neglected yourself in some way, been clingy or irresponsible, chosen unhealthy relationships, tried to perform for acceptance, or become a rescuer? Have you lashed out in anger toward those who hurt you? Ask God to show you any of these or other ways you may have responded which have brought on more rejection in your life. Ask forgiveness for whatever He shows you.