

Summary: Everyone gets rejected. When you are rejected, you might allow your hurt to control you and react by rejecting others or trying harder to please, which results in a living death. You can reverse the Rejection Cycle when you believe what God says about you. His truth enables you to respond in love.

There are two different ways most people react to rejection: you reject back or you try harder to please to avoid being rejected in the future.

When you keep trying to get someone to like you (or you try harder) you're going to end up being disappointed again and feel rejected... it ends up being a living death.

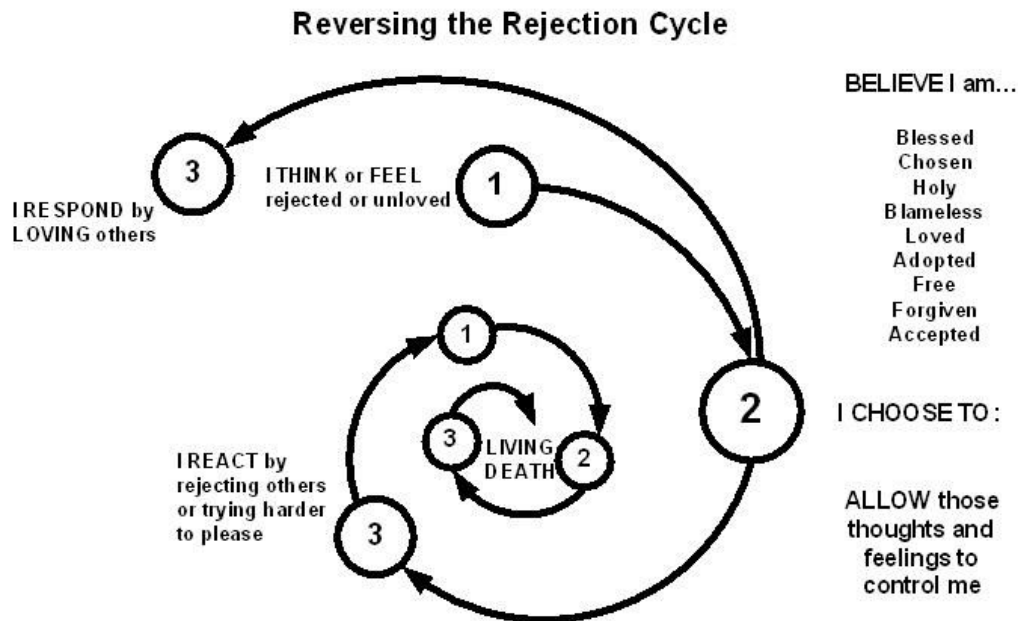
To get out of the rejection cycle:

- First tell God how you feel (be real with God). Psalm 62:8
- Second, renew your mind by reading scripture, trusting what He says, believing what He says. Ephesians 4:23-24
- Third, respond with love. Treat people how God treats us (with love). 1 Peter 3:9

In what ways have you been rejected or withheld love from the person who rejected you? In what ways have you attempted to avoid rejection by trying harder to please?

God doesn't want you living in a rejection cycle because it will lead to a living death.

You can't get out of the rejection cycle by ignoring it, or pretending the rejection didn't happen or trying harder to please – you have to make different choice.



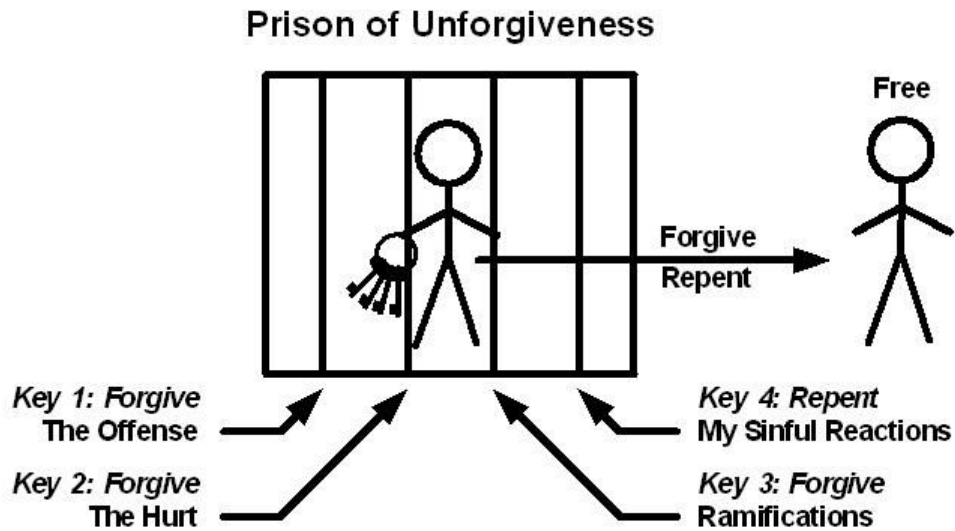
Summary: it is easy to judge and condemn people when you see them doing wrong things. However, when you choose to judge, condemn, and reject people, it leads to living death. You can reverse the judgment cycle by remembering that Jesus died for them. Then you will respond by accepting them.

When you judge you are taking god's place. This becomes a lifestyle that spirals into living death:

- Trying to control people and their circumstances so they will do the "right thing"
- Noticing other's faults all of the time.
- Having trouble admitting when you are wrong.
- People saying you are judgmental, intolerant or opinionated.
- Not trying to understand people, only wanting to see if they know what they are talking about.
- Never finding a church or job that suits you.
- Calling people bad names or mentally cursing them.
- Having hostile relationships with former friends or family.
- Doing the same things you judged others for doing.

Reversing the judgment cycle takes place when you remember that Jesus died for them.

How have I been making people around me miserable by judging them?
 We tend to judge in order to emphasize that someone has done a "wrong", but Jesus withheld judgment even though something was very wrong (John 8:10-11).
 In what ways do I need to follow Jesus' example of withholding judgment?



Summary: When you are sinned against, you need to forgive. Forgiveness means believing that Christ's sacrifice was the full payment needed for that person's offense. If you don't forgive someone who has hurt you, you end up in the prison of unforgiveness. You are set free from this prison by using the keys God has provided. The keys are to forgive the offense, the hurt, the ramifications, and repent of your own sinful reactions.

Forgiveness is not:

- Simply trying to forget
- Letting time pass after an offense has happened.
- Disregarding a wrong another person has done against you.
- Pretending an offense does not matter.

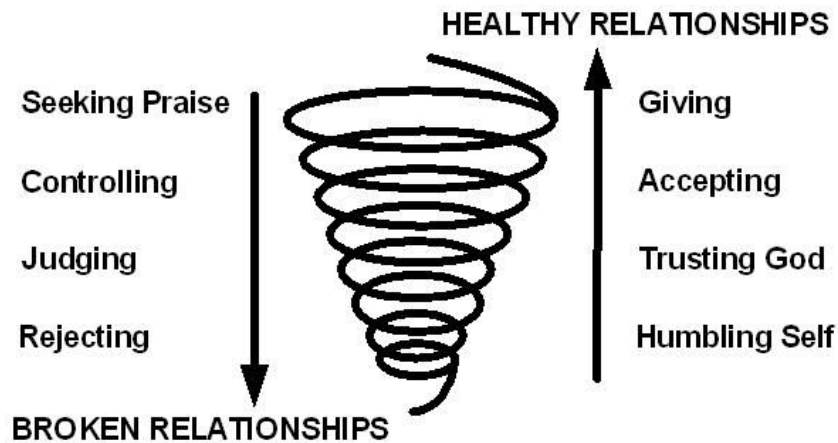
Regardless of how the offense happened, if you don't forgive you will never be truly free. Your offender is in the wrong, but you are the one in bondage.

Seeking forgiveness is:

- Seeing how you have hurt another person by your words or actions.
- Going to or calling that person.
- Saying "I was wrong" for what I did and asking for forgiveness.
- Doing everything that you can to make restitution.
- Responding quickly.

Who do you need to forgive? Take time to write out the offense, the hurt, the ramifications, and any sinful reactions. Then use the "Forgive and Repent Keys" God has provided, so you can be free from the prison of unforgiveness.

My Relationship with Others



Summary: Seeking praise, trying to control, judging, and reacting to others puts “self” first. Selfishness is a downward spiral into broken relationships. The opposite of selfishness is love. You can love others by humbling yourself, trusting God, accepting others, and giving yourself. Loving others is an upward spiral into healthy relationships.

When we seek praise from other people, or try to control or even judge them, we are in essence competing with God because these rights belong to God. This leads to broken relationships due to our own selfishness.

Giving love is the opposite of selfishness and it starts with humbling ourselves.

Philippians 2:3, “Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.”

1 John 3:18 “Dear children, let us not love with words or tongue but with actions and in truth.”

Loving others does not require feelings. It is best described as a decision to act lovingly towards others. You can offer a loving act even if you don’t feel like it. Is there someone who would feel loved if you humbled yourself? Can you trust God to work with the people you would like to see changed?