

Lesson 2B – Hindrances to Feeling Accepted, Loved, Right, and Secure

Instead of drawing near, we tend to run!

Heidi Baker had a vision while we were watching her speak at a meeting. It was a rodeo and they were having a calf roping competition. God was on the horse and people were running out of the stall. God would lasso them, jerk them off their feet, run over, and pin them to the ground. Then God would say, "Hold still and let me love you!" Hold still, and look me in the eye. I Love you!" Then He would put his head on their forehead and say, "You're mine!"

We all need to have the same image that the Prodigal Son had when he returned to his father after squandering his inheritance. Father ran to him, embraced him, covered his shame, and reaffirmed his position as his son. However, instead of drawing near, we often run away and hide.

*In the scriptures, **the opposite of love is fear (1 John 4:18)**. Fear shows up in many forms and manifestations like anger/rage, shame, guilt, rejection, withdrawal, hiding, blame-shifting, independence, rebellion, and disobedience.*

- In the Garden before the fall when Father came, Adam and Eve were full of joy, "Oh wow, it's Father!" But after sin entered in, it was, "Oh no, here comes Father!"
- Out of the shame and fear of being found out, they covered themselves hoping no one would discover who they really were now.
- *Out of fear of what Father might do or think*, they hid in hopes that He would not find them and confront them about what they had done. They were full of guilt.
- When we run from Father, we hinder our ability to receive His love, feel accepted, believe in our righteousness, and be secure in His protection and omnipotence.
- **The more we run and hide, the more difficult it is to hear His voice, know His heart, experience His presence, and see the acts and power of the Father in our lives.**

Why do we run from our Heavenly Father?

1. Rejection – **Rejection is the act of casting aside or throwing away someone or something as having no value, forsaking, and refusal to accept another.**

Causes of Rejection:

1. Unwanted conception – wrong time so feel they are a burden or health issues for mother
2. Wrong sex
3. Adoption
4. Abandoned in relationship- neglect as parents working all the time or military demands
5. Part of an abusive situation
6. Parent is alcoholic, has some form of mental illness, or early death of a parent.
7. Compared to another sibling
8. Peer rejection as a child – compared to other children or kids who say hateful things
9. Strife in the Home
10. Martial rejection – divorce – married singles
11. Job loss – passed over for promotion
12. Chronic illness or a parent in the hospital

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This rejection can cause us to respond with feelings of **inferiority, poor self-esteem, guilt, distrust, judgmentalism, hardness of heart, disrespect, rebellion, anger, bitterness, depression, competition**, etc.

- One of the biggest roots to all of our negative behavior is the *fear of rejection*. We can become **people pleasers, hypersensitive to what others think, defensive, or try to isolate ourselves or manipulate and control others** to avoid rejection.
- Throughout all of our lives, we experience either *perceived or actual rejection*, and the most impactful ones usually occur when we are children. As children, we do not know what to do with the pain that comes when someone rejects us, especially our parents who we want to please. The pain sticks in our heart.
- *Perceived rejection* usually comes through the **relational messages** we get from the devil that try to convince us that others don't love us, care about us, want to be around us, or to be a part of our lives. The other person may not have said or done anything that would point to there being a problem between us, but in our mind we are convinced that they actually have.
- **Rejection leads us to believing that there is something wrong with us**, that we don't belong, or that we don't have a place in someone's heart. There is a loss of significance and self-worth. We begin to hate ourselves.
- We may believe the negative things that other people say about us, especially our parents and those in authority over us like teachers, pastors, employers, etc. "Liar, stupid, ugly, dumb, no good, uncoordinated, clumsy, ignorant" can all become labels that begin to reinforce the lies we believe about ourselves.
- We begin to reject ourselves and may withdraw inside ourselves or pull away from others for fear of being rejected again and experiencing more pain.
- The *self-rejection* and *self-hatred* leads to feeling unloved, unworthy, unrighteous.
- We find it hard to believe that the Father would ever love us after what we have done or who we think that we are. We pull away from our Heavenly Father out of fear of being rejected or judged by Him. We are unable to feel accepted, loved, or secure. We also cannot receive His grace and mercy.

How to be set free from rejection

- The opposite of rejection is acceptance.
- We are loved and accepted by Jesus and our Heavenly Father. **John 14:21, Eph. 1:6**
- The Father loves us as much as He does Jesus. **John 17:23**
- You are His beloved son in whom He is well pleased! Don't allow anyone to take your joy from you. **John 16:22**
- Let your joy be full because of the finished work of the cross! **John 15:11**

Because we live in an imperfect world with imperfect people, we will have occasions to be hurt or offended. We will still make mistakes and may do something that we are not pleased about. However, as we move away from having an Orphan heart into Sonship, we can know that there is nothing that we could ever do that would cause Father to love us any less. Because of His love for us, we can say, "**It doesn't matter what anyone says or thinks, I am still loved by my Father.**" With the security of the cross and His love for us, we can forgive others and release them. Rejection has to go away! We are loved so we can love ourselves!

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2. Anger

- Anger is often a secondary emotion of fear, usually the fear of rejection.
- ***If anger is repressed, it often leads to depression.*** Repressed anger leads to dulled emotions and a dulled sense of purpose. There is no hope of getting free.
- Repressed or blocked anger can come out explosively in fits of rage (anger out of control) or "dumping on some else" all your frustrations and hurts.
- Repressed anger can make even insignificant issues trigger an explosive response because of all the anger stored up inside.
- Some other **symptoms of repressed anger** can be: procrastination, habitual lateness, sarcasm, sighing, frightening dreams, difficulty sleeping, boredom, drowsiness, clenched jaw or grinding teeth at night, chronic stiff or sore neck, depression, or stomach ulcers.
- *The feeling of anger can come from believing that we are trapped in our circumstances.* It comes out in blaming others, criticizing, being sarcastic, or putting others down.
- Anger can be used as a way of controlling others or the situation. We can intimidate others to do what we want.
- Anger can be held in our hearts from hurtful memories of the past either against ourselves or someone else. When the current situation touches the pain from the past, the anger can come out or we can become defensive.
- *We can also be angry with God and blame Him* for what happened to us.
- Anger can open the door to other demonic activity and darkness in your life.
- We need to acknowledge the anger and get rid of it through forgiveness and taking it to the cross. Give your anger to Jesus. Don't let the sun go down on your anger!

3. Fear

- Fear is a powerful force in our lives that can stop our faith, destroy our relationships, drive us to compromise, cause us to make bad choices, hinder us in fulfilling Father's plan for our lives, and bring physical symptoms even unto death on our bodies.
- Fear has torment. **1 John 4:18** It can cause us to lose sleep, stop us from doing something, and bring turmoil, worry, anxiety, stress, and anxiousness into our lives.
- Fear opens the door to demonic activities and darkness. It gives an area where Satan can traffic in our lives.
- ***Fear can hinder our relationship with other people and with the Father.*** Many of us who did not have good fathers growing up have a distorted view of who the Heavenly Father is and what He might do to us.
- *Religion and the doctrines of men* can give us an unhealthy view of the Father and how He relates to us. "*Oh Holy God, and Oh sinful me!*" The Father becomes unapproachable or we feel unworthy to come to Him or receive His love.
- ***Fear can cause us to have difficulty hearing from the Father.*** We may be afraid of hearing the wrong voice and making the wrong choices.
- Fear can hinder us from receiving the fullness of the Holy Spirit and speaking in tongues.
- Fear may hinder us from forgiving another person. We may fear that if we forgive the offence that the other person gets off scot-free or is being excused from the offence.
- The way to defeat fear in your life is to face your fears and do what you are fearful of doing, as long as it can be done safely!
- ***Fear indicates a lack of love because perfect love casts out fear.*** Any area where you are still fearful, just ask the Father to give you more of His perfect love.

Lesson 2 Accepted, Love, Right and Secure

1. Everyone has suffered the pain of rejection. Ask the Father to show you any walls you have built or ways that you try to protect yourself. Then yield to Him and ask for His help to remove these patterns so that you can receive His Love.
2. Are there any bitter expectations about being rejected? Ask the Holy Spirit to show you any other times or people who may have hurt you through rejection or where you felt rejected. Write down the names or situations and then walk through the forgiveness prayer and take them or that hurtful situation to the cross.
3. What are the situations that trigger you to express anger or rage towards someone else? Write them down and then ask the Holy Spirit to show you the root cause behind your anger and write down what the Spirit shows you. You may need someone else to help pray with you.
4. Which one of the four areas of your identity (accepted, loved, right, and secure) stands out to you the most? Look up scriptures and meditate on what quality you would like to have more of in your life as His son or daughter.
5. **Journaling question** Ask Father, “Who am I to You?” Often we get many conflicting and condemning messages about ourselves from the world, the flesh, and the devil. True humility is simply agreeing with Father about who you are. So ask Him, “Father, how would You finish this sentence concerning me: “You are my _____.” Does this change how you live or think?