

Antioch Christian Church Wednesday Night Bible Study

Series – Free from Issues

Class #6 – Freedom from Rejection and Anger

Free from Rejection

1. **Rejection (n.)** The sense of being cast aside; to be thrown away; to be discarded as defective; of no use. To deny someone acceptance, care or love.
2. **Rejection is in the heart of the Enemy and its roots are found in him. Isaiah 14:12-17.**
3. **Some Roots of Rejection:**
 - **Rejection in the womb**
 - **Wrong-sex rejection**
 - **First-born rejection**
 - **Child abuse**
 - **Sexual abuse (molestation by parent or siblings or trusted adults)**
 - **Neglect or abandonment**
4. **Symptoms of Rejection**
 - **Feelings of worthlessness, inferiority, guilt, poor self-image, hopelessness, depression, inability to express feelings, building walls of insulation, self-hatred, introspection, perfectionism, self-condemnation, worries, doubts, fears**
5. **Behavioral Patterns of Rejection**
 - **Resentment**
 - **Dysfunctional Family Life**
 - **Relationship with Others**
6. **Healing of Rejection Isaiah 54:6 (NASB) - “For the Lord has called you, like a wife forsaken and grieved in spirit, even like a wife of one’s youth when she is rejected,” says your God.**

Psalm 27:10 - When my father and my mother forsake me, then the Lord will take care of me.

1. Know the God of the Scriptures is your Father and your Mother (the Source of your origin).
 2. As Father, He is the source of your identity and destiny.
 3. Repent for receiving and cooperating with the strategy of the Enemy.
 4. Forgive those who have rejected you.
 5. Renew your mind with the truth of the Word.
7. **The only healing for rejection is acceptance (acceptance of the Father’s love)**

Free from Anger

Foundational Scripture – Ephesians 4:26-27, “Be angry, and do not sin: do not let the sun go down on your wrath, nor give place to the devil”

1. This verse gives us three clear steps to take in order to prevent unhealthy anger from controlling our lives. We must remove the stronghold of anger if it exists. We cannot be free if we are controlled by anything other than the Spirit of God.
2. Three Steps to Victory Over Anger:
 - a. Step One – Be Angry.
 - b. Step Two – Do Not Sin.
 - c. Step Three – Do not let the sun go down on your wrath, nor give place to the devil.
3. Six guidelines to keeping your anger controlled:
 - #1 – Make the choice not to lose control in anger. *James 1:19*
 - #2 – Evaluate the situation before you react in anger. *Proverbs 29:20*
 - #3 – Evaluate your part (take responsibility). *1 Peter 5:6*
 - #4 – Grow from your mistakes. *Proverbs 24:16*
 - #5 – Practice forgiveness – forgive yourself; forgive others. *Luke 17:4* #6 – Trust God to handle the issue – *1 Samuel 24:12*

Putting the Word into Action...

Are there any walls that have been constructed in your life that you need to tear down?

- 1) Lord show me if I have erected a wall used to protect myself
- 2) Give me understanding of how I have used that wall
- 3) Jesus, I take responsibility for building this wall
- 4) Do you have a tool that you want to give me to bring it down?
- 5) I give you permission to bring it down.
- 6) I ask you to replace it with _____.
- 7) Is there anyone I need to forgive?