

Nobody Likes Me – Surviving Rejection

Surviving as a Teen, Part 4

Open

- Surviving as a teen in today’s world is a tough job. You’ve got to fight against low self-esteem, peer pressure, depression, and hundreds of other issues.
- Today, we’re gonna take a look at how you can survive rejection.
- What is rejection? What does it mean to be rejected?
- Everyone has to deal with being rejected at some point in their lives. It’s just a fact of being alive. Today is a good day to begin to learn how to survive it and not let rejection crush you.

Mark 8:31-38

And he began to teach them, that the Son of man must suffer many things, and be rejected of the elders, and of the chief priests, and scribes, and be killed, and after three days rise again. And he spake that saying openly. And Peter took him, and began to rebuke him.

But when he had turned about and looked on his disciples, he rebuked Peter, saying, “Get thee behind me, Satan: for thou savourest not the things that be of God, but the things that be of men”.

And when he had called the people unto him with his disciples also, he said unto them, Whosoever will come after me, let him deny himself, and take up his cross, and follow me. For whosoever will save his life shall lose it; but whosoever shall lose his life for my sake and the gospel’s, the same shall save it. For what shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul? Whosoever therefore shall be ashamed of me and of my words in this adulterous and sinful generation; of him also shall the Son of man be ashamed, when he cometh in the glory of his Father with the holy angels.

When Jesus first told His disciples that he would be rejected and killed, Peter rebuked Him. Yet, Jesus responded that in order to follow Him, they’d have to deny themselves and lose their lives.

If even Jesus, sinless and perfect, was rejected, you can expect to be rejected too. Sometimes, you might be rejected for things like preaching to your friends or carrying a Bible at school, and other times you get rejected for dumb things like what brand of shoe you’re wearing. Either way, the key to survival lies in Jesus’ answer to Peter – deny yourself, take up your cross, and follow Him.

DENY YOURSELF

1. It's Not About You

"Then went king David in, and sat before the Lord, and he said, Who am I, O Lord God? and what is my house, that thou hast brought me hitherto?" – 2 Samuel 7:18

- When God told King David all He would do to bless him and his family, David's response was, "Who am I?" David recognized that he was small and insignificant. He didn't deserve anything, yet God chose to bless him.
- The Bible teaches that we are insignificant compared to God (*Psalm 8:4, Psalm 144:3, 1 Corinthians 1:25*).
- To survive rejection, you need to know that it's not about you and your feelings. It's about God, the one who created you, and what He wants to do with your life.
- Paul said in *Romans 9:21* that God gets to make your life however He wants it to be.

2. God Won't Reject You

"For the Lord will not cast off his people, neither will he forsake his inheritance." – Psalm 94:14

- That being said, even though you are insignificant and things aren't about you, God chooses to love you and not reject you.
- Even when other people turn on you and reject you, God won't. He's always fighting for you.
- If you love God and follow Him, He will not forsake you (*Psalm 37:28*).
- Do you have any friends who you can trust to never reject you?

3. God is your Shelter

"In the shelter of your presence you hide them from the intrigues of men." – Psalm 31:20

- Let's be honest. It hurts to get rejected. The good thing is that when it happens, you can take shelter in God, knowing that He will never reject you.
- How is God a shelter to you from rejection?
- If you ask Him to, God will heal the hurt of being rejected, so you can go back to loving people and serving Him.
- God promises to be a shelter and a protection to us (*Psalm 55:6-8, Psalm 61:4, John 16:33, 2 Thessalonians 3:3*)

TAKE UP YOUR CROSS

1. No More Fear of Man

"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." – 2 Timothy 1:7

- Some translations write this verse as a "spirit of fear." God hasn't given us fear but power, and love, and self-discipline.
- When Jesus took up His cross, He was going to His death. When He told us to take up our crosses, He meant we were to do the same.

- We need to die to ourselves, and the first thing we need to get rid of to survive against rejection is fear of man. Dead men don't have any fear of man – they're already dead.
- What is meant by “fear of man?” Why is it bad?
- The Bible teaches that fear of man will trap you (*Proverbs 29:25*) but fear of God will bring wisdom (*Proverbs 9:10*), health (*Proverbs 10:27*), and life (*Proverbs 14:27*).
- Jesus commanded us to fear God and not man (*Luke 12:4-5*).
- What does it mean to fear God?

2. No More Excuses

“...let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us.” – Hebrews 12:1b

- A lot of times, people will give God excuses for why they can't obey Him, why they can't forgive someone, why they can't talk about Jesus to their friends, etc.
- When you take up your cross and die to yourself, all your excuses end. Dead men don't have excuses.
- Your job in life is to obey God, even if you'll feel rejected, so let's lay aside our excuses and run after Him!
- We only have so many days on the earth – use each one for God (*Ephesians 5:15-17*). Don't waste your time making excuses and running from Him.

FOLLOW HIM

1. Expect Rejection

“Blessed are ye, when men shall hate you, and when they shall separate you from their company, and shall reproach you, and cast out your name as evil, for the Son of man's sake.” – Luke 6:22

- Jesus said that we're blessed “when” men hate us. He didn't say “if” but “when.”
- Rejection is a fact of life. Even outside of serving God, it's ridiculous to expect everyone to like everything you do all the time. Someone, sometime, will not like something about you and you will be rejected.
- When you add in the fact that you serve God, you can expect even more rejection.
- What kinds of things might you be rejected for?
- Jesus said that if they persecuted Him, we can expect people to do the same to us (*John 15:20*).
- You will be rejected, so now is the time to learn to deal with it, and keep loving God and other people anyway.

2. Love People

“And this is love, that we walk after his commandments. This is the commandment, That, as ye have heard from the beginning, ye should walk in it.” – 2 John 1:6b

- Our job is simple – to walk in love. When you let rejection control you, you can't walk in love anymore. To please God, you've got to survive rejection.
- When you really start to love people, you'll get hurt and rejected, but you can't stop loving people.
- Jesus said that loving people was one the two greatest commandments (*Mark 12:28-31*).
- To love people, it means you'll lay your life down for them, and risk being rejected (*John 15:13*)
- When we are rejected, God wants us to overcome so that we can be a comfort for others when they're rejected (2 Corinthians 1:4).

3. Keep Going

“Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?” – Romans 8:35

- Don't let rejection stop you from loving God and serving Him! Keep going, despite getting rejected at times.
- In *Matthew 5:11* Jesus says that we're blessed when we're persecuted. God will honor us when we're rejected and respond in love.
- Nothing can stop you in your walk with God except yourself. Don't let rejection crush you.