



# Overcoming Fear of Rejection Through God's Love



Discover how God's unconditional love helps women overcome fear of rejection in relationships, fostering confidence and peace over seven transformative days.

---



# Table of contents

<u>Introduction</u>	3
<u>Day 1: 🌸 Embracing Your Worth in God's Eyes</u>	4
<u>Day 2: 🌿 Finding Courage Like Esther</u>	10
<u>Day 3: 🌷 Jesus Welcomes the Rejected</u>	16
<u>Day 4: 🌼 Sarah's Faith Amidst Doubt</u>	22
<u>Day 5: 🌹 Ruth's Loyalty and Redemption</u>	28
<u>Day 6: 🌻 The Beauty of Forgiveness</u>	34
<u>Day 7: 🌺 Rooted in God's Unfailing Love</u>	40



## Introduction

Welcome to this 7-day Bible study designed especially for women seeking freedom from the fear of rejection in relationships. Fear of rejection can deeply affect how we connect—with friends, family, and even God. But the truth is *God's love is constant, unwavering, and unconditional*, ready to heal and strengthen our hearts.

Throughout these seven days, we will explore biblical stories of women who faced rejection yet found God's love to be their source of courage and restoration. We'll reflect on scriptures that remind us of our God-given worth and identity, independent of others' acceptance.

This journey is an encouragement to embrace God's perfect love to cast out fear (1 John 4:18) and to step into relationships with confidence, rooted in His acceptance rather than human approval. Each day includes a powerful scripture, inspiring devotionals, thought-provoking questions, journaling prompts, and heartfelt prayers to guide your reflection and growth.

Whether you wrestle with past hurts or daily anxieties about acceptance, may you be renewed in knowing that in God's eyes, you are cherished and never rejected. Let His love replace fear with peace, and may you walk boldly into every relationship, wrapped in His tender embrace.





# Day 1: Embracing Your Worth in God's Eyes



Day 1: 🌸 Embracing Your Worth in God's Eyes

## Your Verse

*Psalm 139:13-14 – "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."*

## Supporting Scriptures

- *Ephesians 2:10 – "For we are God's handiwork, created in Christ Jesus to do good works."*
- *Jeremiah 31:3 – "I have loved you with an everlasting love; I have drawn you with unfailing kindness."*



Day 1:  Embracing Your Worth in God's Eyes

## Devotional: You Are Wonderfully Made and Deeply Loved

Many women struggle with feelings of inadequacy and fear of rejection, especially in relationships. But the Bible assures us that before we even came into the world, God knew us intimately and lovingly crafted us with care. Psalm 139:13-14 reminds us that we are "fearfully and wonderfully made." This means that every part of us—our personality, talents, and even scars—is intentional and beloved by our Creator.

When we embrace this truth, fear of rejection loses its grip. Instead of trying to fit in or earn acceptance, we stand firm knowing God delights in us just as we are. His love is not conditional on others' opinions or acceptance. Jeremiah 31:3 calls it "everlasting love" that draws us with kindness.

*Today, take time to reflect on your intrinsic value from God's perspective. Let His love fill the spaces where fear and doubt once lived.*



Day 1: 🌸 Embracing Your Worth in God's Eyes

## Reflect and Apply

1. How do you currently measure your self-worth in relationships?

---

---

---

2. What does it mean to you that God created you "wonderfully"?

---

---

---

3. In what ways can you remind yourself of God's permanent love when you feel rejected?

---

---

---



Day 1: 🌸 Embracing Your Worth in God's Eyes

## Journaling Prompts

1. Write a list of qualities God has given you that make you uniquely you.

---

---

---

2. Describe a recent moment when you felt afraid of rejection and how God's love could have changed your perspective.

---

---

---

3. Reflect on a Bible verse that encourages you to see yourself as God does.

---

---

---





Day 1: 🌸 Embracing Your Worth in God's Eyes

## Prayer for Today

**Dear Heavenly Father,** thank You for creating me with care and purpose. Help me to see myself as You see me—wonderfully made and deeply loved. When I face fear of rejection, remind me of Your everlasting kindness that never fails. Fill my heart with confidence rooted in Your love, not in the approval of others. Teach me to embrace my worth in Your eyes and walk boldly in relationships. In Jesus' name, Amen. ❤️🙏🌟🌿





## Day 2: Finding Courage Like Esther



Day 2: 🌿 Finding Courage Like Esther

## Your Verse

*Esther 4:14 – "And who knows but that you have come to your royal position for such a time as this?"*

## Supporting Scriptures

- *Joshua 1:9 – "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."*
- *2 Timothy 1:7 – "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*



Day 2: 🌿 Finding Courage Like Esther

## Devotional: Step Boldly into Your God-Given Purpose

**Fear of rejection often silences us from stepping into our God-ordained calling or relationships.** The story of Esther is a powerful reminder that God positions us strategically and gives us courage for such times as these. Though Esther risked her life facing a hostile court, her faith in God gave her strength to act despite fear.

God calls each woman to bravery, not timidity. As 2 Timothy 1:7 says, the Spirit gives us power, love, and self-discipline—not fear. Joshua 1:9 commands us to be strong and courageous, promising God's unfailing presence wherever we go.

*When rejection threatens, remember God is your source of boldness. Seek His guidance and step forward in faith, knowing you are His chosen instrument.*



Day 2: 🌿 Finding Courage Like Esther

## Reflect and Apply

1. What fears hold you back from fully engaging in your relationships or purpose?

---

---

---

2. How can Esther's courage inspire you to face rejection with trust in God?

---

---

---

3. What does God's Spirit empower you to overcome in your life?

---

---

---



## Journaling Prompts

1. Write about a time when you felt God's courage despite fear.

---

---

---

2. List practical steps you can take to confront fear of rejection today.

---

---

---

3. Reflect on how God's presence has been evident during times of uncertainty.

---

---

---



Day 2: 🌿 Finding Courage Like Esther

## Prayer for Today

**Lord, You are my courage and strength.** Today I choose to step beyond fear and rejection, trusting Your Spirit to lead me. Help me embrace the power, love, and self-discipline You offer so that I may walk boldly in every relationship and calling. Remind me I am not alone—you go before me always. Thank You for the bravery You impart. In Jesus' name, Amen. 🛡️✨





## Day 3: 🌷 Jesus Welcomes the Rejected





Day 3: 🌸 Jesus Welcomes the Rejected

## Your Verse

*John 6:37 - "All those the Father gives me will come to me, and whoever comes to me I will never drive away."*

## Supporting Scriptures

- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*
- *Romans 8:38-39 - "Nothing can separate us from the love of God that is in Christ Jesus our Lord."*



Day 3: 🌸 Jesus Welcomes the Rejected

## Devotional: Rest in Jesus' Unfailing Acceptance

Rejection can leave us feeling isolated and unloved, but Jesus offers **unconditional welcome to all**. John 6:37 assures us that no matter our past or others' rejection, Jesus will never cast us away. His heart opens wide to receive the weary, the broken, and the doubtful.

When we allow Jesus to be our refuge, we find rest for our souls—freedom from the need for human approval. Matthew 11:28 calls us to come as we are, leaving burdens and fears at His feet. The powerful truth in Romans 8:38–39 reminds us that no rejection, no circumstance, and no person can separate us from God's love.

*Let today be a day of surrender and acceptance, knowing Jesus cherishes you deeply and forever.*



Day 3: 🌸 Jesus Welcomes the Rejected

## Reflect and Apply

1. Have you experienced moments when Jesus' acceptance overshadowed your fear of rejection?

---

---

---

2. What burdens do you need to give to Jesus to find His rest?

---

---

---

3. How does knowing nothing can separate you from God's love impact your view of relationships?

---

---

---



Day 3: 🌸 Jesus Welcomes the Rejected

## Journaling Prompts

1. Describe how Jesus has welcomed you during difficult times.

---

---

---

2. Write about fears you want to release into Jesus' care.

---

---

---

3. Reflect on ways to embrace Jesus' rest amidst relational anxieties.

---

---

---



Day 3: 🌸 Jesus Welcomes the Rejected

## Prayer for Today

Dear Jesus, thank You for Your open arms that welcome me without condition. I surrender my fear of rejection and lay my burdens at Your feet. Help me rest fully in Your love and acceptance today and always. Teach me to trust that nothing can separate me from Your grace, even when others turn away. Fill my heart with peace and courage. Amen. ❤️🙏🌿✨





## Day 4: 🌻 Sarah's Faith Amidst Doubt



Day 4: 🌸 Sarah's Faith Amidst Doubt

## Your Verse

*Hebrews 11:11 – "And by faith even Sarah, who was past childbearing age, was able to bear a child because she considered him faithful who had made the promise."*

## Supporting Scriptures

- *Genesis 21:1-2 – "Now the Lord was gracious to Sarah as he had said, and the Lord did for Sarah what he had promised."*
- *Romans 4:20 – "Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God."*



Day 4: 🌸 Sarah's Faith Amidst Doubt

## Devotional: Trust God's Promises Over Fear

**Fear of rejection often breeds doubt and discouragement, much like Sarah's initial disbelief about God's promises.** At an impossible age, Sarah was promised a child, yet the odds were against her. Instead of succumbing to fear and doubt, Hebrews 11:11 celebrates her faith in God's faithfulness.

Sarah's story reminds us that God's promises are sure, even when circumstances seem to contradict them. Romans 4:20 shows us her unwavering trust. When fear of rejection tempts you to doubt your worth or God's plans, lean into His promises with confidence.

*Faith anchors our hearts beyond fear. Like Sarah, we can trust God to fulfill His word in our lives and relationships.*





Day 4: 🌸 Sarah's Faith Amidst Doubt

## Reflect and Apply

1. Are there promises from God you find hard to believe due to fear or rejection experiences?

---

---

---

2. How can Sarah's example strengthen your trust in God's faithfulness?

---

---

---

3. What fears do you need to exchange for faith today?

---

---

---



Day 4: 🌸 Sarah's Faith Amidst Doubt

## Journaling Prompts

1. Write about a God promise that encourages you despite fear.

---

---

---

2. Describe moments when faith helped you overcome doubt.

---

---

---

3. Reflect on how you can practically nurture trust in God daily.

---

---

---



Day 4: 🌸 Sarah's Faith Amidst Doubt

## Prayer for Today

**Faithful God, thank You for Your unchanging promises.** When fear tempts me to doubt my worth and future, help me remember how Sarah held firm in faith. Strengthen my trust in You, and let Your promises be my anchor. Teach me to replace fear with hope, knowing You are always faithful. In Jesus' name, Amen. ✨🙏🌀❤️





## Day 5: 🌹 Ruth's Loyalty and Redemption



## Day 5: 🌹 Ruth's Loyalty and Redemption

## Your Verse

*Ruth 1:16 - "Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God."*

## Supporting Scriptures

- *Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*
- *Romans 8:28 - "And we know that in all things God works for the good of those who love him."*



Day 5: 🌹 Ruth's Loyalty and Redemption

## Devotional: Faithful Love Overcomes Pain and Fear

**Fear of rejection can make relationships feel risky and painful.** Ruth's story highlights the power of loyal love and trusting God's redemption in uncertain circumstances. Despite loss and alienation, Ruth chose to stand faithfully with Naomi, embracing a new family and faith.

Her declaration in Ruth 1:16 shows commitment that transcends fear. Psalm 34:18 reminds us that God draws near to broken hearts and brings healing. Even when fear threatens, God is working for our good (Romans 8:28), weaving our pain into a purposeful tapestry.

*Let Ruth's example inspire you to cultivate faithfulness and to trust God's redeeming love in your own relationships.*



## Reflect and Apply

1. How have fear and rejection shaped your experiences with loyalty or trust?

---

---

---

2. In what ways can you embody Ruth's faithfulness despite uncertainties?

---

---

---

3. How does knowing God comforts the brokenhearted affect your view of rejection?

---

---

---



## Journaling Prompts

1. Write about a relationship where faithfulness has brought healing.

---

---

---

2. Describe fears you can surrender to God for restoration.

---

---

---

3. Reflect on how God might be working your experiences for good.

---

---

---





Day 5: 🌹 Ruth's Loyalty and Redemption

## Prayer for Today

**God of Redeeming Love**, I bring my fears, brokenness, and desires for acceptance to You. Like Ruth, help me trust and remain faithful even when relationships feel difficult or threatening. Remind me You are close to the brokenhearted and work all things for good. Teach me to lean on Your strength and grace. Thank You for never rejecting me. In Jesus' name, Amen.





## Day 6: 🌻 The Beauty of Forgiveness



## Day 6: 🌻 The Beauty of Forgiveness

## Your Verse

*Colossians 3:13 - "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."*

## Supporting Scriptures

- *Ephesians 4:31-32 - "Get rid of all bitterness, rage and anger... Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*
- *Matthew 6:14 - "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."*



Day 6: 🌻 The Beauty of Forgiveness

## Devotional: Letting Go of Hurt to Embrace Love

**Fear of rejection can cause bitterness, resentment, and walls around our hearts.** But God calls us to the liberating path of forgiveness—releasing hurt so we can experience deeper love and freedom.

Colossians 3:13 urges us to forgive as the Lord forgave us: fully and freely. This means choosing kindness and compassion even when it's hard. Ephesians 4 teaches us to rid ourselves of anger and bitterness so they don't take root. Matthew 6 emphasizes the reciprocal nature of forgiveness.

*Forgiveness is not about excusing hurt but about freeing yourself to receive God's love fully and to love others without fear. Today, ask God to soften your heart and help you forgive where needed.*



Day 6: 🌻 The Beauty of Forgiveness

## Reflect and Apply

1. Are there people you need to forgive to overcome fear of rejection?

---

---

---

2. How might unforgiveness be limiting your capacity to love and be loved?

---

---

---

3. What does forgiving 'as the Lord forgave you' look like in your life?

---

---

---



## Journaling Prompts

1. Write down any resentments or hurts you are carrying related to rejection.

---

---

---

2. Describe how forgiveness could impact your relationships and peace.

---

---

---

3. Reflect on steps you can take toward forgiveness, even if small.

---

---

---



Day 6: 🌻 The Beauty of Forgiveness

## Prayer for Today

**Merciful God**, I confess it's hard to forgive when I feel rejected and hurt. Please soften my heart and release bitterness and anger. Help me to forgive others as You have forgiven me. Free me to love without fear and to receive Your healing peace. Teach me kindness and compassion today and every day. In Jesus' name, Amen. ❤️🙏🌸🕊️





## Day 7: 🌸 Rooted in God's Unfailing Love





Day 7: 🌸 Rooted in God's Unfailing Love

## Your Verse

*Romans 8:38-39 - "For I am convinced that neither death nor life... will be able to separate us from the love of God that is in Christ Jesus our Lord."*

## Supporting Scriptures

- *Zephaniah 3:17 - "The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you."*
- *1 John 4:18 - "There is no fear in love. But perfect love drives out fear."*



Day 7: 🌸 Rooted in God's Unfailing Love

## Devotional: Live in Freedom and Love, Fear No More

**As we conclude this study, be encouraged by the unshakable truth that God's love is perfect and inseparable from you.** Romans 8 proclaims that no power—no rejection, no failure, no past—can separate us from His love in Christ. This love is active, protective, and delighting in who you are (Zephaniah 3:17).

Fear cannot coexist with perfect love. As 1 John 4:18 teaches, God's perfect love casts out fear, including the fear of rejection. Living rooted in this love frees women to pursue relationships with courage, peace, and joy.

*Take this truth deeply into your heart. Let God's unfailing love be your foundation and your shield in all relationships.*



## Reflect and Apply

1. How has your understanding of God's love changed through this study?

---

---

---

2. What fears about rejection remain, and how can you surrender them to God's perfect love?

---

---

---

3. How can you share God's love with others who fear rejection?

---

---

---



Day 7: 🌸 Rooted in God's Unfailing Love

## Journaling Prompts

1. Write a letter to yourself affirming your identity in God's love.

---

---

---

2. Describe ways to remind yourself daily of God's inseparable love.

---

---

---

3. Reflect on how you can be a source of God's love in your community.

---

---

---



Day 7: 🌸 Rooted in God's Unfailing Love

## Prayer for Today

**Heavenly Father**, thank You for Your perfect, unfailing love that surrounds me always. Help me to live free from fear of rejection, anchored fully in You. Teach me to rest in the assurance that nothing can separate me from Your love. Empower me to reflect that love to others and walk boldly in relationships. In Jesus' name, Amen. ❤️ ✨ 🙏 🌻





## Where God's Word Meets Your Daily Life

### A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 100k+ Bible Study Plans on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

### Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](https://www.holyjot.com). No spam. No gimmicks. Just God's Word.

### Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.  
Email us at [info@holyjot.com](mailto:info@holyjot.com).

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.  
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.