# Overcoming Rejection: Finding Your Worth in God



Discover how to handle rejection with resilience, remembering your true worth in God's love and grace over three empowering days.





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#### Introduction

**Rejection** hurts—whether it's not making the team, feeling left out by friends, or experiencing a tough breakup. *Teens especially feel the sting deeply, often questioning their value and place.* But there's hope and strength offered in God's Word that can help you navigate these painful moments with resilience and confidence.

In this three-day study, we will explore how God sees you and how you can remember your worth, even when others may reject you. You'll learn to recognize that your identity is rooted not in others' opinions but in God's unconditional love for you.

**Each day**, reflect on Scriptures that remind you of your value, give you courage in times of rejection, and teach you how to respond with grace and strength. This journey will help you understand that God's approval is what truly matters, and through Him, you can overcome every hurt and setback.

Join us as we dive into God's promises, finding encouragement and practical ways to build resilience. Remember, you are deeply loved, uniquely created, and valuable beyond measure. Let's walk through rejection together, anchored in God's eternal truth.















#### Your Verse

Psalm 34:18 — The LORD is close to the brokenhearted and saves those who are crushed in spirit.

#### **Supporting Scriptures**

- Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God.
- Romans 8:38–39 Nothing can separate us from the love of God.







#### Devotional: God's Presence in Your Pain

**Rejection hurts deeply,** and it can feel like being all alone. But God promises to be especially close when your heart is broken. *Psalm 34:18* reminds us that the Lord is near to those who feel crushed in spirit. You don't have to face rejection on your own—He is with you every step.

It's normal to fear and feel dismayed when people say no or push you away, but *Isaiah 41:10* encourages us not to be afraid because God is our strength and support. His presence is a powerful reassurance that even when friends fail or teams reject us, God's love never wavers.

Finally, *Romans 8:38–39* assures that no situation or person can separate you from God's love. Knowing this can give you courage to face the days ahead, remembering that your true worth comes from Him alone, not from others' approval.

When you feel rejected today, pause and remember you are never alone—God is holding you close, comforting your pain, and filling you with strength.







# Reflect and Apply

1.	What kinds of rejection have hurt you the most and why?
2.	How have you experienced God's presence during difficult times?
	In what ways can you remind yourself of God's promises when fear and sadness arise?







# **Journaling Prompts**

1.	Write about a recent time you felt rejected. How did you respond?
2.	List five truths about yourself that come from God's Word.
3.	Describe what it feels like when you remember God is with you in pain.







## Prayer for Today

**Dear God,** thank You for being near when my heart feels broken. Help me to feel Your presence and know that I am never alone, even when others reject me. Give me courage and remind me of Your unchanging love. Teach me to lean on You and find my worth in You alone. Thank You for holding me close and strengthening my spirit today and every day. *Amen.* 🎾 🙏 🖒

















Day 2: 1 Strength Through God's Love

#### Your Verse

Ephesians 3:17-19 — So that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power to grasp how wide and long and high and deep is the love of Christ.

#### **Supporting Scriptures**

- 1 Peter 5:7 Cast all your anxiety on Him because He cares for you.
- John 15:9 As the Father has loved me, so have I loved you.







Day 2: ① Strength Through God's Love

#### Devotional: Rooted in Unfailing Love

**Rejection can shake your confidence,** but God's love is a firm foundation that never moves. Paul's prayer in *Ephesians 3* encourages us to be deeply rooted and established in Christ's vast love. This love is wide, long, high, and deep—beyond anything we can imagine.

When you feel anxious or worried about being accepted, *1 Peter 5:7* invites you to cast all your fears on God because He truly cares for you. His love is not just a feeling—it's a powerful force that strengthens and sustains you.

Jesus also reminds us in *John 15:9* that He loves you just as the Father loves Him. This means you are deeply and perfectly loved, no matter the circumstances around you.

Hold onto this love today. Be rooted in it. Let it empower you to face rejection with confidence, knowing your worth is secure in God's heart.







Day 2: **(**) Strength Through God's Love

# Reflect and Apply

1.	What does being 'rooted in love' mean to you personally?
2.	How can you remind yourself daily of God's love when facing rejection?
3.	What anxieties do you need to cast on God right now?







Day 2: **(**) Strength Through God's Love

# **Journaling Prompts**

1.	Describe God's love in your own words and how it makes you feel.
2.	Write a prayer asking God to help you stay rooted in His love.
3.	Recall a moment when God's love helped you overcome a hard time.







Day 2: V Strength Through God's Love

## Prayer for Today

**Heavenly Father,** thank You for loving me with a love that is vast and unfailing. Help me to be deeply rooted in Your love so I can face rejection without fear or doubt. Teach me to cast all my worries upon You, trusting that You care for me deeply. Let Your love fill my heart and give me strength today and always. *Amen.*  $\heartsuit$   $\not \triangleright$   $\wedge$ 

















#### Your Verse

Romans 12:12 — Be joyful in hope, patient in affliction, faithful in prayer.

#### **Supporting Scriptures**

- Colossians 3:13 Bear with each other and forgive one another.
- Philippians 4:6 Do not be anxious about anything, but in every situation, by prayer present your requests to God.







#### Devotional: Grace-Filled Resilience

**Rejection often brings pain and disappointment,** but God calls us to respond with grace, hope, and faithfulness. *Romans 12:12* encourages us to be joyful in hope, patient in hardship, and constant in prayer.

Forgiving those who reject us can be difficult, but *Colossians 3:13* reminds us to bear with one another and forgive as God forgave us. Holding onto bitterness only weighs us down, but grace lifts us higher.

When anxiety creeps in, *Philippians 4:6* gives the practical advice to bring everything before God in prayer. Sharing your struggles with Him opens the door for peace and healing.

As you face rejection, choose grace over resentment, hope over despair, and prayer over worry. Your future is bright when anchored in God's steadfast love.







# Reflect and Apply

1.	How can you practice forgiveness toward those who have rejected you?
2.	What does being 'joyful in hope' look like in your daily life?
3.	In what ways can prayer change your perspective and bring peace?







# **Journaling Prompts**

1.	Write about a time you chose to forgive someone who hurt you.
2.	List ways you can stay joyful and hopeful despite challenges.
3.	Describe how prayer has helped you deal with rejection or sadness.







## Prayer for Today

**Lord Jesus,** thank You for teaching me to respond to rejection with grace and hope. Help me to forgive those who hurt me and to be patient in difficult times. Teach me to bring all my concerns to You in prayer, trusting that You will give me peace. Fill my heart with joy and faithfulness as I walk forward, knowing my worth is secure in You. *Amen.* 🎇 🙏 👽 🎉







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