# Restoring Self-Worth After Rejection



Heal from the wounds of rejection by discovering your worth in Christ. This 7-day Bible study helps you rebuild your identity on God's unshakable love.





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### Introduction

Rejection is one of the deepest wounds a woman can carry. Whether it came through a broken relationship, a distant parent, a friend who walked away, or a church community that made you feel invisible—rejection leaves an imprint on the soul. It can cause you to question your value, your identity, and even your faith.

But God has a different message: You are not rejected—you are redeemed. This 7-day Bible study is designed to help you heal from the inside out by anchoring your self-worth in the love of Christ. Through Scripture, heartfelt devotionals, reflection questions, and journaling prompts, you will confront the lies rejection planted and replace them with God's unchanging truth. You are chosen. You are loved. And you are more than enough—not because of who accepts or rejects you, but because of who you belong to.

If you've ever silently asked, "Why wasn't I enough for them?"—this study will remind you of the One who says, "You are enough for Me."

Let's begin the journey of healing together—one truth-filled day at a time.















#### Your Verse

**Key Verse** 

"Even if my father and mother abandon me, the Lord will hold me close."

— Psalm 27:10 (NLT)







#### Devotional

Rejection by people we love and trust often leaves behind a wound that words alone can't heal. Whether it's being passed over, left behind, or outright betrayed, rejection makes us question our value.

But here's what Scripture assures us: **God never rejects His children.** He draws even closer when others pull away. Psalm 27:10 shows us the depth of God's personal love—He becomes the One who holds you when everyone else lets go.

The approval you crave from people can never outweigh the **complete acceptance you already have in Christ.** Before you were born, God chose you. He formed you with purpose. His opinion of you doesn't change with trends, mistakes, or anyone else's treatment of you.

Don't let rejection write your identity. Let God's acceptance reframe it.







### Reflect and Apply

Have you ever adjusted who you are to earn someone's approval? Many women do—trying to be "less needy," more accommodating, more successful, more "perfect." But when you chase human approval, you become a slave to someone else's standard.
Today is about stepping out of that cycle. <b>You are already enough.</b> The King of the Universe knows your name, and He loves every part of your heart—even the parts you think are too broken to be seen.













### **Journaling Prompts**

1.	What is one memory of rejection that still impacts how you see yourself?
	How would your day change if you lived as someone fully accepted by God?
	Write down Psalm 27:10 and personalize it with your name. Meditate on it.







### Prayer for Today

Heavenly Father,

You see the rejection I've carried—sometimes quietly, sometimes with tears. Thank You for not turning away, but drawing me closer. Help me remember that **Your acceptance is greater than any man's approval.** I surrender my need for validation and cling to Your truth. Heal what's still hurting in me, and remind me daily that I am deeply loved. In Jesus' name, Amen.

















#### Your Verse

"The stone the builders rejected has become the cornerstone." —Psalm 118:22 (NIV)

### **Supporting Scriptures**

- Isaiah 53:3 (NIV)
  - "He was despised and rejected by mankind, a man of suffering, and familiar with pain..."
- 1 Peter 2:4 (NIV)

  "As you come to him, the living Stone—rejected by humans but chosen by God and precious to him..."
- John 1:11–12 (NIV)
  - "He came to that which was his own, but his own did not receive him. Yet to all who did receive him... he gave the right to become children of God."







#### **Devotional**

Rejection hurts—it reaches into the soul and whispers lies that we're not enough, not worthy, not loved. But the Bible flips the script: what others discard, God redeems. Jesus Himself was rejected by the very people He came to save, yet God made Him the cornerstone of our salvation.

When you're rejected by friends, family, or even yourself, God doesn't see failure—He sees value. He's not discouraged by your wounds; in fact, He works through them. You may feel forgotten, but you're actually chosen. Rejection does not redefine your worth—God does.

Let Psalm 118:22 remind you: you are part of something unshakable. Rejection is not your label. In Christ, you are secure, treasured, and being built into something far greater than others can see.







### Reflect and Apply

•	In what areas of your life have you felt most rejected or dismissed?
•	How does it comfort you to know that Jesus also experienced rejection?
•	What might God be building through the very parts of your life that others overlook?







### Journaling Prompts

1.	Describe a time you felt rejected. How did it affect your view of yourself?
2.	Reflect on Psalm 118:22—what does it mean to become a "cornerstone" in God's plan?
3.	Write a letter to your younger self, reminding her that rejection is not her identity.







### Prayer for Today

Heavenly Father, when others reject me, remind me that You have chosen me. Let the rejection I've experienced push me deeper into Your love. Jesus, You were rejected too—so help me find comfort in You. Use what feels broken to build something beautiful in me. In Your name, Amen.

















#### Your Verse

"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light."

### **Supporting Scriptures**

#### • *Ephesians 1:4–5 (NIV)*

"For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will."

#### • Isaiah 41:9-10 (NIV)

"I took you from the ends of the earth, from its farthest corners I called you. I said, 'You are my servant'; I have chosen you and have not rejected you. So do not fear, for I am with you; do not be dismayed, for I am your God."

#### • Deuteronomy 31:6 (NIV)

"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."







#### **Devotional**

Rejection often whispers lies that we are unwanted, disposable, or forgotten. But God's Word cuts through those lies with the truth of our identity: chosen, loved, and held close by the One who never rejects us.

The Apostle Peter reminds us that we are God's special possession. That phrase alone can reshape our entire understanding of who we are. We're not overlooked or forgotten. We are intentionally selected by a God who sees eternal value in us. Even before the foundation of the world, God chose you in Christ (Ephesians 1:4). That means His love for you wasn't a last-minute decision—it was part of His plan all along.

Isaiah 41:9—10 is God's declaration over His people: "I have chosen you and have not rejected you." He doesn't flinch or hesitate in that choice. And He promises, "Do not fear, for I am with you." This is not the wavering love of the world—it is steadfast, unchanging, and deeply personal.

If people have rejected you—a parent, a partner, a friend—know this: God never has, and He never will. He doesn't base His love on performance, appearance, or perfection. He chose you because of who He is—faithful, merciful, and full of grace.







### Reflect and Apply

•	What does it mean to you to be "God's special possession"?
	How has rejection shaped your view of yourself—and how does God's Word challenge that?
	Can you name an area of your life where you still feel forsaken, and invite God into it?







### **Journaling Prompts**

1.	Write a letter to God about what being "chosen" means to you.
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	List three moments in your life where you felt unseen. Ask God to redeem those memories.
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	Meditate on 1 Peter 2:9 and rewrite it in your own words as a personal declaration.
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### Prayer for Today

Father, thank You that I am not forsaken—I am chosen by You. When rejection stings, remind me of my true identity in Christ. Let Your Word shape how I see myself, not the opinions of others. Fill my heart with the confidence that comes from knowing I am deeply known and eternally loved by You. Amen.

















#### Your Verse

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

### **Supporting Scriptures**

- Song of Songs 4:7 (NIV)
  "You are altogether beautiful, my darling; there is no flaw in you."
- Isaiah 62:3 (NIV)

  "You will be a crown of splendor in the Lord's hand, a royal diadem in the hand of your God."
- 1 Samuel 16:7 (NIV) "The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."







#### Devotional

The world sets impossible standards for beauty and worth. It tempts us to evaluate ourselves by filters, comparisons, and fleeting affirmations. But God's view of us remains unshaken by trends, scales, or criticism.

Psalm 139:14 is more than poetic affirmation—it is divine truth. You were handcrafted by God with intentionality, detail, and love. You are not an accident or an afterthought. You were made wonderfully by a God who does not make mistakes.

Song of Songs 4:7 reflects the way God speaks over His beloved: "There is no flaw in you." This isn't because we're perfect—it's because His love covers us. In Christ, we are seen as radiant, chosen, and whole.

When others reject us or make us feel "less than," we can begin to internalize that verdict. But God says the opposite. Isaiah 62:3 calls you a royal crown in His hand—a treasure, not trash.

And while man focuses on outer beauty, God is looking straight into your heart. He sees the purity, strength, and potential you may not even see in yourself. He delights in your presence and sings over you with joy (Zephaniah 3:17).







### Reflect and Apply

•	What beauty standard are you holding yourself to that God never asked you to?
•	How would your life change if you really believed you are fearfully and wonderfully made?
•	Can you recall a time when God affirmed your worth even when people didn't?







### **Journaling Prompts**

Write a letter from God to yourself, using His words from Psalm 139 and Song of Songs.
Make a list of your God-given qualities that have nothing to do with appearance.
Reflect on how God sees you vs. how the world sees you—and what needs to change.







### Prayer for Today

Lord, help me to see myself through Your eyes. When I feel unattractive or unworthy, remind me that I am fearfully and wonderfully made. Let me rest in the truth that I am beautiful in Your sight—not because of perfection, but because I belong to You. Restore my confidence, not in what I see in the mirror, but in what You see in my heart. Amen.









Day 5: Rewriting the Narrative









#### Your Verse

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will."

### **Supporting Scriptures**

- 2 Corinthians 10:5 (NIV)
  - "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."
- Philippians 4:8 (NIV)

  "Finally, brothers and sisters, whatever is true, whatever is noble,
  whatever is right, whatever is pure, whatever is lovely, whatever is
  admirable—if anything is excellent or praiseworthy—think about such
  things."
- Proverbs 23:7 (NKJV)

  "For as he thinks in his heart, so is he."







#### Devotional

Rejection plants lies. "I'm not good enough." "I'm too broken." "No one will ever love me." These thoughts may feel true, but they're distortions crafted by the enemy to keep you trapped. Today, we begin the sacred work of renewing your mind with truth.

Romans 12:2 tells us transformation starts with how we think. It's not enough to know God's truth—we must replace old narratives with it. Every time a lie creeps in, we answer it with Scripture. That's what 2 Corinthians 10:5 commands: take those thoughts captive and make them obedient to Christ.

You are not your rejection. You are not your past. You are not your worst moment. God's Word defines you. Philippians 4:8 gives us a roadmap: focus your thoughts on what is true, lovely, and pure—not on what others said in their pain or ignorance.

Your thought life shapes your reality. Proverbs 23:7 confirms this: *As you think, so you become.* The more you meditate on God's love, the more you will *become* a confident, grace-filled woman of worth—just as He created you to be.







### Reflect and Apply

•	What recurring negative thought do you struggle with most often?
•	How can you replace that thought with a truth from God's Word?
•	What would change if you filtered your thinking through Philippians 4:8?







### **Journaling Prompts**

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- 2. R	Record a "truth list" from God's Word to read each morning.
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3. Jo	ournal about how your mindset has shifted since beginning this study.
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### Prayer for Today

Father, I surrender my thoughts to You. Help me reject the lies that rejection has planted and renew my mind with Your truth. Teach me to dwell on what is noble, pure, and lovely. May Your Word be louder than my fear and stronger than my pain. Shape my identity through Your promises. In Jesus' name, Amen.

















#### Your Verse

"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**

#### Matthew 6:14–15 (NIV)

"For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."

#### • Ephesians 4:31–32 (NIV)

"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

#### Luke 6:27–28 (NIV)

"But to you who are listening I say: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you."







#### Devotional

Rejection hurts, and often the wound is tied to a person—a parent, a friend, a partner—whose actions broke your spirit. But holding onto unforgiveness will only prolong the pain. Today, we talk about the hard but healing work of forgiveness.

Forgiveness isn't excusing what happened. It's choosing to release the offense so it no longer controls you. Colossians 3:13 says we are to forgive others as the Lord has forgiven us. That's our model—radical grace, even when it's undeserved.

Jesus knew rejection intimately. He was betrayed by Judas, denied by Peter, and abandoned by those He loved. Yet from the cross He prayed, "Father, forgive them" (Luke 23:34). If anyone had the right to withhold forgiveness, it was Jesus. But He didn't—and neither should we.

Forgiveness sets you free. Ephesians 4 reminds us to "get rid of all bitterness." That bitterness doesn't punish your offender—it punishes you. And Matthew 6 makes it clear: our own forgiveness is tied to how we forgive others.

Forgiveness is a choice you may have to make daily. It doesn't mean reconciliation. It doesn't mean pretending it didn't hurt. But it does mean you are handing the offense to God and choosing peace over poison.







### Reflect and Apply

#### **■** *Reflection:*

•	Who do you need to forgive in order to move forward with healing?
	What amations rise when you think shout letting go of that offense?
•	What emotions rise when you think about letting go of that offense?
	How might God use your forgiveness as a testimony of His love?







### **Journaling Prompts**

	Write a letter to the person who hurt you. You don't have to send it. Just be honest—and then write "I forgive you" as a final act of release.
2.	Journal how holding onto bitterness has affected your well-being.
	Reflect on how Jesus has forgiven you—and what that forgiveness has meant in your life.







### Prayer for Today



#### Daily Prayer:

Lord, I bring my wounds before You. I confess the hurt, the anger, and the bitterness I've carried. Help me forgive as You've forgiven me. Let my heart be soft, my spirit willing, and my healing begin with obedience. I trust You to be my Defender. In Jesus' name, Amen.















#### Your Verse

"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

### Supporting Scriptures

- *Jeremiah 31:3 (NIV)* 
  - "The Lord appeared to us in the past, saying: 'I have loved you with an everlasting love; I have drawn you with unfailing kindness."
- Zephaniah 3:17 (NIV)
  - "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, but will rejoice over you with singing."
- Psalm 36:7 (NIV)
  - "How priceless is your unfailing love, O God! People take refuge in the shadow of your wings."







#### Devotional

You've walked through rejection, peeled back layers of lies, and begun healing from past wounds. Now it's time to anchor your self-worth in the one truth that never changes: You are completely, eternally, and unshakably loved by God.

Romans 8:38—39 is a victory cry for the rejected and abandoned. Nothing—not your past, your pain, or even your doubts—can separate you from God's love. That love doesn't waver with your performance. It is a constant presence, a warm embrace that never lets go.

Jeremiah 31:3 tells us His love is everlasting. Before you were ever rejected by people, you were chosen by God. Zephaniah 3:17 paints an image of God singing over you with delight. You are not tolerated—you are *celebrated*.

The world tries to define you by your rejections, failures, and flaws. But God defines you by His Son. In Him, you are accepted, redeemed, and made whole. You don't have to strive for love. You already have it.

This truth is the bedrock of your worth. You are not the sum of your past. You are the beloved daughter of the King.







### Reflect and Apply

•	What would your life look like if you truly believed God delights in you?
•	How can you silence the voices of rejection with the voice of God's love?
•	Are you living <i>from</i> a place of worth or constantly trying to <i>earn</i> it?







### **Journaling Prompts**

	Write out Romans 8:38–39 in your journal and personalize it with your name.
	Journal a response to God's everlasting love. What does it mean to you today?
3.	Reflect on how God's love has sustained you during this study.







### Prayer for Today

Father, thank You for loving me with a love that never ends. When others walked away, You stayed. When I felt worthless, You declared I was precious. Help me to rest in Your love and live from the truth that I am fully known and fully loved. In Jesus' name, Amen.







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