

## DEFUSING THE FEAR OF REJECTION

### Relational Intelligence – Part 7

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“It is a dangerous trap to be concerned with what others think of you, but if you trust in the Lord, you are safe.”  
Proverbs 29:25 (TEV) pg. 458

## I. TWO FACTS ABOUT THE FEAR OF REJECTION

A. The desire for approval is not a bad thing.

B. We’ll never be totally free from the desire for approval.

## II. HOW TO DEFUSE THE FEAR OF REJECTION

A. Be realistic about other people’s approval.

“I am the one who comforts you. So why are you afraid of mere humans, who wither like the grass and disappear?”  
Isaiah 51:12 (NLT) pg. 510

“Does this sound as if I am trying to win human approval? No indeed! What I want is God’s approval! Am I trying to be popular with people? If I were still trying to do so, I would not be a servant of Christ.”  
Galatians 1:10 (GNT) pg. 810

“Don’t be afraid of people who can kill the body but cannot kill the soul. The only one you should fear is the one who can destroy the soul and the body in hell.”  
Matthew 10:28 (NCV) pg. 682

B. Focus on how God sees us.

“Don’t judge by his appearance or height, for I have rejected him. The Lord doesn’t see things the way you see them. People judge by outward appearance, but the Lord looks at the heart.”  
1 Samuel 16:7 (NLT) pg. 196

C. Accept God’s unconditional love.

“This is what real love is: It is not our love for God; it is God’s love for us in sending his Son to be the way to take away our sins.”  
1 John 4:10 (NCV) pg. 857

“Nothing in all creation is hidden from God. Everything is naked and exposed before His eyes, and He is the one to whom we are accountable.”  
Hebrews 4:13 (NLT) pg. 840