

Ten Things You Must Remember When Rejected

- 1. One rejection is not a projection of future failures.** It has already stolen enough from your present. Don't let it reach into your future.
- 2. Rejection doesn't label you; it enables you to adjust and move on.** It's our choice to have either a realistic view or a pessimistic view of rejection.
 - Fill in the blanks: This rejection doesn't mean I'm ____ [whatever negative label or shame-filled feeling you are having] ____ it makes this _____ [opportunity, person, desire] a wrong fit for me right now. Instead of letting the feelings from this situation label me, I'm going to focus on God and His promises for good things.
- 3. This could be an invitation to live in expectation of something else.** Today's disappointment is making room for tomorrow's appointment.
- 4. There is usually some element of protection wrapped in every rejection.** Pray: "God I don't understand this situation. But I do understand your goodness to me. I thank you for the protection that is part of this rejection even when I can't see it. I trust you."
- 5. It's good to ask the "what" questions but less helpful to ask "Why."** Decide you'll only ask questions that help you move forward instead of feeling stuck in the reasons something happened. Questions such as:
 - What is one good thing I've learned from this?
 - What was a downside to this situation that I can be thankful is no longer my burden to carry?
 - What do I need to do to boost my courage to pursue future opportunities?
 - What is one positive change I could make in my attitude about the future?
 - What is one thing God has been asking me to do today to make tomorrow easier?
- 6. Don't hash, bash, or trash on the internet.** Remember, the internet never forgets. Don't let today's reaction become tomorrow's regret.
- 7. There is much more to you than the part that was rejected.** Use this extra time to discover new things about yourself.
- 8. What one person sees as your liability, another might see as a wonderful asset.**
- 9. This is a short-term setback, not a permanent condition.** The emotions that feel so intense today will ease up over time as long as we let them.
- 10. Don't let this heartbreak destroy you.** Let this breaking actually be the making of you. Let God use it in good ways to make you stronger and take you farther.

Adapted from the book *Uninvited: Living Loved When You Feel Less Than, Left Out, and Lonely* by Lysa TerKeurst. May not be reproduced without the prior consent of the publisher.