



Fresh Start to Freedom

Getting Your Whole Heart Back

Session 1	Free From The Message Of The Arrows
Session 2	Free From The Arrow Of Pride
Session 3	Free From The Arrow Of Shame
Session 4	Free From The Arrow Of Fear
<i>Session 5</i>	<i>Free From The Arrow Of Rejection</i>
Session 6	Free From The Arrow Of Anger
Session 7	Free From The Arrow Of Depression



3571 W. Machen Drive Wasilla, AK 99654 907-373-7910
P.O.Box 874693 Wasilla, AK 99687 www.churchak.org

FREE FROM THE ARROW OF REJECTION

“So we praise God for the glorious grace he has poured out on us who belong to his dear Son.”

Ephesians 1:6 (NLT)

I. FREE FROM THE ARROW OF REJECTION

A. REJECTION - *AN ISSUE OF ACCEPTANCE*

Ephesians 1:6

B. EXAMPLES IN THE BIBLE OF THOSE WHO EXPERIENCED REJECTION

1. Jesus

- a. Isaiah 53:3-6
- b. I Peter 2:21-24

2. The Apostle Paul

- a. II Corinthians 6:3-13
- b. II Corinthians 12:9-10
- c. II Corinthians 4:7-12

C. HAVE YOU EXPERIENCED REJECTION IN YOUR LIFE?

- 1. Who in your life has rejected or hurt you the most?
- 2. How has the rejection of others affected your opinion of yourself?

D. ACCEPTANCE IS AN ISSUE OF SIGNIFICANCE

Significance - what is it?

- 1. Worth
- 2. Value
- 3. Purpose
- 4. Meaning
- 5. “Belonging”
- 6. “Fitting In”

7. Importance
8. Status
9. Validity
10. **Acceptance**

Significance...an “identity issue”

E. WHY ARE WE SO PRONE TO BELIEVE THAT WE ARE REJECTED AND UNLOVED?

We tend to look to the wrong source for our personal significance (identity).

1. Others, especially “significant” others
2. Ourselves
3. What we think or feel
II Corinthians 10:5
4. Circumstances

F. HOW TO BE FREE FROM THE ARROW OF REJECTION (Be Active)

1. See: **“Processing The Issues Of The Heart”** (the Fresh Start Process)
 - a. Leading to forgiving others
 - b. Experiencing a “release” from a false identity
2. **Exchange** the **“identity lie”** that you are **rejected** for the **“identity truth”** that you are **accepted** in the Beloved.
Ephesians 1:6
See: **What Is Your New Identity?** Handout
3. **Break The “Rejection Cycle!”**
 - a. **Reject Rejection!**
 - b. **Receive the Truth** Of Who You Are In Christ!
4. **Renew Your Mind** in your true identity in Christ.
 - a. Romans 12:1-2
 - b. II Corinthians 10:3-5
 - c. See: **Your True Identity In Christ** Handout

5. **Give Thanks.**
 - a. I Thessalonians 5:18
 - b. Ephesians 5:20
 - c. Genesis 50:19-20
6. **Submit** to God and **Resist** the Devil.
James 4:7
7. **Put on the Armor of God daily.**
Ephesians 6:10-18

II. **APPLICATION (You Have To Be Active)**

- A. What has been your most painful experience of feeling insignificant **OR** rejected?
- B. Who was/were the person(s) involved?

If you have not forgiven this person, start with filling out a Green Book

- C. In light of your answers to the above, please answer the following:
 1. How have **you** been affected?
 2. How has your relationship with **others** been affected?
 3. How has your relationship with **the Lord** been affected?

Please be thorough in answering these questions and use additional paper if necessary.

GOD'S ANTIDOTE FOR THE ARROW OF REJECTION:

REJECT REJECTION AND RECEIVE YOUR ACCEPTANCE IN JESUS CHRIST!

PROCESSING

1. Who/What has offended or hurt you? Or...

Who/What have you lost?

Psalm 26:2

- (a) List specific offenses, hurts, or losses and the person(s) involved:
- (b) Choose one of the above offenses, hurts or losses to “process” at this time.

THE ISSUES OF

2. How have you been affected?

Psalm 139:23

How has this specific offense, hurt, or loss affected you?

- (a) What have your thoughts been?
- (b) What have your feelings been?



THE HEART

3. How have you responded?

Psalm 139:24

- (a) What have you said?
- (b) What have you done?
- (c) What have you decided?



PROCESSING

4. Pour out your heart

Psalms 62:8
Psalms 142:1-2

- (a) Pour out your heart to the Lord. Let Him know exactly how you feel.
- (b) Express your unmet desires to the Lord.
- (c) Express your current desires to the Lord.
- (d) Express thanks to the Lord.

1 Thessalonians 5:18
Ephesians 5:20
Psalms 50:14-15, 23
Psalms 116:17
Romans 8:28-29

THE ISSUES OF

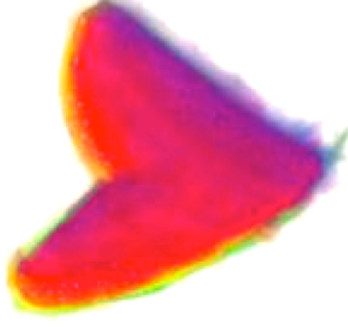
5. Forgive

Matthew 18:21-35

- (a) Write out your confession of un forgiveness to the Lord along with related wrong attitudes and/or responses.
- (b) Choose to forgive the person who has hurt or offended you.

CANCEL THE DEBT!

- (c) Write out your prayer to the Lord expressing your decision to forgive the person who has hurt or offended you.



THE HEART

6. Release the offense, hurt, or loss to the Lord!

Psalms 55:22-23
Romans 12:16-21
Psalms 19:14

- (a) Entrust the person and/or situation to the Lord.
- (b) Write down who/what you are committing to the Lord.
- (c) Pray for the person who has offended or hurt you.

Luke 23:34
Matthew 5:43-45

What Is Your New Identity?

Do You Know Who You Are As A Follower of Christ?

Do you believe you are the sum total of your life's experiences, or any part of your life's experiences?

- What have you done?
- What haven't you done?
- What has been done to you?
- What others have said to you or about you?
- How your parents treated you?
- How your parents treated each other
- What your spouse thinks of you?
- What has happened in the lives of those around you?
- What you think about yourself?
- How you feel?

If so, you are really believing a lie and in yourself (i.e., putting confidence in yourself, making yourself "lord", living outside of the truth of Jesus)

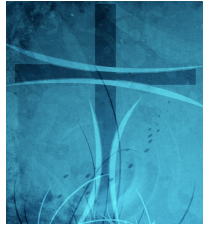
You have believed the lie:

Your Life's Experiences = You

- Colossians 3:2
- Philippians 3:3
- Ephesians 4:14-24

Natural Minded

OR



Do you believe who God says you are in Christ Jesus?

- When He died, you (the flesh) died.
- When He was buried, you were buried.
- When He was resurrected, you were resurrected.
- When He ascended, you ascended.
- Where He is seated, you are seated.
- The authority He has, you have!
- His Wisdom is your wisdom.
- His righteousness is your righteousness.
- His holiness is your holiness.
- His acceptance with the Father is your acceptance with the Father.

If so, you are choosing to believe in what God says, regardless of how you may feel or what you may think at times (He is the Lord of your life).

You have believed the truth:

His Life Is Your Life!

- Romans 6
- Ephesians 2:5-6
- I Corinthians 1:30
- Ephesians 1:6
- Colossians 3:1-4

Spiritual Minded



◆ Your True Identity In Christ ◆

<i>Matthew 5:13, 14</i>	I am the salt of the earth and the light of the world
<i>John 1:12, 13</i>	I am a child of God , born of God
<i>John 15:15</i>	I am Christ's friend
<i>John 17:23</i>	I am loved
<i>Romans 6:1-10</i>	I am crucified, buried, and risen with Christ
<i>Romans 8:1, 2</i>	I am free forever from condemnation
<i>Romans 8:15</i>	I am adopted into God's family
<i>Romans 8:17</i>	I am an heir of God, co-heir with Christ
<i>Romans 8:37</i>	I am more than a conqueror through Him
<i>1 Cor. 1:2</i>	I am sanctified
<i>1 Cor. 2:16</i>	I am a possessor of the mind of Christ
<i>1 Cor. 3:16</i>	I am God's temple ; God's Spirit lives in me
<i>1 Cor. 6:17</i>	I am united with the Lord, one with Him in spirit
<i>1 Cor. 6:19, 20</i>	I am one bought with a price ; I belong to God
<i>1 Cor. 12:27</i>	I am a member of Christ's body
<i>1 Cor. 15:57</i>	I am victorious in Christ
<i>2 Cor. 5:17</i>	I am a new creation in Christ
<i>2 Cor. 5:18</i>	I am a minister of reconciliation for God
<i>2 Cor. 5:18</i>	I am reconciled to God
<i>2 Cor. 5:20</i>	I am an ambassador of Christ
<i>2 Cor. 5:21</i>	I am the righteousness of God in Christ Jesus
<i>2 Cor. 6:1</i>	I am God's fellow worker
<i>Galatians 2:16</i>	I am justified by faith in Christ
<i>Galatians 2:20</i>	I am crucified with Christ
<i>Ephesians 1:1</i>	I am a saint
<i>Ephesians 1:4</i>	I am one chosen in Christ to be holy and blameless
<i>Ephesians 1:5</i>	I am one adopted by God through Jesus Christ
<i>Ephesians 1:6</i>	I am accepted in the Beloved
<i>Ephesians 1:13</i>	I am sealed with the Holy Spirit of promise
<i>Ephesians 2:6</i>	I am seated with Christ in the heavenly realms
<i>Ephesians 2:10</i>	I am God's workmanship, created in Christ Jesus to do good works
<i>Philippians 3:20</i>	I am a citizen of heaven
<i>Colossians 1:14</i>	I am one redeemed and forgiven of all my sins
<i>Colossians 2:10</i>	I am one who is complete in Christ
<i>Hebrews 7:25</i>	I am saved to the uttermost
<i>1 Peter 2:9</i>	I am a member of a royal priesthood, a holy nation
<i>1 Peter 2:9, 10</i>	I am one belonging to God , part of His chosen people
<i>2 Peter 1:4</i>	I am a partaker of the Divine Nature