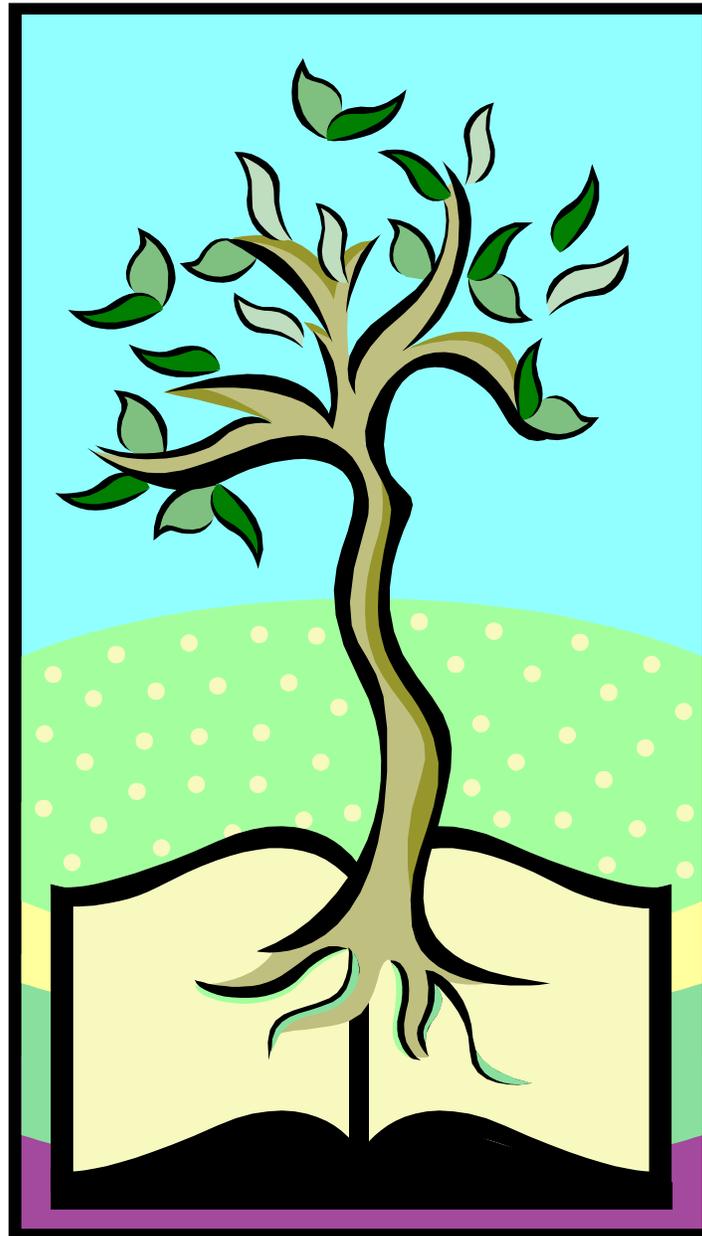


“ROOTS”



TRUTH MINISTRIES INTERNATIONAL

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To: Jesus, Son of Joseph
Woodcrafters Carpenter Shop
Nazareth 25922

From: Jordan Management Consultants
Jerusalem 26544

Dear Sir:

Thank you for submitting the resumes' of the twelve men you have picked for managerial positions in your new organization. All of them have now taken our battery of tests; and we have not only run the results through our computer, but also arranged personal interviews for each of them with our psychologist and vocational aptitude consultant.

The profiles of all tests are included, and you will want to study each of them carefully.

As part of our service, we make some general comments for your guidance, much as an auditor will include some general statements. This is given as a result of staff consultation, and comes without any additional fee.

It is the staff's opinion that most of your nominees are lacking in background, education and vocational aptitude for the type of enterprise you are undertaking. They do not have the team concept. We would recommend that you continue your search for persons of experience in managerial ability and proven capability.

Simon Peter, quite frankly, is a "basket case." He is emotionally unstable and given to outrageous fits of temper. Andrew has shown absolutely no qualities of leadership. The two brothers, James and John, sons of Zebedee, place personal interest above company loyalty. Thomas demonstrates a questioning attitude that would tend to undermine morale. We feel that it is our duty to tell you that Matthew has been blacklisted by the Greater Jerusalem Better Business Bureau. James, the son of Alphaeus, along with Thaddaeus, definitely have radical leanings, and they both registered a high score on the manic-depressive scale.

One of the candidates, however, shows great potential. He is man of ability and resourcefulness, meets people well, has a keen business mind and has contacts in high places. He is highly motivated, ambitious and responsible. We recommended Judas Iscariot as your controller and right-hand man. All of the other profiles are self-explanatory.

We wish you every success in your new venture.

Sincerely yours,

Jordan Management Consultants

ROOTS

A Key to Emotional Wholeness

Part One

I. FOUNDATIONAL SCRIPTURES

A. Ephesians 3:17-19

“That Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height— to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.”

1. We are made in the image of God. God is _____.
1 John 4:8 “He who does not love does not know God, for God is love.”
2. Basic needs for development into maturity are _____ and acceptance.
Ephesians 1:6 “To the praise of the glory of His grace, by which He made us accepted in the Beloved.”
3. Failure to receive _____ leaves a vacuum out of which rejection grows.
 - a. When we are born again we receive a “root” of God’s _____.
 - b. We also have many other roots:
 - Rejection, Bitterness, Anger, Fear, Hatred, Confusion, Depression
 - c. God wants all ungodly roots _____ so we can be filled with “all the fullness of God.”
4. A natural principle - - - things left vacant will not remain vacant.
 - a. If a garden is left vacant, it will not remain vacant, you will have weeds.
 - b. If you drink a glass of water, you may think that the glass is empty, but it is full of air!
5. A spiritual principle - - - things left vacant will not remain vacant.
Matthew 12:43-45 “When an unclean spirit goes out of a man, he goes through dry places, seeking rest, and finds none. Then he says, ‘I will return to my house from which I came.’ And when he comes, he finds it empty, swept, and put in order. Then he goes and takes with him seven other spirits more wicked than himself, and they enter and dwell there; and the last state of that man is worse than the first.”
6. Love that is not _____ communicated leaves an empty place.
 - Your parents may have been good “providers,” but if they didn’t express and communicate love you were left with a vacuum.
 - Get Married: say I love you and never say it again unless you’re asked.
7. Love must be communicated constantly. Example: Gas in your tank

B. Hebrews 12:15

“Looking carefully lest anyone fall short of the grace of God; lest any root of BITTERNESS springing up cause trouble, and by this many become defiled.”

1. **Carefully:** “constant and hardworking.”
2. **Springing up:** “to move suddenly, to appear _____.”
3. **Defiled:** “polluted and corrupted.”
4. You can cut down a tree, but the buried roots can still be “alive and well.”
5. Bitterness is cancer of the soul. It affects the mind, will and _____.
6. Physically, _____ affects the body.
7. Example: Glass of water.
8. Spiritually: _____ affects the soul.
9. A person who is full of bitterness is like a person whose heart (“love tank”) has been shot full of holes.

II. WHERE DOES REJECTION COME FROM?

A. INFANT

1. Manner or timing of conception.
2. A late in life baby --- an “oops”.
3. Mother’s womb.
4. Manner of birth.
5. Told you were the wrong sex.
6. Baby not bonded to mother.
7. Birth order: Oldest – “responsibility” Youngest – “rights”
8. Being an _____ child.
9. Heredity, generational rejection.
10. Unmet needs.

B. CHILD

1. Sickness of parent.
2. Sickness of sibling.
3. Father lost his job.
4. Father or mother were having an affair.
5. Parents divorce.
6. Parents on drugs or alcohol.
7. Parents unable to express love.
8. Ethnic background.
9. Molestation – Rape.
10. Problems caused by teachers or school mates.
11. Abuse
12. Constant tension in the home.
13. Boyfriends/Girlfriends
14. Comparing a child to a sibling or cousin.
15. Family expectations.

C. TEEN

1. Family
2. Friends
3. Dating
4. Self Rejection
5. Work

D. ADULT

1. Family
2. Friends
3. Dating
4. Marriage
5. Children
6. Divorce
7. Remarriage
8. Parents and/or In-Laws
9. Illness
10. Abuse
11. Accidents
12. Job
13. Loss of Job
14. Self-Rejection
15. Things don't work out as I planned. Ruth 1:20
16. Things happen that I don't expect.
17. Isaiah 53:3 Describes the crucifixion. ***"He is despised and _____ by men, a Man of sorrows and acquainted with grief."***

III. ROOTS THAT GROW IN THE REJECTION VACUUM

A. SELF-REJECTION

- Example: Little Susie and the garbage
*Good *Ignore *Bad *Expected

B. _____

C. INFERIORITY

D. FAILURE SYNDROME

E. FEAR OF

- Rejection
- Failure
- People
- New Situations

F. TORMENT – become paralyzed and paranoid

1 John 4:18 “There is no fear in love; but perfect love casts out fear, because fear involves torment..”

G. DEPRESSION

H. SPIRIT OF DESTRUCTION

I. SPIRIT OF SUICIDE

IV. RESULTS IN THE PERSON’S LIFE

A. The person may withdraw; become a _____.

B. The person may find their worth and identity through a self-made image - - that image is pride.

C. Pride compensates for rejection.

D. Pride _____ in the rejection vacuum.

V. WHAT IS PRIDE?

Psalm 138:6 Though the Lord is on high, yet He regards the lowly; but the proud He knows from afar.

A. PERFORMANCE

1. Trying to create a good image of self.

2. Building something of worth.

3. Trying to “be” something.

4. Measuring up to _____ opinions.

5. Driven by a Spirit of Slavery.

6. If someone compliments you or you see it pleases a person or God, you “major” in that area.

B. **PERFECTIONISM**

1. Not just perform, but perform _____ .
2. Your sense of worth and value comes from performing perfectly.
3. You set goals and standards you can never achieve.
4. You start to feel like a martyr – all you do is work, work, work.

C. A _____ Spirit

1. Critical of self: you can't take a compliment, not worthy, not good enough.
2. Critical of others: your spouse, children, and those closest to you.

D. **UNFORGIVENESS**

1. Can't forgive yourself for not being perfect.
2. Can't forgive others for not being perfect.

E. **SELF-CENTEREDNESS**

1. Always focused on self.
2. Always concerned about self. Am I dressed right?
3. You start to feel like a martyr.

F. **PERFECTIONISM:** when it becomes too much or it's too hard, can lead to **PROCRASTINATION** which can lead to **PARALYSIS**

1. Are you a **paralyzed perfectionist**?
2. Do you live in chaos and _____, but it doesn't seem to bother you?
3. Do you live in chaos and confusion, and it drives you crazy?
4. Ask a perfectionist "How are you?" Their answer, "**I'm fine**"
Fouled up
Insecure
Neurotic
Exhausted

INSTRUCTIONS FOR GROUP DISCUSSION

(Please do not mention the names of any persons or churches)

One person read question #1 out loud, then each person in your group answer question #1.

Read the next question out loud and each person answer it, etc.

No counseling – this is a time to share and listen!

Let people cry if they need to. This is a safe place for God's tears.

Keep to the topic! No Bunny Trails.

QUESTIONS

1. I feel I received rejection as a **child** when my father - - -
2. I feel I received rejection as a **child** when my mother - - -
3. I feel I received rejection as a **child** when my sibling - - -
4. I feel I received rejection as a **child** when school mates - - -
5. I feel I received rejection as a **teenager** when my father - - -
6. I feel I received rejection as a **teenager** when my mother - - -
7. I feel I received rejection as a **teenager** when my sibling - - -
8. I feel I received rejection as a **teenager** when my school mates - - -
9. I feel I received rejection as a **teenager** when my boyfriend/girlfriend - - -
10. I feel I received rejection as an **adult** when my spouse - - -
11. I feel I received rejection as an **adult** when my boss - - -
12. I feel I received rejection as an **adult** when my best friend - - -
13. I feel I received rejection as an **adult** when a family member - - -
14. I feel I received rejection when a person or persons in church - - -
(Please don't mention the names of any persons or churches.)

Part Two

VI. RESULTS OF BITTERNESS

A. POLLUTION OF YOUR _____SYSTEM

It's like turning sewage into a reservoir.

1. Bitterness affects your actions, health, attitude and _____.
2. Hatred is like acid, it destroys the vessel that holds it.

B. BROKEN RELATIONSHIPS IN FAMILY & FRIENDS

- (Example) Go to a wedding and some of the family isn't there.

C. BITTERNESS BUILDS A BOX

1. Sin Separates - - - Unconfessed Sin!
Isaiah 59:1-2 Behold the Lord's hand is not shortened, that it cannot save; nor His ear heavy, that is cannot hear. But your iniquities have separated you from your God and your sins have hidden His face from you so that He will not hear."
2. Builds _____ between you and others.
3. Builds a ceiling between you and God.
4. Bitterness separates and isolates a person from God and from people.

VII. HOW DOES REJECTION AFFECT RELATIONSHIPS?

A. HUSBAND

1. In the world he is Mr._____.
2. He is usually a workaholic.
3. In the family he may be a failure; he is poor in relationships at home because he is so busy performing at _____.
4. He has no energy left for relationships at home.

B. WIFE

1. If she has a _____, she is Mrs. Success.
2. If she stays at home, she builds her life and her perfectionism around her family.
3. Because of her needs she tries to make her children perfect.
4. She builds her perfectionism and fears into her children.

C. FRIEND

1. Looking for someone to fill their _____.
2. When they find a friend, they absorb, draw from and cling to that friend.
3. No one can be there 24/7 and meet all their needs.
4. Eventually the friend draws back....more rejection.

D. PEOPLE PLEASERS

1. No person or persons can meet all your needs!! _____ causes you to become a people pleaser.
2. ***Jeremiah 17:5 "Cursed is the man who trusts in man..."***
Jeremiah 17:7 "Blessed is the man who trusts in the Lord and whose hope is in the Lord."
Psalms 118:8 "It is better to trust in the Lord than to put confidence in man."

VIII. FORGIVENESS – THE ANSWER TO BITTERNESS

A. ***Matthew 6:14-15 "For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins."***

1. Forgiveness releases God's forgiveness to _____.
2. Release the one who hurt you and God will _____ you from the hurt.

B. HOW DOES SATAN GET AN ADVANTAGE OVER A CHRISTIAN?

1. ***II Corinthians 2:10-11 "Now whom you _____ anything, I also forgive...lest Satan should take advantage of us: for we are not ignorant of his devices."***
2. The scripture tells us that Satan gets the advantage through unforgiveness.
3. Advantage is a wrestling term. The one with the advantage position starts the match on the _____.

C. IF I FORGIVE:

1. Does that mean the other person is _____? No!!
2. Does that mean that I have to let them back in my life and continue to hurt or abuse me mentally, physically, sexually or spiritually? **No!!**
3. You have the _____ to put up boundaries.
4. Forgiving does not mean there is never any accountability.
5. What if they don't forgive me? Obey God's Word and forgive them!
6. Why does God require us to forgive? He _____ that bitterness will destroy us.
7. Example: Susie—potty trained, goes to school, gets married, first dinner party.

IX. STEPS TO FORGIVENESS: "HOW TO"

A. **STEP ONE:** Choose to Forgive The Person

1. Forgiveness is an act of your _____. "I will obey God's Word and forgive."
2. It is not a feeling or emotion. Don't _____ for the lovey dovey feelings.
3. Name the person and the hurt.

"I choose to forgive the person for the hurt ." Examples: Saying I was stupid, too fat, I should be like my sister, etc.
4. Don't Pray: "**God** forgive my mother." God has no problem forgiving. I have the problem, I must forgive.

B. **STEP TWO:** Ask God to Forgive You For Your Reaction

1. Lord Forgive Me For My:
ANGER, HATRED, BITTERNESS, REVENGE or, MURDER IN MY HEART
2. *1 John 1:9 "If I confess MY sin He is faithful and just to forgive me MY sins and to cleanse ME from all unrighteousness. REPENTANCE*
3. *Ephesians 4:31-32 "Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you."*

C. **STEP THREE:** _____ For The Person

1. Whenever the person comes to mind, pray for them until God replaces the bitterness and hatred with His Love. Arrow Prayers
2. **1 John 2:9-11** *“He who says he is in the light, and hates his brother, is in darkness until now. He who loves his brother abides in the light, and there is no cause for stumbling in him.”*
3. **1 Peter 3:9** *“Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing.”*
4. Three teachings about how to forgive.
 - **Name everything**
You must forgive everything and name everything that the person ever did.
 - **Blanket prayer**
You can just pray a “blanket” prayer and forgive them for everything all at once. “I forgive my mother for everything she ever did to hurt me.”
 - **Holy Spirit Directed Prayer.....This Works!**
Ask the Holy Spirit, the teacher to show you what individual things you need to forgive each person for. Example: Pick-Up Sticks.
5. Be sure to include forgiving them for the **long term effects** on your life and if applicable, the long term effects on your spouse and children.

D. REMEMBER, FOR FORGIVENESS TO BE _____ YOU MUST:

1. Forgive the person.
2. Ask God to forgive you for the sin in your heart (your reaction).
3. Pray for the person.

X. **WHO DO I NEED TO FORGIVE?**

A. FORGIVE _____:

Mother, father, brothers, sisters, aunts, uncles, your children, grandchildren, husband, ex-husband, wife, ex-wife, grandparents, in-laws, cousins, boyfriends, girlfriends, childhood friends, teenage friends, teachers, neighbors, adoptive parents, pastors, leaders, Sunday School teachers, etc.

1. Do I need to forgive those who are dead? Yes!

2. DO I NEED TO GO TO EACH PERSON AND TELL ALL? NO! NOT UNLESS YOU ARE DIRECTED TO BY HOLY SPIRIT. If He says “yes”, ask Him when and what to say. Remember to be a life-giver. Example: Joseph and his brothers.

3. Second Hand offenses.

B. RECEIVE FORGIVENESS FOR _____ .

1. We first learn to forgive by _____ Christ’s forgiveness. If you still feel guilty and burdened in an area then you haven’t received Christ’s forgiveness.

2. Example: An Inheritance

3. Because Christ has forgiven me – I receive His forgiveness.

I FORGIVE MYSELF FOR: (examples)

a. Making wrong choices and decisions that hurt others and me.

b. Not doing God’s will when I knew it.

c. Hating and hurting my parents.

d. Lying to myself and pretending.

e. Stealing as a child, stealing as an adult.

f. Sexual promiscuity.

g. Getting high, getting drunk.

h. Not being a good daughter, wife, and/or father.

i. Playing doctor, nurse as a child.

j. Homosexual acts as a child, as an adult.

k. Being raped. (If I feel like I was in any way at fault, dressed sexy, drinking or doing drugs, etc.)

l. Taking advantage of others sexually.

m. Being molested, or being a molester.

n. Hating sex.

o. Having an abortion.

C. ASK THE LORD TO FORGIVE YOU FOR BEING ANGRY AT _____ FOR:

1. Not liking the way you were made.

2. Making you a girl/boy.

3. Giving you big ears, eyes, hips, etc.
4. Making sex.
5. Allowing _____ to happen to you.

D. WHO DO YOU NEED TO FORGIVE IN THE _____?

Examples:

1. The person who puts their pocketbook on the seat just as you were getting ready to sit down.
2. The group of people who are talking after church and stop talking when you walk by..."were they talking about me?"
3. The pastor who walks by and says "Hi" to everyone except you.
4. The pastor who picked the new kid to be deacon/deaconess when your husband/wife had been serving faithfully in the church for two years.
5. The pastor who didn't care enough to know that you were hurting.
6. The ones that "caused" the church split.
7. The ones who accused you of causing a church split.
8. The ones who left during a church split.
9. The one who always know/knew everyone's business and talks/talked about it.
10. The person who was your pastor/elder (you looked up to and respected him/her) and you later found out that what they taught wasn't the truth.
11. The pastor who used you to serve, but when someone else came along, you were out of the picture – out of sight, out of mind.
12. The pastor who didn't or wouldn't use you – allow you to serve.
13. The Christian who you were involved with sexually.
14. The leader who fell into immorality.

E. DON'T BE INTROSPECTIVE

1. Ask the Holy Spirit to reveal what He wants you to forgive, but don't get out of _____ always looking inward.
2. Get rid of bitterness once and for all. **The past.**
3. Learn to walk in forgiveness each day. **The present.** In His forgiveness of us, and our forgiveness of each other.

4. Ask the Holy Spirit to “Guide you into all truth.”
John 16:13 “But when He, the Spirit of Truth comes, He will guide you into all truth.”
5. Freedom! *John 8:32 “And you shall know the truth and the truth shall make you free.”*

XI. FORGIVENESS MEANS:

- A. TO CEASE TO _____ RESENTMENT AGAINST SOMEONE.
- B. TO _____ UP RESENTMENT.
- C. TO GRANT RELIEF FROM PAYMENT OF DEBT.

XII. FORGET MEANS:

- A. I WON’T RAISE THESE MATTERS AGAINST YOU AGAIN AND USE THEM AS A WEAPON.
- B. I WON’T TELL _____ ABOUT THEM AGAIN, UNLESS DIRECTED BY THE HOLY SPIRIT FOR GOD’S GLORY.
- C. I WON’T DWELL ON THEM IN MY OWN MIND. THIS DOESN’T MEAN I WILL NEVER THINK ABOUT THE SUBJECT AGAIN.

XIII. FORGETTING THE PAST:

- A. WHAT DOES “FORGETTING THE PAST” MEAN?
 1. *Philippians 3:13 “Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: forgetting what is behind and straining to what is ahead, I press on toward the goal...”*
- B. WHAT IS PAUL FORGETTING?
 1. Hurts and rejections? _____.
 2. His past aristocratic heritage and his elite education? _____!
 3. *Philippians 3:4-6 “If anyone else thinks he has reasons to put confidence in the flesh, I have more: circumcised the eighth day, of the stock of Israel, of the tribe of Benjamin, a Hebrew of the Hebrews; concerning the law of Pharisee; concerning zeal, persecuting the church; as for legalistic righteousness, faultless.”*

**YOU KNOW YOU ARE HEALED IN AN AREA
WHEN YOU REMEMBER THE EVENT
BUT IT NO LONGER DESTROYS YOU
PHYSICALLY, MENTALLY, EMOTIONALLY OR SPIRITUALLY!
AFTER THE SEMINAR**

1. This seminar can be like spiritual open-heart surgery. This is a time to focus on walking through the forgiving, healing process. Baby yourself! Don't decide to paint the house, clean the garage or attic, invite the family over for a long weekend, etc.
2. Be patient with yourself as you are changing. Don't get discouraged if you suddenly see SIN in your heart.
3. Watch for attacks from the enemy – he hates it when he knows you are being set free!
4. Follow up is very important. You must take the time to forgive, to repent for the sin in your heart and to walk through to wholeness. Just attending the seminar does not mean that you have gone through the Roots Seminar and now you're "FINE!"

INSTRUCTIONS FOR GROUP DISCUSSION

(Please do not mention the names of any persons or churches)

Read question #1. Each person answer question #1.

Read the next question and each person answer it.

No counseling – this is a time to share and listen!

Let people cry if they need to. This is a safe place for God's tears.

Keep to the topic! No Bunny Trails.

**Have you been trying to get rid of the fruit that you see in your life?
If you deal with the roots, that will take care of the fruit.**

1. I feel I received a "Root of Bitterness" as a child when my Father/Mother - - -
2. I feel I received a "Root of Bitterness" as a teenager when my siblings or school mates - - -
3. I feel I received a "Root of Bitterness" as a teenager when my boyfriend/girlfriend - - -
4. I feel I received a "Root of Bitterness" as an adult when my spouse - - -
5. I feel I received a "Root of Bitterness" as an adult when my boss - - -
6. I feel I received a "Root of Bitterness" as an adult when my best friend - - -
7. I feel I received a "Root of Bitterness" as an adult when a family member - - -
8. I feel I received a "Root of Bitterness" as an adult when my child - - -
9. Which of the following "fruits" do you feel you have received from the "Root of Rejection"?

Self-rejection
Self-hatred
Inferiority
Failure syndrome
Fear of rejection
Fear of failure

Fear of people
Fear of new situations
Torment
Depression
Spirit of suicide

Further Information

GENERAL PATTERNS

General patterns are evidenced in a person who has been rejected. A child's spirit is aware even before the child is totally developed. Even medical doctors now attest to the baby's awareness in the womb (Secret Life of the Unborn Child).

- A. The enemy causes the person to experience a pattern of rejection - - - not fitting in, not meeting the standard that people set up for their lives.
- B. A point is reached where the person agrees with the pattern, and then begins to walk in it. **Amos 3:3** *"Can two walk together, unless they are agreed?"*
- C. He anticipates and **expects** rejection because he feels that he **deserves** it because of the way he is. He believes that there is something inherently wrong with himself.
- D. Then deep self-hatred sets in: dislike of self- - inward, outward or both.

COMMON CHARACTERISTICS

- A. There is a judgment of God. He made a mistake when He made me; He doesn't care about me, love me, or hear me.
- B. There is a judgment of self. I'm not deserving or worthy, I deserve rejection.
- C. Outward appearances are not always true indicators of who a person really is. Outwardly one can appear to be **defeated**, depressed, despairing - - - or they may seem to be extremely strong and **confident**, yet both can be full of rejection.
- D. Rejection, and very little affection or nurturing by parents is typical.
- E. Unusually strong control and fear of losing **control**.
- F. **Weapons used to keep the pain away:** vows, judgments, word curses (both by self and others), escapism, mind-control, fantasy, anger, rage, retaliation, self-justification, striving, control.
- G. **Fears:** of failure, rejection, people, of new situations, abandonment, betrayal, losing control, fear of being vulnerable. **Psalm: 56:3** *"Whenever I am afraid I will trust in You."*
- H. It is not unusual to not like yourself physically.
- I. Suicidal thoughts and tendencies are common.

John 10:10 *"The thief does not come except to steal and to kill and to destroy; I have come that they may have life, and that they may have it more abundantly."*

- J. Many times the child was not wanted from the start or felt he or she was the wrong gender. Others have gone unnoticed or are one of many children and received little attention.

EVIDENCE OF SELF-REJECTION

A. OVER-ATTENTION ON CLOTHES

Undue concern for clothes may be an attempt to cover up or compensate for unchangeable physical features that the person has rejected.

Matthew 6:27-29 “Who of you by worrying can add a single hour to his life? And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these.”

B. INABILITY TO TRUST GOD

If we reject God’s basic design in making us, it may then also be difficult to put confidence in the Designer for other areas of our life.

Ephesians 2:10 “For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.”

Psalms 139:14 “I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, and that my soul knows very well.”

C. EXCESSIVE SHYNESS

Fear of what others will think of us may then cause others to reflect our attitudes of fear back to us.

D. DIFFICULTY IN LOVING OTHERS

We are to love our neighbor as we do ourselves. If we cannot “love ourselves” in the right way, we will also find it difficult to love others in the right way.

Matthew 19:19 “Honor your father and your mother, and you shall love your neighbor as yourself.”

E. SELF-CRITICISM

Complaints about unchangeable physical features, abilities, parentage and social heritage are significant indications of self-rejection.

Romans 9:20 “But indeed, O man, who are you to reply against God? Will the thing formed say to him who formed it, ‘Why have you made me like this?’”

F. WISHFUL COMPARISON WITH OTHERS

Desiring to be different in areas that cannot be changed is a clear evidence of self-rejection. On the other hand, we should desire to be different in attitudes and character, which do not conform to the image of Jesus.

II Corinthians 10:12 "For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise."

G. BITTERNESS

Many have said, "I hate myself." They may be referring to things that they have said or done, or they may be referring to their whole being. In the latter case, their final hatred will be directed toward the one who made them.

H. PERFECTIONISM

It is healthy to a certain degree to want to keep improving. But when the time expended outweighs the value of accomplishment, then it is an evidence of self-rejection.

I. ATTITUDES OF SUPERIORITY

When we boast of our achievements, "name drop" or refuse to associate with certain kinds of people, we are exhibiting outward indications of both pride and inferiority.

- Whatever we have is from God therefore ***"... why do you boast as if you have not received it?" I Corinthians 4:6-7***
- A person who acts superior is usually a person who inwardly feels inferior but is trying to narrow his field of comparison.

J. AWKWARD ATTEMPTS TO HIDE

Self-conscious actions or statements to cover up unchangeable "defects" may indicate self-rejection. If we have a "defect" which we cannot change and which God through prayer has not changed, then we are able to claim - - -

II Corinthians 12:9 "My grace is sufficient for you, for My strength is made perfect in weakness."

K. EXTRAVANGANCE

An evidence of self-rejection may be in the form of lavish spending on expensive items in hopes that they will bring admiration and acceptance to the owner.

Luke 12:15 And He said to them, "Take heed and beware of covetousness, for one's life does not consist in the abundance of the things he possesses."

L. WRONG PRIORITIES

When we neglect God-given responsibilities in order to spend great amounts of time in pursuits that will bring acclaim from others, we may be revealing evidences of self-rejection.

HOW OUR BRAIN RESPONDS TO REJECTION

A social snub really does hurt as much as a slap in the face. The same brain cells that register physical pain also respond when the injury comes in the form of rejection, UCLA researchers have found.

The neuroscientist monitored brain activity in 13 UCLA undergrads who played a computer ball-tossing game with two unseen partners. In reality, the other “players” were computer generated – and programmed to get nasty. After awhile, they stopped tossing the ball to the students – social rejection. At that, the anterior cingulate cortex (ACC), a region of the brain that registers physical pain, lit up on the study volunteers’ brain scans.

Evolution may have hard-wired our brains to view a social slight and a broken arm as equally serious threats to our survival, the researchers believe. The antidote? A kiss or a hug could comfort a bruised ACC. “The ACC has a ton of opioids receptors, and opioids, which are released upon touch, are the body’s most potent painkillers,” says lead study author Naomi I. Eisenberger, a UCLA doctoral student.

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