



Healing Shattered Confidence

“Do not throw away your confidence;
it will be richly rewarded.

You need to persevere so that
when you have done the will of God,
you will receive what he has promised.”

Hebrews 10:35-36 (NIV)

Question: What can shatter a person’s confidence?

Answer: Rejection

Three truths about rejection:

1. It’s destructive.

“Fear of man is a dangerous trap...” Proverbs 29:25 (LB)

2. It’s unavoidable.

“He (Jesus) was in the world, and though the world was made through him, the world did not recognize him. He came to that which was his own, but his own did not receive him.”
John 1:10-11 (NIV)

3. It’s survivable.

“We have a high priest (Jesus) who is able to sympathize with our weaknesses, because He has been tempted in every way, just as we are—yet was without sin. Let us then approach the throne of grace with confidence, so that we may find grace to help us in our time of need.” Hebrews 4:14-16

How to defeat rejection in our lives:

1. Believe that I’m accepted.

“Accept one another, then, just as Christ accepted you...” Romans 15:7 (NIV)

“God, who knows the heart, showed that he accepted them by giving the Holy Spirit to them, just as he did to us. He made no distinction between us and them...” Acts 15:8-9 (NIV)

2. Believe that I’m valued.

“Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you!” Isaiah 49:15 (NIV)

God says, “You are precious to me.” Isaiah 43:4 (GN)

3. Believe that I’m loved.

“The mountains and hills may crumble, but my love for you will never end...so says the Lord who loves you.” Isaiah 54:10 (GN)

“God loves you, so don’t let anything worry you or frighten you.” Daniel 10:19 (GN)

4. Believe that I’m forgiven.

“I am the God who forgives your sins, and I do this because of who I am. I will not hold your sins against you.” Isaiah 43:25 (GN)

“Through what Christ did for us; He decided to make us holy in his eyes, without a single fault—we stand before God covered with his love.” Ephesians 1:4 (LB)

5. Believe that I’m adequate.

“I have strength for all things in Christ who empowers me—I am ready for anything and equal to anything through Him who infuses inner strength into me; I am self-sufficient in Christ’s sufficiency.” Philippians 4:13 (Amp)

“The Lord says, ‘I am the one who comforts you. So why should you be afraid of people who let you down?’” Isaiah 51:12

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