



OVERCOMING THE
SPIRIT OF
Rejection

From Wounds to
Wholeness in Christ



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Introduction: Understanding the Spirit of Rejection

Rejection is one of the deepest soul wounds. Often, it is rooted in attachment trauma and abandonment. When our emotional needs are unmet, especially in childhood, we internalize the lie that we are not enough or not worthy of love. The spirit of rejection manifests in fear, insecurity, people-pleasing, isolation, and striving for acceptance. But God's heart is to heal the brokenhearted and restore us to our true identity.

Key Scripture:

Psalms 27:10 - 'Though my father and mother forsake me, the Lord will receive me.'

Reflection:

- When did you first feel rejected?
- What belief did that experience form in you?
- How has that belief shaped your life?

Section 1: Recognizing the Roots

Attachment Trauma and Identity

Trauma can distort how we see ourselves. Lies form that shape our identity outside of Christ.

Key Scripture:

Romans 8:15 - 'You received God's Spirit when he adopted you as his own children.'

Reflection:

- What are some recurring thoughts you have about your worth?
- How do these align or conflict with God's Word?

Action:

Write down the lies you've believed. Then, next to each, write the truth from Scripture.

Section 3: Healing the Wound of Rejection

Key Scripture:

Isaiah 61:1 - 'He has sent me to bind up the brokenhearted.'

Reflection:

- Who do you need to forgive?
- What lies need to be renounced?

Action Steps:

- Write a letter of release to someone who hurt you.
- Make a declaration list of truth statements from God's Word.

Section 4: Speaking Truth Over the Wound

Declarations:

- I am not rejected. I am accepted by God.
- I am not overlooked. I am seen.
- I am not unworthy. I am righteous in Christ.
- I am not abandoned. I am loved with an everlasting love.

Truth Exchange Table:

Lie: I'm not wanted -> Truth: God chose me before the foundation (Eph. 1:4)

Lie: No one stays -> Truth: God will never leave me (Heb. 13:5)

Lie: I have no voice -> Truth: My voice is heard by God (Ps. 18:6)

Section 5: Renewing the Mind

Key Scripture:

Romans 12:2 - 'Be transformed by the renewing of your mind.'

Reflection:

- What triggers rejection thoughts?
- What truth will you meditate on instead?

Daily Practice:

- Morning scripture meditation (e.g., Ephesians 1)
- Breath prayer: 'I am chosen. I am accepted. I am whole.'
- Gratitude journaling

Section 6: Walking in Freedom

Key Scripture:

Galatians 5:1 - 'It is for freedom that Christ has set us free.'

Reflection:

- What does freedom look like in your life?
- What boundaries support your healing?
- Who will walk this healing journey with you?

Weekly Healing Check-In

Use this chart weekly to track your healing journey:

Week | Lie That Surfaced | Truth Declared | What Kept You Grounded in Christ?

1			
2			
3			
4			

Closing Prayer

Father, thank You that You have never rejected me. Thank You for adopting me, loving me, and healing me. I renounce every lie and agreement I made with the spirit of rejection. I receive Your truth. I am Yours. I am loved. I am whole. In Jesus' name, Amen.

Bonus: Scriptures for Meditation

- Ephesians 1:3-14
- Isaiah 41:9-10
- Psalm 139:13-16
- Romans 8:31-39
- John 15:9-11