

# SWEET DREAMS

Defeating the Monsters that Keep You Up at Night

## Overcoming the Fear of Rejection

May 29, 2016

<sup>25</sup> Fearing people is a dangerous trap, but trusting the LORD means safety.

*Proverbs 29:25 (NLT)*

### THE FEAR OF REJECTION TRAPS US:

- Δ Causing us to \_\_\_\_\_ our values.
  - Δ Keeping us from \_\_\_\_\_ the truth.
  - Δ Preventing us from giving and receiving \_\_\_\_\_.
  - Δ Elevating \_\_\_\_\_ and \_\_\_\_\_.
  - Δ Moving us toward \_\_\_\_\_.
  - Δ Silencing our sharing about \_\_\_\_\_.
  - Δ Keeping us from spiritual \_\_\_\_\_.
- ✓ The key to unlocking the fear trap is \_\_\_\_\_.

### OVERCOMING THE FEAR OF REJECTION:

#### 1. FACE THE FACT THAT PEOPLE WILL \_\_\_\_\_.

<sup>12</sup> The Lord says, "I am the one who comforts you. So why should you be afraid of people, who die? Why should you fear people who die like the grass?<sup>13</sup> Have you forgotten the Lord who made you, who stretched out the skies and made the earth? Why are you always afraid of those angry people...?"

*Isaiah 51:12-13 (NCV)*

✓ We can be \_\_\_\_\_ by the rejection of other people, but we don't have to be \_\_\_\_\_ by it.

<sup>10</sup> Does this sound as if I am trying to win human approval? No indeed! What I want is God's approval! Am I trying to be popular with people? If I were still trying to do so, I would not be a servant of Christ.

*Galatians 1:10 (GNT)*

✓ People will not \_\_\_\_\_ you as much as you need it.

✓ We focus on the wrong \_\_\_\_\_: People whose opinion is \_\_\_\_\_, rather than God whose perspective is \_\_\_\_\_.

#### 2. FOCUS ON HOW \_\_\_\_\_ SEES YOU.

<sup>7</sup> But the LORD said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart."

*1 Samuel 16:7 (NIV)*

#### 3. FALL BACK ON GOD'S \_\_\_\_\_.

<sup>10</sup> This is love: not that we have loved God, but that he loved us and sent his Son to be the payment for our sins.

*1 John 4:10 (GW)*

✓ When I live to please an \_\_\_\_\_ of One, what \_\_\_\_\_ about me overpowers every other opinion—and I am totally \_\_\_\_\_ by Him.

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# SWEET DREAMS

Defeating the Monsters that Keep You Up at Night

## Facing the Fears That Paralyze Us

May 22, 2016

<sup>25</sup> Fearing people is a dangerous trap, but trusting the LORD means safety.

*Proverbs 29:25 (NLT)*

### THE FEAR OF REJECTION TRAPS US:

- Δ Causing us to **COMPROMISE** our values.
- Δ Keeping us from **SPEAKING** the truth.
- Δ Preventing us from giving and receiving **LOVE**.
- Δ Elevating **ISOLATION** and **LONELINESS**.
- Δ Moving us toward **UNHAPPINESS**.
- Δ Silencing our sharing about **CHRIST**.
- Δ Keeping us from spiritual **MATURITY**.

✓ The key to unlocking the fear trap is **TRUST**.

### OVERCOMING THE FEAR OF REJECTION:

#### 1. FACE THE FACT THAT PEOPLE WILL **LET YOU DOWN**.

<sup>12</sup> The Lord says, "I am the one who comforts you. So why should you be afraid of people, who die? Why should you fear people who die like the grass?" <sup>13</sup> Have you forgotten the Lord who made you, who stretched out the skies and made the earth? Why are you always afraid of those angry people...?

*Isaiah 51:12-13 (NCV)*

✓ We can be **AFFECTED** by the rejection of other people, but we don't have to be **DIRECTED** by it.

<sup>10</sup> Does this sound as if I am trying to win human approval? No indeed! What I want is God's approval! Am I trying to be popular with people? If I were still trying to do so, I would not be a servant of Christ.

*Galatians 1:10 (GNT)*

✓ People will not **LOVE** you as much as you need it.

✓ We focus on the wrong **FEAR**: People whose opinion is **TEMPORARY**, rather than God whose perspective is **ETERNAL**.

#### 2. FOCUS ON HOW GOD SEES YOU.

<sup>7</sup> But the LORD said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart."

*1 Samuel 16:7 (NIV)*

#### 3. FALL BACK ON GOD'S **UNCONDITIONAL LOVE**.

<sup>10</sup> This is love: not that we have loved God, but that he loved us and sent his Son to be the payment for our sins.

*1 John 4:10 (GW)*

✓ When I live to please an **AUDIENCE** of One, what **GOD SAYS** about me overpowers every other opinion—and I am totally **ACCEPTED** by Him.