

# Epidemic

## *Fear of Rejection*

**Proverbs 29:25** Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe. (NIV)

**1 Samuel 18:12** Saul was afraid of David, because the LORD was with David but had departed from Saul. (NIV)

**1 Samuel 18:15** When Saul saw how successful he was, he was afraid of him. (NIV)

**1 Samuel 15:24** Then Saul said to Samuel, "I have sinned. I violated the LORD's command and your instructions. I was afraid of the men and so I gave in to them. (NIV)

### 1. The cause of the fear of rejection

- Rejection leads to the fear of rejection
- Abandonment leads to the fear of rejection

### 3 Primary Ways We Fear People

1. We fear people will hurt us
2. We fear people will reject us
3. We fear people will expose us

### 2. The consequences of the fear of rejection

#### 1. Fear of rejection causes the comparison game

**1 Samuel 18:6–8** When the men were returning home after David had killed the Philistine, the women came out from all the towns of Israel to meet King Saul with singing and dancing, with joyful songs and with timbrels and lyres. <sup>7</sup> As they danced, they sang: "Saul has slain his thousands, and David his tens of thousands." <sup>8</sup> Saul was very angry; this refrain displeased him greatly. "They have credited David with tens of thousands," he thought, "but me with only thousands. What more can he get but the kingdom?" (NIV)

## 2. Fear of rejection causes abandonment issues

**1 Samuel 18:8** Saul was very angry; this refrain displeased him greatly. “They have credited David with tens of thousands,” he thought, “but me with only thousands. What more can he get but the kingdom?” (NIV)

## 3. Fear of rejection makes us suspicious

**1 Samuel 18:9** And from that time on Saul kept a close eye on David. (NIV)

## 4. Fear of rejection causes us to hurt people

**1 Samuel 19:4–5** Jonathan spoke well of David to Saul his father and said to him, “Let not the king do wrong to his servant David; he has not wronged you, and what he has done has benefited you greatly.<sup>5</sup> He took his life in his hands when he killed the Philistine. The LORD won a great victory for all Israel, and you saw it and were glad. Why then would you do wrong to an innocent man like David by killing him for no reason?” (NIV)

**1 Samuel 20:30–33** Saul’s anger flared up at Jonathan and he said to him, “You son of a perverse and rebellious woman! Don’t I know that you have sided with the son of Jesse to your own shame and to the shame of the mother who bore you?<sup>31</sup> As long as the son of Jesse lives on this earth, neither you nor your kingdom will be established. Now send someone to bring him to me, for he must die!”<sup>32</sup> “Why should he be put to death? What has he done?” Jonathan asked his father.<sup>33</sup> But Saul hurled his spear at him to kill him. Then Jonathan knew that his father intended to kill David. (NIV)

## 5. Fear of rejection causes us to push people away from us

**1 Samuel 18:12–13** Saul was afraid of David, because the LORD was with David but had departed from Saul.<sup>13</sup> So he sent David away from him and gave him command over a thousand men, and David led the troops in their campaigns. (NIV)

## 6. Fear of rejection creates unnecessary enemies

**1 Samuel 18:28–29** When Saul realized that the LORD was with David and that his daughter Michal loved David,<sup>29</sup> Saul became still more afraid of him, and he remained his enemy the rest of his days. (NIV)

## **7. Fear of rejection causes us to compromise**

**1 Samuel 15:24** Then Saul said to Samuel, "I have sinned. I violated the LORD's command and your instructions. I was afraid of the men and so I gave in to them. (NIV)

## **8. Fear of rejection makes us people pleasers**

**1 Samuel 15:24** Then Saul said to Samuel, "I have sinned. I violated the LORD's command and your instructions. I was afraid of the men and so I gave in to them. (NIV)

## **3. The cure from the fear of rejection**

### **1. Let God heal your heart**

**Psalms 147:3** He heals the brokenhearted and binds up their wounds. (NIV)

### **2. Let people heal your heart**

**James 5:16** Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. (NIV)

### **3. Develop a fear of God**

**Proverbs 14:27** The fear of the Lord is a fountain of life, turning a person from the snares of death. (NIV)