

Bible Verses & Prayers to Help You *Overcome Rejection*

Psalm 27:10

Lord, thank you that even if everyone around me abandons me, You never will. You are faithful. You hold me close in times where the rejection seems like too much. Heal my heart and make me whole like only You can. In Jesus' name, Amen.

Psalm 23:1-6

Lord, thank you that You are my Shepherd. You provide everything that I need. I thank you that when rejection overwhelms my soul, that You lead me by still waters. You calm my soul and renew my strength. I do not have to fear rejection, because I know that You have my best interest at heart and will work all things out for my good. In Jesus' name, Amen.

1 John 3:1

Lord, I praise you that you have accepted me into your family. I am a child of the Living God, a blood washed citizen of Your Kingdom. I am a new creation in Christ. The old me is gone. Thank you that you are renewing my mind. That old patterns of thinking are fading away as I confess the truth of who I am in You. I am perfectly loved and accepted by You. Help me to walk in the fullness of who I am. In Jesus' name, Amen.

2 Corinthians 4:8-9

Thank you, Lord, that the weight of past rejections have no hold over me. Jesus died so that I would be completely free...mind, body, soul and spirit. Renew my mind as I abide in you. Help me to see myself the way You see me. Even when I feel pressed in on every side, I will be confident in Your love and acceptance of me. In Jesus' name, Amen.

Matthew 5:44

Lord, help me to love (Person who hurt me) the way you love me. Father, they may be so wrapped up in their own pain, that they may not be able to see what they are doing. Or it could be that they had no intention of hurting me. Regardless of their motives, I forgive them. I hold nothing against them. I pray your blessing over them. Heal every wound they have and draw them closer to You. In Jesus' name, Amen.

Ephesians 3:19

Thank you, Lord that You love me with an unconditional love. Help me to be confident in that love. As I abide in You and receive that love, help me to pour it out on others, even those who hurt me. Let me be a light that shines through the dark, because of my confidence in You.