

Prayer Plan - Overcoming Rejection

How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: _____

Place: _____

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. **DRAWING NEAR TO GOD** - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.

3. **GOD CENTERED PETITIONS** Matt 6:10 “Your kingdom come. Your will be done, On earth as it is in heaven.”

Prayer should reflect a desire to align ourselves with God’s goals and purposes, not to get Him to follow our plans.

4. **PERSONAL PETITIONS** Matt 6:11 “Give us today our daily bread.”

We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.

5. **MEDITATION Joshua 1:8** “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.

Read through the scripture passages for today as listed below:

Meditational Verses

Monday: Psalm 27

Tuesday: 1 Peter 5:1-11

Wednesday: John 1:1-18

Thursday: Luke 6:20-23

Friday: Psalm 118

Saturday: John 10:22-42

Sunday: Psalm 139

Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.

Overcoming Rejection – Notes & Bible Verses

Rejection is such a tough emotion to deal with. Unfortunately some people have had to deal with it in the worst scenarios like being rejected by siblings, parents or long-time friends. It's difficult to overcome the feeling of rejection. What usually comes with it is low self-esteem and worthlessness. But even when people in the world reject you, God accepts you and loves you more than you can imagine. Let's talk about overcoming the feeling of rejection today.

Casting all your anxieties on him, because he cares for you. - 1 Peter 5:7 ESV

Carrying your worries stresses and daily struggles by yourself shows that you have not trusted God fully with your life. It takes humility to recognize that God cares to admit to your need of him and to let others in God's family help you. If you were holding on to feelings of rejection commit them into God's hand and allow him to heal your heart and help you move forward.

For my father and my mother have forsaken me, but the Lord will take me in. - Psalm 27:10

Many people have had the sad experience of being forsaken by their father or mother. Broken homes, differences of beliefs, or addiction to drugs or alcohol can leave children impacted for life. God can take that place in our lives, heal your heart and fill the void left by rejection. He can direct us to adults who may take the role of mother and father for us and assist us in growing spiritually.

He came to his own, and his own people did not receive him. - John 1:11 ESV

Even the people chosen by God to prepare the rest of the world for the Messiah rejected Jesus. This is even with all of the Old Testament pointing to his arrival. If you are feeling rejected by anyone right now let this serve as a reminder that even Jesus was rejected by his own but He overcame.

The stone that the builders rejected has become the cornerstone. - Psalm 118:22

Jesus referred to this verse when he spoke about being rejected by his own people in Matthew 21:42. Although he was rejected, Jesus is now the chief cornerstone, the most important part of the church. The corner stone is the foundation stone holding the entire structure together. And

if you are feeling rejected now, my prayer is that God will work through you to do something great in your life that would be a blessing to many people.

*For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. - **Psalm 139:13-14***

You are a work of art that God has put together and you have been wonderfully made. So no matter the circumstances surrounding your conception, your existence is intentional. You are not a mistake because God doesn't make mistakes. You were created in the image of God with a purpose and meaning to your life. Remember this verse in your hearts if you are dealing with any feelings of rejection right now. God made you in his image. He has a purpose for your life. There is meaning to your existence and He has created you for good works regardless if people reject you now or in the past.

*And my God will supply every need of yours according to his riches in glory in Christ Jesus. - **Philippians 4:19***

Being rejected can take on many forms. One way of rejecting someone is through neglecting to do something that another person needs. This verse gives us a promise that God will supply everything you need according to the riches that are in Christ Jesus. Hold on to this promise in your heart.

*Blessed are you when people hate you and when they exclude you and revile you and spurn your name as evil, on account of the Son of Man! Rejoice in that day, and leap for joy, for behold, your reward is great in heaven; for so their fathers did to the prophets. - **Luke 6:22-23***

These verses are called the beatitudes which is from the Latin word meaning "blessing". They describe what it means to be Christ's follower and are standards of conduct. They contrast kingdom values with the worldly values, showing what Christ followers can expect from the world and what God will give them. In these verses Jesus says that if people reject you because of your relationship with Christ that you will receive a great reward in heaven.

*I give them eternal life, and they shall never perish; no one will snatch them out of my hand. My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand. - **John 10:28-29 NIV***

If you feel like you've been rejected by someone just know that Jesus has a very tight grasp on you. No matter what the devil tries to do in your life know that Jesus will always accept you and keep you close to him. And as believers, we are eternally secure because of Jesus' grasp on us.