

Breaking Free from Rejection: A Prayer for Strength

Dear God, I really want to overcome the feeling of rejection in my life. In Jesus' name, I'm truly sorry for any hidden wrong things I've done that might have let the feeling of rejection affect me. I also want to break free from any patterns of rejection, and I'm sorry for the things my ancestors did wrong, going back a long time. I'm standing up to rejection and saying it has no power over me anymore, all because of Jesus.

God, I know I'm scared sometimes, especially of being rejected by You and other people. But I choose to let go of that fear and say it's not welcome in my life.

I've decided to love myself and see myself how You see me—as a special creation. I'm sorry for trying to be someone else and hiding who I really am. I'm breaking free from the thoughts that say You don't love me and that I shouldn't love myself, all because of Jesus.

I'm asking for Jesus' help and guidance right now.

As for the times when others didn't accept me, I've already forgiven them. Now I'm officially letting go of that hurt and saying it doesn't have power over me anymore, all because of Jesus.

Dear Heavenly Father, I'm sorry for any times when I didn't accept You or didn't embrace Your gift of Your Son, Jesus. I now understand that looking for approval from other sources to prove Your love was a mistake. From now on, I'm focusing on Jesus and His love, which shows how much You truly care for me. Rejection won't control my life anymore. In Jesus' name, I strongly believe that I am not rejected; I am accepted. It is done! In Jesus' powerful name. Amen.

