

Saying Yes to God

~Things That Hold Us Back~
Fear of Loneliness and Rejection

Top 10 Things People Fear

1. Change

2. Loneliness

3.

4. Rejection

5.

Ways Fear of Loneliness and Rejection can influence our lives

- Low self esteem
- People pleasing
- Clinginess or becoming overly reliant on others.
- Avoidance
- Increased anxiety
- Self sabotage
- Hard time making decisions

1. Sometimes we are
called to a time of
loneliness.

**a. A Time to grow
deeper in relationship
with God.**

Jeremiah the Prophet

- Called as a teen
- Family turned against him.
- Whipped, attacked by a mob, put in stocks.
- Threatened by a king.
- Ridiculed.
- Beaten, arrested, accused of treason, and thrown in jail.
- Thrown into a cistern with the intention he would die.
- Completely alone.

Lamentations 3:22-25

Because of the Lord's great love we are not consumed, for His mercies never fail. They are new every morning; Great is Your faithfulness.

I say to myself, "The Lord is my portion; therefore I will wait for Him."

The Lord is good to those whose hope is in Him, to the one who seeks Him.

Jeremiah 29:11

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

**b. A time to prepare
for what is next**

Isaiah 55:8-9

“For my thoughts are not your thoughts, neither are your ways my ways,” declares the Lord.

“As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.”

**2. What we do in
those seasons of
loneliness or rejection
matters.**

**Paul wrote Ephesians,
Philippians, Colossians
and Philemon while
under Roman
imprisonment.**

Philippians 4:4-7

Rejoice in the Lord always. I will say it again- “Rejoice!” Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything but in every situation, by prayer and petition, with thanksgiving present your requests to God. And the peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus.

**3. Rejection comes
with the package of
following Jesus.**

**Matthew 24:9 You will be
hated by all nations for
my names sake.**

John 15:18

**If the world hates you,
know that it has hated
me before it hated you.**

**4. You're never really
alone.**

Joshua 1:9

Have I not commanded
you? Be strong and
courageous. Do not be
frightened and do not be
dismayed, for the Lord your
God is with you wherever
you go.

Genesis 16:13

“You are the God who
sees me.”

Ishmael = God will
hear

Deuteronomy 31:8

The Lord Himself goes
before you and will be
with you; He will never
leave you nor forsake
you.

**1. Sometimes we are called to times of
Loneliness.**

Getting closer to God or to Prepare

**2. What we do in those seasons matter.
Lean into God, Serve others, Plug into
your church family, Rejoice**

3. Rejection comes with following Jesus.

**4. You're never really alone.
God sees You and He loves you.**