

Fear & Rejection

The subject to fear rejection is one of my favorites. No, I'm not crazy; it is just that I have seen so many succeed through these emotions; all to be a better person. More mature and better prepared for other challenges ahead. Because the topic is generally perceived as being so negative, the job seeker has a tendency to put this at the forefront. You have got to admit that looking for job or career transition can be quite scary. If you don't have an adequate action plan it can be downright frightening. Remember this tip right from the get go to implement a strong action plan. One must be organized if you are going to reach the goal(s) that you have set. There are factors in the world that are external and internal that will play with your mind and defeat you even before you get started. Your mind is in an emotional wrap drive and you must combat those thoughts with a balance of experience.

Being a Christian, you know this source of this fear and rejection. Yes it is Satan at his best. Anytime you are faced with a challenge or unfamiliar stress, Satan tries to raise his ugly head into your life. This stress can produce an open door for him and his cronies. Doubts, frustration, and depression can come into your life in a moment's notice. Even professionals who are faced with unemployment can be hit with depression and not even know it. Depression sometimes is so subtle it can surprise as and take hold before we even know what has happened.

Understanding the roots of depression, frustration and other negative feelings can help you best deal with them should choose to visit you. Knowing that even best of us face some depression in our lifetime is all the more reason for staying is a strong in the Word. Having a strong spiritual background and support group can make all the difference in the world. Because you're human you need to talk with someone. Having a strong prayer life is obviously most advantageous action you can take. Christian fellowship can also supply needed encouragement when the pressure can become unbearable. You just need someone to talk to.

Most job seekers, even Christians, do not employ an action plan. The world can play numerous head games when you are trying to achieve goal such as employment or a career transition. You must arm yourself or for this battle. It's not too advisable going into battle not armed. Arm yourself with the Word of the Lord, a strong action plan, and a good support group. You will be miles ahead of most job seekers.

Counselors have presented the issue of fear with a variety of attitudes and solutions to deal with it. I'm sure all you've all heard what the letters of fear stand for.

F: False
E: Evidence
A: Appearing
R: Real

False evidence appearing real. That might sound good on the surface but what does that mean to me? Because of the high degree of your emotional state a lot of your fear can be unjustified. Back in the early days there was a flight or flight mentality which demonstrated the positive aspects of fear. If a wild animal is attacking you naturally you will have fear that tells you it's time to take flight or fight. The Lord has instilled this basic instinct and we give him praise for it.

In today's society we take this issue of fear a little bit too liberally. Fear and rejection in this age can mean anything you want to mean. If you have fear is totally unjustified and it someone else's fault. You can be an instant victim should you choose to. But wait! You are Christian! You know the steps to take to deal with your situation and whom to council. The Lord can shed light on your situation and lead you from the perspective of the world into His comfort and guidance.

Either fear controls us or we will control it. There is an excellent book on the market and even though it is secular I encourage strongly to read it if you have a fear issue. *Feel the Fear and Do It Anyway* is an excellent book that has helped numerous clients, not mentioned myself. The most minor things in your life can produce fear. Especially if you are not prepared. Accidents, health and financial concerns rank at the

top. You must expect the unexpected in life. This also pertains to mental reactions to negative challenges in your life.

Understanding the emotions of fear and rejection are going to play either a minor or major role in your job search. Yes even Christians will be affected by emotions in one facet or another. All the more reason for a strong prayer life and daily study of the Word. One of my pastors told me that when he is consulting with some of his congregation that are faced with life's challenges, he tells them "they are being prepared and not punished". He encourages throwing away the guilt feelings and moving on. Yes you might stumble and fall down. Just remember to fall *forward*. Most people who go through life's challenges will tell you that they are stronger because of it. The ones who did not fair well are the ones that did not implement a strong action plan coupled with a good support group.

As a career counselor I am always consulting with a few people that are negative about the experiences they've had or are going through. In almost 100 percent of the cases they cannot mention having an action plan, being consistent and persistent with the plan, along with a strong support group/accountability partner. Most don't feel they need any support or are ashamed to ask for help. They feel that they will be out of work for maybe two weeks and then back at work. Some find out that when they are out of work for a month or longer, the lack of not preparing an action plan, coupled with no support group can sometimes be devastating. That is why we have the Lord. That is why the Lord has given us the fellowship of other Christians. What a unique combination in dealing with fear and rejection!

Rejection is another facet of fear. In very few other circumstances is the degree of rejection so prevalent. Think back on your life. What other areas have factors of rejection that loom so large? If your like most people, personal relationships such as dating, marriage, or divorce could rank as high. What about not being approved for car or home loan? Sad just thinking about it isn't? We all know these situations can happen in our lives, but seldom do most prepared for them.

Understand that you are normal and human. The Lord made you that way. Not only were these challenges before you, but the Lord will provide many solutions on how to deal with them. Stay in the Word. You'll be surprised how many scriptures will jump off the page and address your situation. You can literally open the Bible, point to a scripture and it will address your concern. Maybe not in the individual scripture, but as you read, you will understand how the context is relevant. The Truth will make its presence known. That is one of the most wonderful things about the Word.

If you want to read about someone who had it much worse than you do and made it through with even more blessings, read the book of Job. That should put you back on track. Job lost his "job". Dealt with a spouse's "support". Dealt with his friends "support" and ultimately won back his "job" even better than before.

Dealing with fear and rejection is not easy. No one has ever said it was, but it can be minimized and controlled. It can be dealt with positively only if you are determined. Let's recap on the suggestions in dealing with fear and rejection.

1. Stay strong in the Lord, establish a strong prayer life.....and be in the Word every day.
2. Establish a workable daily action plan. Stay consistent and persistent.
3. Organize a support group or an accountability person. One or more persons who can encourage you and keep you accountable to your action plan. You can also incorporate a good spiritual leader to assist you with the items 1&2.

Once you find a new position I have come across a unique bonus of going through this "Valley". The Lord will bring others into your life that are going through that same valley. You will then become part of the their support group. You can steer them around the negatives that lie ahead and make their path that much easier. Remember got the Lord put you here for purpose. Not only to succeed in spreading his Word, but helping others in their walk. This process will make you stronger. Not only as a person, but also as a child of God. In gospel song "I aint't No Ways Tired" the lyrics proclaim "*No one said the road would be easy. I don't believe he'd brought me this far to leave me*".

Make God richly bless you in your job search.

Scriptures to Review (Source: The Book)

[Fear Scriptures](#) (Article)

1 John 4:17-19

And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we are like Christ here in this world. ¹⁸Such love has no fear because perfect love expels all fear. If we are afraid, it is for fear of judgment, and this shows that his love has not been perfected in us. ¹⁹We love each other as a result of his loving us first.

Insights

Don't be afraid, for I am with you. Do not be dismayed, for I am your God. I will strengthen you. I will help you. I will uphold you with my victorious right hand. Isaiah 41:10

They do not fear bad news; they confidently trust the LORD to care for them. They are confident and fearless and can face their foes triumphantly. Psalm 112:7-8

For you are my hiding place; you protect me from trouble. You surround me with songs of victory.
Psalm 32:7

At God's appointed time, the risen and ascended Lord Jesus will burst onto the world scene. Then everyone will know that Jesus is Lord of the universe! Those who love him will rejoice, greeting their Savior with hearts overflowing into songs of praise, but his enemies will be filled with fear.

Allied with Satan, the enemies of Christ will marshal their legions against Christ and his armies. But who can withstand God's wrath? Christ will win the battle and reign victorious forever! Jesus, the humble suffering servant, is also the powerful, conquering King and Judge.

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