



Rejection Builds Resilience

Rejection stirs up vulnerability.
Our Thoughts, Feelings & Actions go on auto-pilot when we're vulnerable.
And that's when the enemy's lies can pose the greatest threat.

Thoughts On Autopilot Whenever I Am Rejected...

Strengthen your resilience, NOT to avoid ever being hurt,
but to BOUNCE-BACK better anytime it happens. (John 16:33)



The Author of my Life is Me

READ. PROV. 19:21-23

What have you known but not accepted,
that God prepared you to be?



Large empty rectangular box with a thick green border and quotation marks at the corners, intended for writing a response to the reflection question.

What is a lie the devil tells you
when you feel rejection?

Three horizontal lines provided for writing a response to the question about the devil's lies.

- What's an automatic thought you hear when you are rejected?
- How does that thought make you feel?
- Draw an icon in the circle above, to represent the thought.
- What does God say about this statement? Write that above.
- Now trial the statement. Is there enough evidence to convict?
- MAYBE: Shift your perspective (pull back) and ask, "What Else?"
- NO: Drop that lie like a bad habit; it is!



Read Coach Nikki's Blog
"Don't Be Such A Soda Cracker"
for more on Building Resilience.