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An online mindset journey
to walking in your worth

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Module Five

*Un-chosen,
yet chosen.*

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Module Five – Un-chosen, yet chosen.

My Story

Rejection can be hard to process, can't it? The question marks we can put up around the 'why' and the 'what for' can linger and allow our minds to take us to places which, quite frankly, we've sometimes allowed ourselves to make up.

In the face of rejection or being un-chosen, our mindset is key.

Sometimes, we can behave as though the apparent rejection we have faced is a personal attack. That's where my mind often used to go – to feelings which led me to believe I'd done something wrong and therefore, I was being rejected.

Quite often, though, this isn't true. The personal feelings of attack we attach to rejection aren't always the most rational response.

For every single one of the seven years I was a high school teacher, whenever I started approaching the end of an academic year, I used to question what I was still doing there. You see, I didn't *mind* teaching, but I always knew there was something else I was made for. However, at the time, I wasn't sure what that was! So I stayed.

I was, therefore, hugely excited when my husband and I were offered a job on a church staff team with some friends of ours. You see, ever since even before applying to be a teacher, I'd always hoped to be involved in church based work at some point and that's what I'd just been offered part-time, which meant I'd also finally have the opportunity to put some time into my own business dreams, which, until then, had been pretty non-existent.

I was ready to (not so regretfully) hand in my letter of resignation when I received an email from the headteacher's PA asking me to arrange a meeting with her.

Strange, I thought.

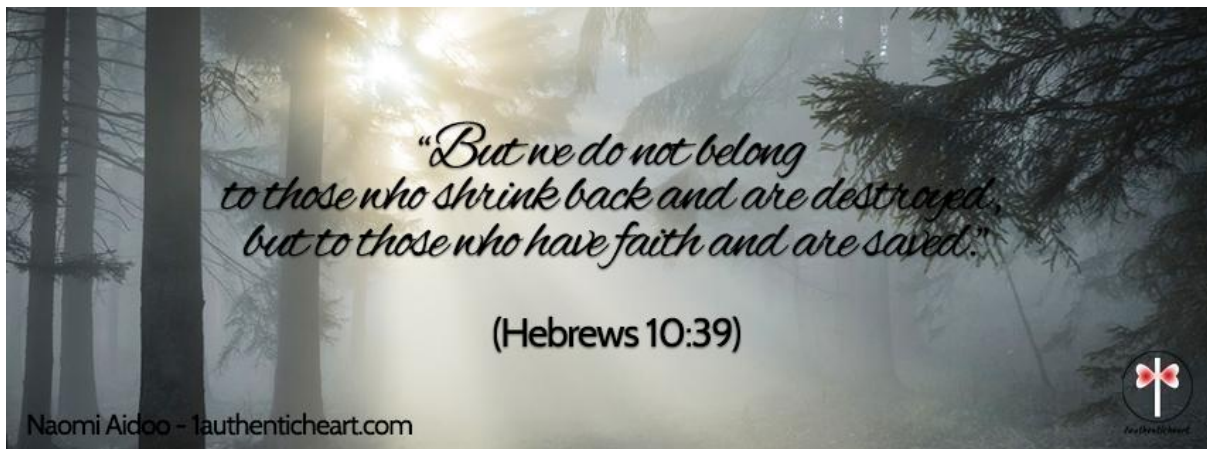
"... We'd of course write you a glowing reference, but, we're moving in a different direction with the unit so we don't need a drama teacher leading it anymore."

Or words to that effect.

I so wanted to be the one to break it to *them* that I was leaving and NOT the other way around. My pride took a hit as the paperwork with the word 'redundancy' marked my mailbox for the next few days.

I'd wanted to leave, but I hadn't wanted to be told I had to go.

Because I started my part-time job at my new church straight after the summer break, it wasn't as though I was ever 'out of work' (thank you, Lord) but it also meant that I didn't process being made redundant either. In truth, some people probably don't need to process it... but the point where I realised that *I did* was when I recognised that my confidence had been knocked brutally... even when it came to things I used to do with relative ease. I no longer seemed to like socialising (in case I said the wrong thing or if someone asked 'if I was still teaching' – that happened a *lot!*), I didn't like public speaking (I no longer felt qualified) and I didn't like knuckling down and just getting stuff done (because what if I tried and failed...again?)



That was me back then. Embarrassed, awkward, frustrated and stuck. Knocked back in no mans land. Full of potential my pride was too bruised to walk into. So, I played it safe & watched loads of Netflix instead.

There I was, on my blog, writing about believing that the truths of the Bible were relevant today, and yet not fully walking in them myself. I had all of these ideas, hopes and dreams for my life – things I believe that God laid on my heart for me to do even years ago. But they were stuck at hope and dream status because I'd allowed myself to shrink back.

I had way more time than I used to have as I was now working part-time for a church as opposed to full time as a teacher. But I spent the time watching Netflix instead of working on those hopes and dreams.

As you'll hear in the audio, it wasn't as though my pain or struggle in this area was completely a mindset issue, nor was it unjustified. Neuroscientist Matthew Lieberman conducted a study during which he discovered that the registers triggered in the brain in the face of rejection are the same as those triggered when breaking a bone. Rejection literally does hurt. My disappointment certainly had a place here.

There came a point, though, where I decided that enough was enough. I was no longer available to wallow in self pity or 'shrink back', to settle for limiting beliefs or to live a 'less than' life.

In truth, I was the only person in my way.

So, I finally surrendered all that I felt to God. I asked for the strength and courage I needed to move forward and by His amazing grace alone, He stepped in and allowed me to use what I had to create a business and ministry I'm excited about every single day.

Pause Point

Reflect on a recent 'rejection' (or feeling of being left out) you might have faced. How did you respond to it? Is this a typical type of response for you? Is there anything you'd like to change about this?

(Use your favourite journal or a notebook to make a note of your response to this.)

His Story

As I go through in detail in the audio, Jesus certainly faced rejection and in fact, He told us to also expect it. Today, we look at how rejection and disappointment played out in the life of one man as we go through the story of Joseph.

The main portion of Joseph's life spans across Genesis from chapter 37 to chapter 50. Many of us will be familiar with his story, even if only for his special coat!

Joseph is one of 12 of Jacob's sons. Genesis 37:3 states that Jacob actually loved Joseph more than his other sons! This understandably begins to cause some tension. The passage later states that the brothers found it hard to speak peaceably with him. Joseph begins to have dreams which circulate around Joseph's family bowing down and worshipping Joseph. He then proceeds to tell his (already annoyed) brothers all about these dreams - much to their distaste. Joseph's father, Jacob rebukes Joseph here. He had to play the role of 'peacemaker' somewhat. But what's interesting is that verse 11 says **his father 'kept the saying in mind'**.

I love this part as it reminds me a lot of our Heavenly Father. I think back to when I was 22 and had just finished my church gap year, I had to weigh up my options for the future. It was too tight to call between being a church youth worker or a teacher - so I filled out the

application form for both roles, but only ever posted one of them. Though I taught in high schools for seven years. (No points for guessing which envelope I posted.) I harboured a dream of what that 'youth worker' post might have looked like for most of my teaching career. I prayed about potentially being in church based ministry 'full time' often. God said no, just like like Jacob said to Joseph. But seven years later, I realised His 'no' was a 'not yet' as He far exceeded my 'ministry' dreams. Now, don't get me wrong, teaching wasn't all bad. I met some truly wonderful, wonderful people and had experiences, which changed my life. But after those especially tough days when I continued to ask God what I was still doing there, He was silent. Yet He held on tightly to those dreams of mine. **Father God holds onto our dreams, even when others want to rip them apart.**

I'm sure that God has given you a dream to carry. Perhaps He's given you many dreams! Pray. Take it before your Heavenly Father before bringing it to any 'brothers' who might want to stop you before you've even started. God sees and hears you.

And so back to Joseph... His brothers first think about killing Him after exclaiming "here comes this dreamer" (37:19). The venom in their tone no doubt crushed Joseph's dreams that little bit more. They eventually settle with leaving him at the bottom of a pit. Still not great, and believe it or not - it gets worse! Judah, one of the brothers, decides that they should be making some money out of this bizarre and cruel scheme. They therefore decide to sell Joseph to some passing Ishmaelites and then tell Jacob that Joseph's death must have happened as a result of a wild animal attack.

Pause Point

Have you ever had dreams and ideas which were so exciting you truly believed they were given by God, only to later face ridicule and rejection for them from those closest to you?

What did this opposition cause you to do? Stop in your tracks? Or continue to pursue your God-given dreams?

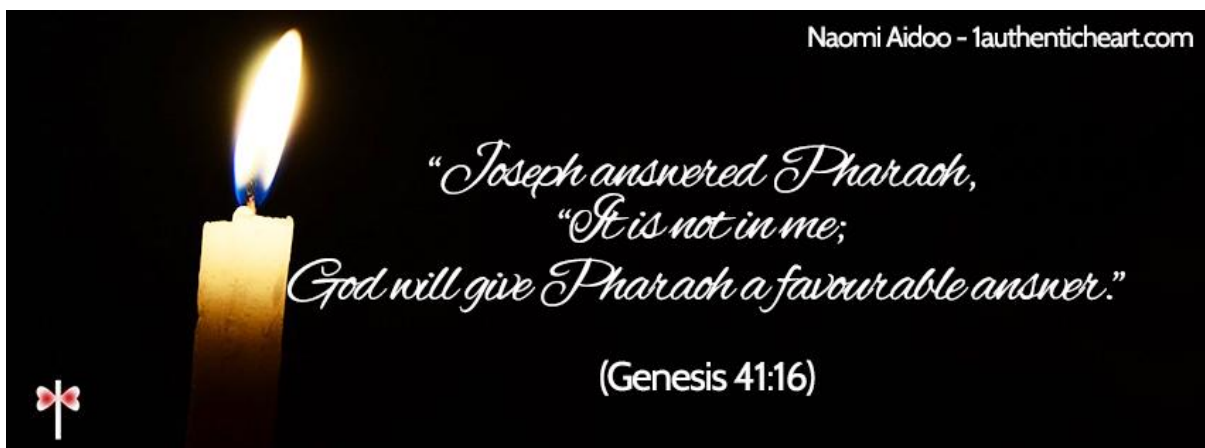
(Use your favourite journal or a notebook to make a note of your response to this.)

Not long after this, things start to look up ever so slightly when Joseph is taken to Egypt and is almost instantly recognised for his skill and talent. People even attribute it to the Lord (39:3). Potiphar (Joseph's master) had a wife. This wife soon put an end to Joseph's positive streak and ends up making a false claim about Joseph making a move on her (it was actually the other way round!) **Have you ever experienced moments like Joseph might have here – feeling as though rejection and setbacks might finally be over, only to be hit with them once more?**

Inevitably, Joseph gets thrown into prison for his so called crime and he's there with two other men - The baker and the cupbearer. Both of these men have dreams. Joseph says he can interpret them. The cupbearer's dream interpretation was good - he was to be released in three days! Noting this favourable interpretation, the Baker wants in on the action and his outcome was, let's just say, not as great... As predicted, the cupbearer is released. Joseph asks one thing - that the cupbearer remembers him and speaks to Pharaoh so that he might get him out of prison.

In another devastating blow for Joseph, the cupbearer promises to speak to Pharaoh and yet, we're told that he conveniently, 'forgot'. I can't begin to imagine Joseph's frustration!

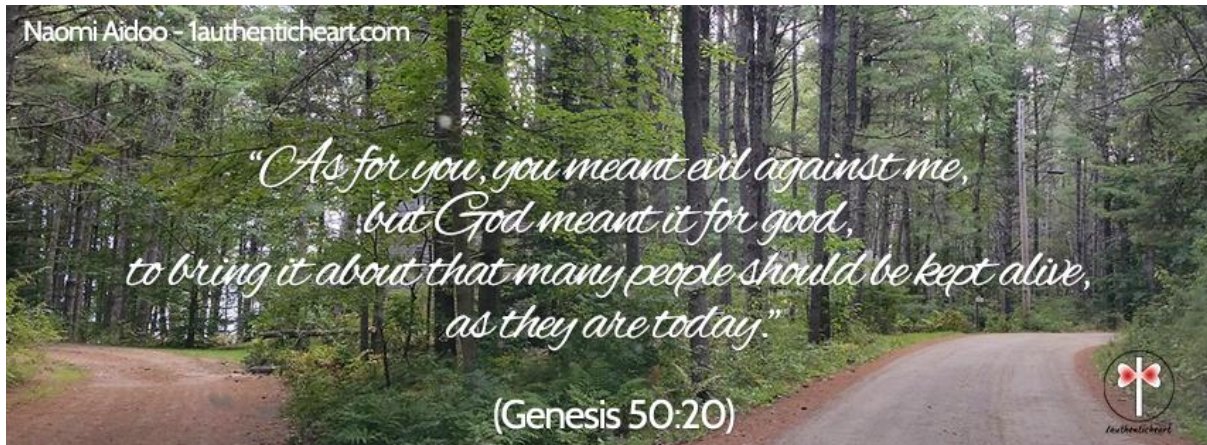
Two years later (two years!) and Pharaoh is having bad dreams. The cupbearer finally remembers this 'young Hebrew who was there with us' in prison. Sure enough, Joseph is released 'quickly' (41:14). Despite two years in prison and plenty more mistreatment alongside this, Joseph still attributes any skill or ability he might have in interpreting dreams, to the Lord.



How many of us, after going through the sort of rejection and trial on every side, which Joseph had experienced, would still be gladly saying that God is good and it is HE from which any good thing comes!

It just so happens that continuing to glorify God in the midst of this trial is, of course the best thing which Joseph could have done. He never allowed pride to sneak in, even when he was promoted!

Soon after this Joseph's father dies and his brothers end up having to try and come up with a plan just so Joseph won't seek revenge on them for their mistreatment of him in the past. They needn't have bothered though... Joseph's response to them has become one of my favourite passages of scripture.



'Irrespective of his circumstances, Joseph was unwaveringly faithful to God. What rejection might you have experienced, which inevitably, glorified the Lord? God can TRULY turn around what the enemy means for evil and work it for your good. Do not despair. Might you still be facing trials? Don't lose hope- allow them to refine and not ruin you. Keep trusting that God's good purposes will eventually prevail.

Something which I now say about my redundancy is that what I first felt was man's rejection, was simply God's redirection. His plans and purposes don't always unfold in the way we would plan them to in an ideal world. Yet, He's always, always faithful and has a plan in the midst of it all!

Action Step

We're told in God's Word to boldly approach His throne and it's clear from the Psalms that, for many before us, this has not always been a time for thanksgiving and praise. It has sometimes called for lament and sadness.

However rejection has left you feeling today – come before God honestly and boldly. Cry out to Him and ask Him to make His redirection clear amidst the rejection, His message clear in the mess.

If you find yourself now in the place of 'redirection', thank God for it! Praise Him for His hand on your life and His amazing grace!

(Use your favourite journal or a notebook to make a note of your response to this.)

Looking back on Joseph's life, what does it lead you to feel? I know, for me, there's a sense of amazement at the fact that he was able to face rejection on so many sides with such an attitude of steadfastness. **However, the rock of this trust and hope was absolutely his resolve to believe that God was working it for good.** However rejection has made you feel, either years ago, or today, bring it before God and allow Him to minister to the pain and disappointment. He is able.

Praise Break

As we close this module, It's time for another praise break and so, as you soak in the goodness of God and your chosen state in His sight, close the door, raise your hands, dance around – whatever worship looks like to you – take a quick praise break and listen to [this wonderful song](#).

“Take me to the King, I don't have much to bring...”

You don't have to come before the Lord with everything together. Perhaps you're still facing hurt, rejection or disappointment. Bring it before the Lord today and allow His power to work in and through you.

Lovely, you are chosen.

See you on the next leg of the journey – I can't wait!