

SEVEN DAY DEVOTIONAL

YOU'RE MORE THAN ENOUGH

Triumphant Over Rejection

BY SHAVIA JOHNSON



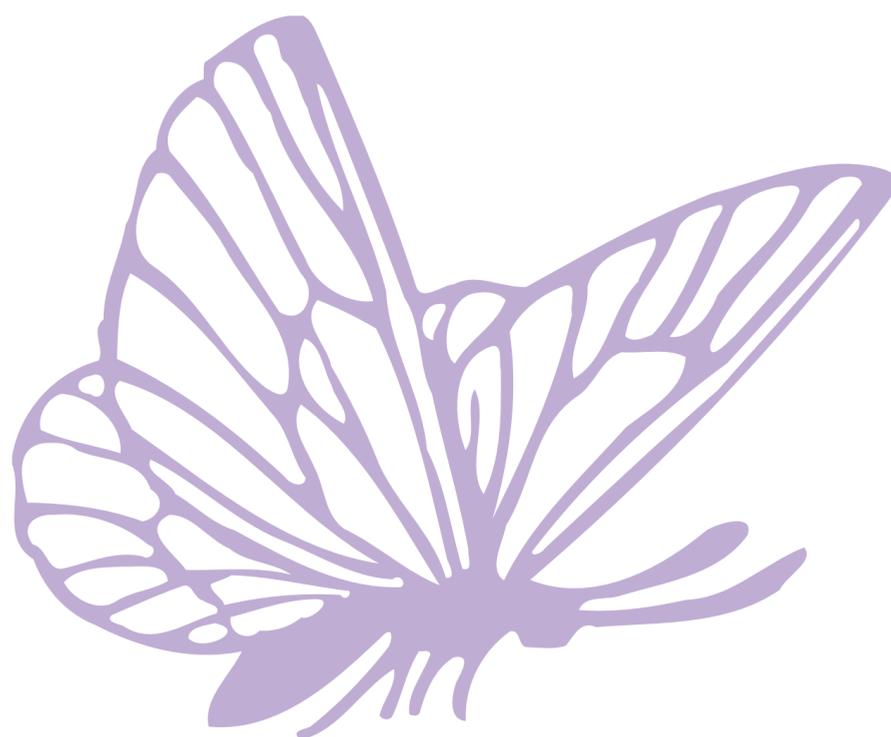
INTRODUCTION

Many of us operate from a spirit of rejection. Our thoughts, words, and behaviors come from a place of repudiation of self. Sometimes we don't realize it, ignore it, or see it but don't know how to get free from it. God created us in His image, and the Holy Spirit resides in those of us who believe in Jesus Christ as Savior of humanity. So, how can we be in Christ and operate as if we are still in the world by being oppressed by the spirit of rejection?

As believers, we say we believe in God, and we love Him, this should be evidenced by how we view ourselves and in our behaviors. How can we say we love Him, believe in Him, and know Him but think and treat ourselves less than He intended for us? **Operating in the spirit of rejection will have you behave in a manner less than what God intended for your life.**

Over the next seven days, I want to challenge you to look within and reflect on how you view yourself and how God views you. Ask yourself, does my perception of myself line up with how my Heavenly Father sees me, what He says about me, who He created me to be? If your view of yourself is anything contrary to What God says, this devotional is for you!

YOU'RE MORE THAN ENOUGH!



DAY ONE

Rejection vs. The Spirit of Rejection

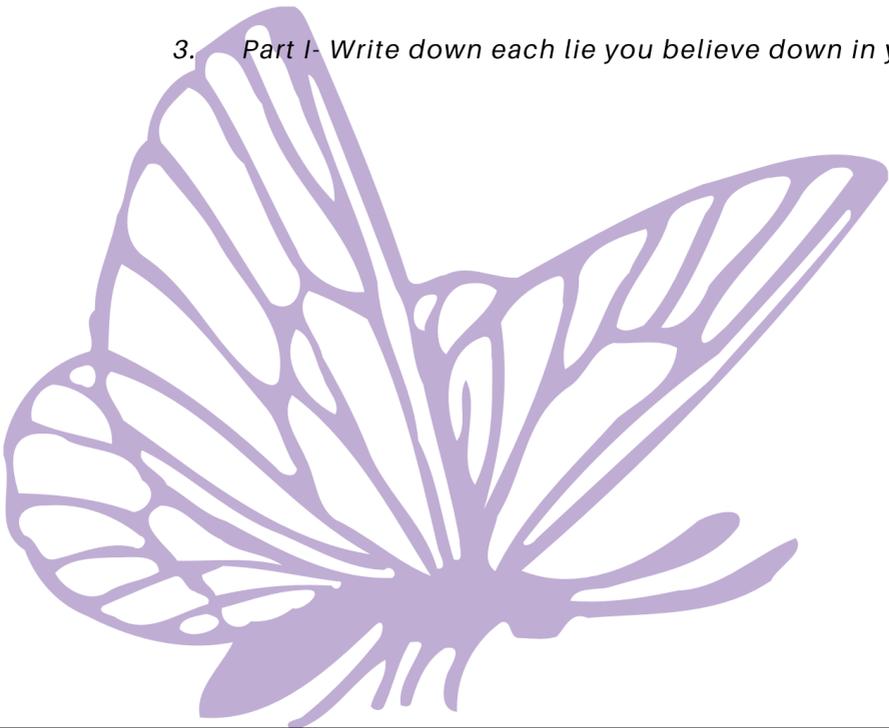
In life, everyone will experience rejection at some point, and several times over, these are incidents. **The spirit of rejection is an internalized state of being and doors for this spirit to enter a person's life often occur in early childhood and through a traumatic event.** Once the sense of rejection comes in, it takes over your identity, and you begin to operate from a place of self-denial. You may internalize and rehearse thoughts of self-hate, inadequacy, and fear, to name a few. You live, think, see, and behave through the lenses of rejection.

In Genesis 3:13(a), we read that God asked Eve what she had done after the enemy deceived her. She responded that the serpent deceived her, and she ate. Look at the verse in the spirit. **She is saying the enemy fed me a lie, and I ate it, I believed it.** And because of this lie, humankind temporarily had to live outside of God's will for their life until He sent our precious Savior to die for our sins. God rejected them; this was an incident that created the door for the spirit of rejection to enter the world.

You see when God rejected Satan, formerly known as Lucifer, and threw him out of heaven with a 3rd of the angels; it consumed him. Now Satan is determined to take as many of us with him as possible through the spirit of rejection. He uses this spirit as a tactic to deceive us into doubting ourselves and therefore doubting God and our identity. **Satan started with Adam and Eve in the Garden of Eden, and if you let him, he will continue with you.**

REFLECTION

1. *Am I dealing with the spirit of rejection? If so, am I ready to come out of agreement with it?*
2. *Do I believe any lies about myself, what happened to me, and what does God know about me?*
3. *Part I- Write down each lie you believe down in your journal.*



AFFIRMATION

***God does not reject me; I am one with Him through Christ.
Abba Father rejoices over me with loud singing.***

READ: Zephaniah 3:17 & 2 Corinthians 5:18-20

DAY TWO

Manifested Lies vs. Divine Truth

Are your thoughts and behaviors in agreement with lies or Truth? And how can you determine the difference?

Rejection has many different manifestations, and once we have experienced rejection, we often take on and come into agreement with some behaviors, beliefs, and words that are contrary to the word of God.

When we think negatively of ourselves, settle in relationships for manipulation and abuse, isolate, and live in fear, when we walk around with guilt and hopelessness, these are all manifestations of the spirit of rejection, and we must come out of agreement with them. **Pride and rebellion are also manifestations of the spirit of rejection.** I used to think that I was not good enough to be around certain people, that no one liked me, that nothing I said or thought mattered to anyone and more. These repetitive thoughts of mine played a pivotal role in my self-esteem, the way I handled all relationships, and the way I viewed not just myself but God.

How do we come out of agreement with the lies of rejection? We replace every false perspective with the Truth that is the Word of God--reprogramming our minds. We study the Word, we meditate on it, we consume the Presence of God, we believe, and then live it out. It is a continual process that will require to you seek the Lord's Face, get to know who He is beyond what you know of Him. **The Holy Spirit is your helper and friend.**

PRAYER

Father God, in the name of Jesus, I enter your throne room of grace and humbly ask for forgiveness of my sins. I thank you for being faithful to forgive me, cleanse me, and restore me. Holy Spirit, I ask that you reveal to me the open doors of my life that caused the spirit of rejection to enter in, and give me the wisdom, strength, and boldness to come out of agreement with each manifested thought, belief, and behavior that came from the spirit of rejection. Bless me to come into alignment with the word of God that says I am new in Christ Jesus, I am made fearfully and wonderfully for a purpose, and that I am an image of my Heavenly Father, and all things He created are good. Lord, let your healing go forth in my entire being that I may come to know who I am in you, how you see me, and function in the full capacity that you have created me to function in, in Jesus name, Amen!

REFLECTION

1. *Part II-Go back to the list you started yesterday with all the lies that you believe about yourself and begin to spend time daily with the Holy Spirit and in the Word and replace each lie with the truth from the scripture.*
2. *Now that you are beginning to separate yourself from the lies and connect with the truth within you, how will you handle negative thoughts or patterns that come up when you encounter an incident of rejection?*

AFFIRMATION

Every good thing comes from the Lord, and because I am His, I am a good thing! In Christ, I am more than enough!

READ: James 1:17, Jeremiah 29:11-13 & Psalms 34:8-10

DAY THREE

Repentance Requires Confession

The spirit of rejection has many manifestations like pride, rebellion, and double-mindedness. As we know to be in sin is to be in enmity with God, so to get right, we must repent of our sins. **Repentance is more than just asking God to forgive you or saying, "Lord, I repent of my sins."** Repentance requires first acknowledgment of the sin, whether it be a thought, deed, or behavior. Second, you will have to confess the sin or stronghold with your mouth to our Heavenly Father. Lastly, you will need to turn from the sin in action. Each step will require help from the Holy Spirit.

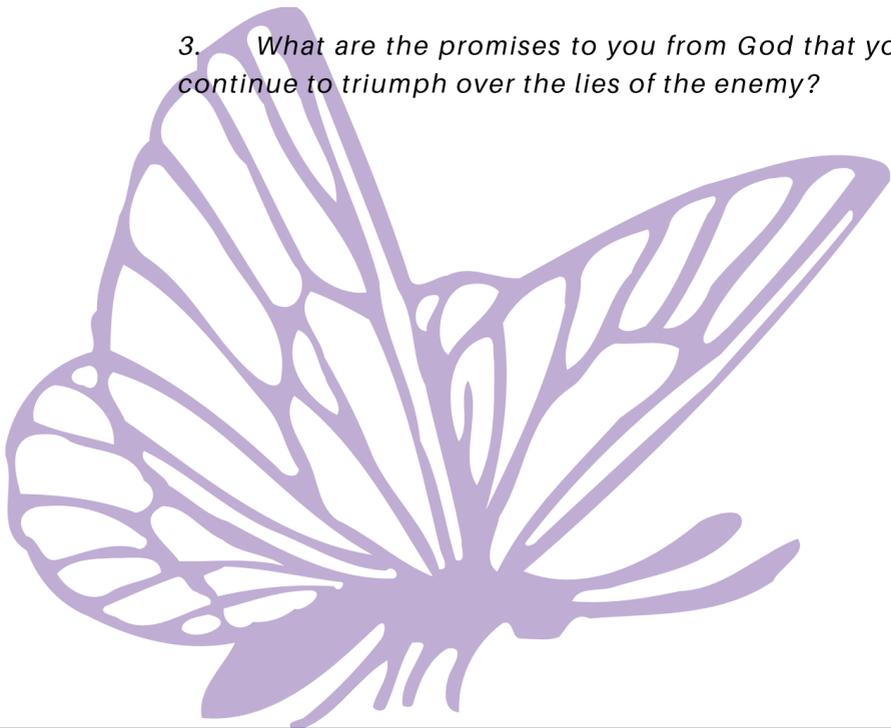
Don't be afraid to call out that in which you need to triumph verbally! Once identified, call it out and repent! The Word of God says that we can cast our cares upon Him because He cares for us. I find comfort in that Word because it is telling me I don't have to be afraid or embarrassed; I can be vulnerable with my God. He allows me to be in right standing with Him through our Savior Jesus Christ, repentance, and confession.

We must confess and repent from the lies that we believed and allowed to taint our character while dealing with the spirit of rejection. Since God created us in His image, and He determined we are righteous in Christ, when we reject ourselves, our very being, we are rejecting God. We know that to be in sin is to be in enmity with God.

There is healing in repentance! Deliverance will come from your repentance! Hallelujah Lord Jesus!

REFLECTION

1. *What do you need to confess and repent? Do you have someone who you can confide in to receive prayer and accountability when you confess?*
2. *Have you forgiven yourself, God, and others? If not, confess, and repent.*
3. *What are the promises to you from God that you now know and that you will believe and walk in to continue to triumph over the lies of the enemy?*



AFFIRMATION

I am forgiven through Christ Jesus and with the power of the Spirit of Glory that indwells in me; I am triumphant as I can do all things through Christ who gives me strength!

READ: 1 John 1:9, Romans 8:1, James 5:6 & Mark 5:9-10

DAY FOUR

Pain Buried Is Not Dead

Why are you hiding, what are you suppressing?

One thing trauma will do to you is cause you to deny, ignore, or bury some painful truths about yourself. These facts can be feelings, thoughts, actions, and incidents that have happened to you but are too painful to address or is a result of the spirit of rejection. Subconsciously, you reject the idea, process, or reality of ever being healed. I was once that person. I walked around sad, angry, frustrated, and isolated because inherently, I was harboring a spirit of rejection. Such a state of being is out of the will of God and will permeate chaos and an unsettled mind in your life.

Before I fully awakened to my inner reality and postured to repent, I could remember having thoughts and images that would like to dash through my head. Instead of saying, "hey wait, I need to deal with that," I would press it down and pretend it was not there or turn to whatever unhealthy coping mechanism I used to self-medicate at the time. And still, they never went away. In retrospect, I see that it was the Holy Spirit prompting me to engage in a healing process with Him so that I can walk in my authentic identity. **If this happens to you, I encourage you to bring those things you have buried to the LORD in prayer.** Those "things" may be sadness, shame, frustration, or confusion, to name a few.

You can never adequately address anything that you hide, bury, or ignore. **Whatever is buried alive will NEVER die!** Our Heavenly Father is a good Father and has nothing but good things for you. Everything you go through and come out of is for His Glory and will be used to help someone else in the future. The remarkable thing about it is that He is ever present to go through this with you as He desires you to be whole and prosperous. **The question is, do you yearn for wholeness and prosperity for yourself?**

REFLECTION

1. *The traumas from incidents of rejection and the spirit of rejection can lead us to suppress our pain. How do you deal with your wounds from past traumatic experiences? What are you ignoring? Embrace the Holy Spirit's unction and bring it to the Lord in prayer.*
2. *What are your coping mechanisms and patterns?*
3. *What is the Holy Spirit saying to you concerning the pain you have been suppressing? Journal your thoughts and feelings and what the Holy Spirit is saying now.*

AFFIRMATION

Through prayer, I have direct access to my Heavenly Father, who cares for every part of my life; so, therefore, I can cast my cares upon Him.

His very spirit is in me, and nothing is too hard for Him.

READ: Psalm 55:22, John 1:5, II Corinthians 10:5 & I Peter 5:7

DAY FIVE

Healing Is A Process

Deliverance can come instantly, but healing is a process!

Have you ever been delivered from a stronghold instantly but still felt connected by the residue thereof? Did you continue to carry some old thought patterns and behaviors? I have! When we accept Jesus Christ as Lord and Savior of our entire lives, this acceptance delivers us from death (separation from God); we are new in Christ (2 Corinthians 5:17). Although we are made fresh, we still have some old ways we must transform by the renewing of our minds with the Word (Ephesians 4:23), getting to know who Christ is and who we are in Him. Not just Christ, but Abba Father, and the Holy Spirit as well.

*“Once I become saved, ALL of my issues will vanish;” have you ever believed in such a lie? I thought once I had King Jesus, the hurt would be gone, the void of my heart would be satisfied, that I would begin to like or even love myself, and ALL my issues would dissipate. However, that was not my reality. I continued drinking alcohol, remained promiscuous, experienced depression, fought suicidal thoughts. I was still a mess! **My soul was delivered, but it was still aching, in need of deep healing and complete restoration.***

I refused to accept my coping mechanisms as truth and continued seeking the Lord for freedom. As time went on, the LORD liberated me from alcohol, cocaine, and fornication, as I used these things to cope. It wasn't enough. **I needed to LORD to heal me from the inside out!** I relentlessly sought the Holy Spirit to give me victory over the internal toxic roots of my behavioral, emotional, and mental issues. I DESIRED FREEDOM WITHIN!

*Over the years, God began to change my appetite toward Him and the things connected to Him because I had increased my prayer life and sought His Face faithfully. As for you, once the coping mechanisms change, and you have nothing but God, you can partner with the Holy Spirit to focus on your healing. You can't put new wine in old wine-skins, so all those old behaviors that manifested from the spirit of rejection must go. It is a process to get to a place where you can identify and address the spirit of rejection from where it came. Don't rush the process, complain about it, ignore it, or quit, rather ENDURE. **Be encouraged because you have the Helper within you; you are not alone.** Don't try to go through your process on your own.*

REFLECTION

1. *Take inventory on where you are in your healing process. Is there anything that you are avoiding or trying to skip over?*
2. *Have you identified your support system to support and hold you accountable during your process?*

AFFIRMATION

Greater is He that is in me than he that is in the world! Healing is my portion; the Holy Spirit will show me the direction in which I should go.

READ: Ephesians 4:23, Colossians 3:1-2 & 1 John 4:4

DAY SIX

Don't Give Up!

Endure your healing process and don't give up; Establish yourself in Christ!

When I first began my healing journey, I did not realize ALL the things that had manifested in my life that caused me to need healing, restoration, liberation, and reconciliation. I thought that once I got to the root of the issue, then it would be smooth sailing. Boy was I wrong, in a good way. Every time the Holy Spirit revealed something to me that I needed to address, I thought "Aha" this is it, but there was always more.

My flesh wanted to give up and turn back many times, but my spirit, the spirit within me, always pushed me to keep going. I kept hearing, *"There is more, trust Me, just persevere."* **You must endure the healing process in its entirety.** If you stop before completion comes, you will become stuck in a repetitious unending cycle. You will continue to be stagnant, deal with that same situation, or issue the same way expecting different results; you'll stay frustrated and hurt. **It's time to come out because YOU'RE MORE THAN ENOUGH!**

Someone is waiting for you to show up victoriously, so you can support them in their journey according to God's plan. Enjoy the process by seeing it as an opportunity for you to get to know yourself, love yourself, learn about the spirit of rejection and its manifestations, and surround yourself with wise counsel and trusted friends who can pray with you and hold you accountable. Read books, attend seminars, journal, exercise, and make room for clean fun while you heal and transform.

The most important thing you want to do is establish yourself in Christ! *What has He done for you, how does he see you and feel about you, who are you in Him and who He is you?*

You must dismantle the lies of the spirit of rejection permanently by replacing them with the Word of Truth. You will need to develop an intimate relationship with the Spirit of Glory that resides in you. Communing not just daily but throughout the day and inviting Him into every aspect of your life. Ask the Holy Spirit how God sees you, what He thinks of you, His promises to you, His purpose for you, and more. **Don't pursue the hand of God for things, seek His Face for your God-given identity.** When you begin to press into Abba Father, He will show you how much He loves and adores you and how He has always been there with you.

REFLECTION

And let endurance have its perfect result and do a thorough work, so that you may be perfect and thoroughly developed (in your faith), lacking in nothing. James 1:4

Read and meditate on the following Biblical Passages:

Genesis 1:27 & Psalm 139

Joshua 1:9 & John 3:16

Romans 8:14-16, Ephesians 1:4-5 & II Timothy 2:12

AFFIRMATION

I am healed and whole, even as my soul prospers in Christ. Abba father will never leave me or forsake me and walks beside me every day.

DAY SEVEN

Walk in Your Purpose!

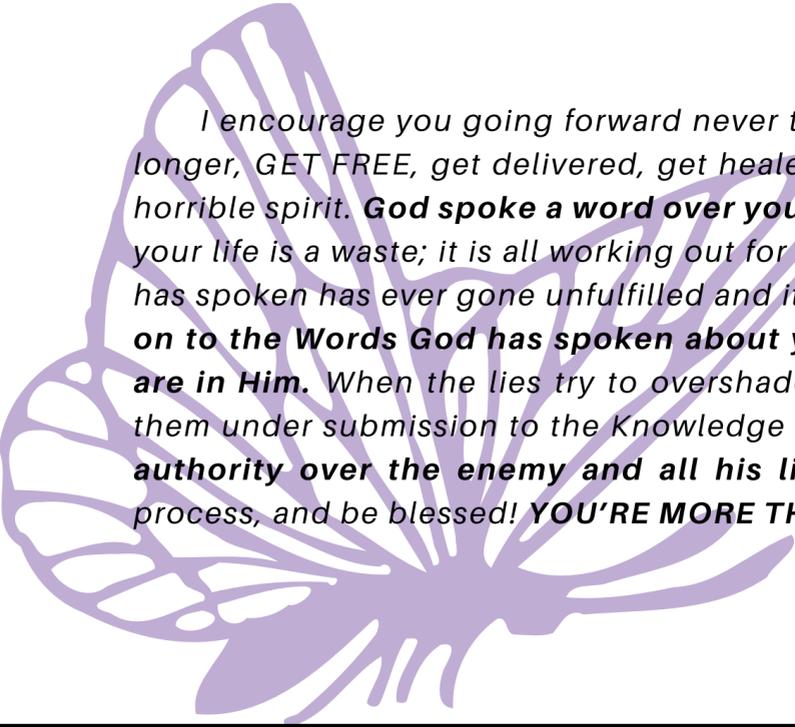
You must walk in your purpose, according to God's will!

If you are dealing with the spirit of rejection, know that it is not God's will for you to stay there. **Everything about rejection is in opposition to God.** The enemy uses this spirit to torment and to subdue you (and all of God's people) because he knows that if you are oppressed rejection, you will reject God, yourself, and others. Such a state of rejection positions you in total sin and enmity with God. To be in enmity with God is not the Lord's purpose for any of our lives. **God gave us free will, but He also gave us Help—Holy Spirit Power!** Hallelujah!

Remember, *the spirit of rejection is an identity thief.* **Our Heavenly Father has placed within you a purpose that only you can fulfill.** You must know who the LORD is to understand what His will is for your life. Every day that you wake up, you have another chance to get things right. Our God is a God of many possibilities. Nothing in your life catches Him by surprise. You can't cleanse yourself, nor can you save yourself. You can't give yourself divine wisdom and knowledge. All those things and so much more come from an intimate relationship with God the Father, God the Son—Christ Jesus, and God the Holy Spirit.

I bet that the very thing(s) that you struggle with the most relate to the purpose God has for your life. It is what the enemy attacks. *How can you fulfill your God-given mission if you don't know who you are?* **Rejection is not your identity!** Once you triumph the spirit of rejection with the Power of God invested in you, you will begin to see your authenticity, God's character and Presence in your life, develop new perspectives, and oh there's Peace! **Rejection is not your portion; redemption is yours, now WALK IN YOUR PURPOSE!**

REFLECTION



*I encourage you going forward never to let the spirit of rejection debilitate your life any longer, GET FREE, get delivered, get healed, and then help someone else get free from this horrible spirit. **God spoke a word over your life; you are necessary and unique.** Nothing in your life is a waste; it is all working out for the Excellent Glory of the Lord. Nothing that God has spoken has ever gone unfulfilled and it never will, if He said it, it is, and that's that. **Hold on to the Words God has spoken about you, and stand firm on who He is, and who you are in Him.** When the lies try to overshadow the Truth that you have come to know, bring them under submission to the Knowledge of Christ Jesus. **You have power, dominion, and authority over the enemy and all his lies and tactics!** Get your healing, endure your process, and be blessed! **YOU'RE MORE THAN ENOUGH!***

AFFIRMATION

**I AM MORE THAN ENOUGH BECAUSE THE SPIRIT OF GLORY RESIDES IN ME
AND I AM CULTIVATING A RELATIONSHIP WITH CHRIST DAILY!**

ABOUT THE AUTHOR



Shavia Johnson is a passionate Youth Transitions Advocacy Coach, driven by the desire to see our youth healed and delivered from the effects of pain suppression caused by unresolved childhood traumas. She has served multiple under-served populations that include, homeless individuals, seniors, substance abusers, and families combating mental health, developmentally disabled youth, and emancipated foster care youth. Through her healing and deliverance process, Shavia has begun to share her expertise through webinars, social media, e-books, and her upcoming book, on how to triumph the Spirit of rejection. She desires that through the healing of her traumas, she will be able to help others (particularly youth), experience all that God has called has for them.

As a Youth Transitions Advocacy Coach, Shavia helps adolescence navigate through the healing process, helping them identify and break down barriers that hold them captive in toxic cycles of bondage. **To connect with Youth Transitions Advocacy Coach, Shavia Johnson, please CLICK the following ICONS:**



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