



Chaplain's Notes

August 2002

"life is for us"

Community Chaplain, East Preston / Reservoir
 Peter Kutschker (03) 8430 8574
 A ministry supported by Regent Baptist Church,
 West Evangelical Christian Church, &
 LinC Northern Region

REJECTION & ACCEPTANCE

Dear friend,

How are you? I hope everything has been going well for you in the last few months. I've had some time off from writing newsletters, but now I'm back into the swing of things, and I hope what I share this month will really bless you!

I'd like to share with you a very simple thought which, when I first discovered it, began to absolutely revolutionize my life. A couple of years ago my behaviour patterns were so moody, and I would especially either prefer to withdraw from some people, or lash out at others. In fact, I had one person suggest that I should go and get counseling, but I was too proud, and besides, I didn't really like the bloke who told me, and so I didn't respect what he had to say to me. Little did I realize that that behaviour pattern was a symptom of what was really wrong with me.

Problems in relationships kept on increasing and increasing, and at that time I became good friends with someone I did respect, because he was humble and didn't threaten me. He gave me a series of books on "Christian Counseling", and he said that these books had really helped him in his life, and he thought that they would really help me. I gladly accepted the books, and in them I found the above picture which explained Rejection.

I began to see how so many of the behaviour patterns on each side of the pendulum really represented me! The books went on to tell me the following:

"One of our most basic needs is to be totally accepted for who we are. But in our fallen world, all of us experience rejection, sometimes from our own parents, brothers, sisters, relatives, and other times from those who we classified as friends or 'significant others'. Consider this list of causes:

- manner or timing of conception
- rejection in utero
- manner of birth, and rejection at birth
- baby not bonded to mother
- generational (hereditary) factors
- factors in the family home
- school, teachers and peers
- in relationships
- within marriage
- mid-life crisis (at work and home)
- divorce
- at work, church, etc.

"In each case of rejection, unless we had been totally secure in the eternal acceptance of God for us in Jesus Christ, we would have responded unhealthily and deviated from God's plumbline for our lives. These deviations manifest themselves in emotional attitudes of rejection or rebellion which the pendulum diagram clearly shows."

As I read these words, the lights went on in my head, and from my heart I agreed totally. Very soon thereafter, memories starting coming to my mind of the big times I had experienced rejection: being blasted for dropping something which was too heavy for me to carry anyway; seeing someone I loved being hit to the ground by a person under the influence of alcohol; being spat at by senior Aussie bullies from another High School; being publicly humiliated by someone who should have known better just because I had skills and abilities which that person didn't have.

Needless to say, these rejection experiences lead to me having a deep hatred within me, a hatred for anyone who drank alcohol, for Aussie men, and much more. And whenever I encountered these

people, I would get very angry and bitter inside, and also withdraw and isolate myself from them. There were deep wounds in my life which had not been healed.

But the book went on to describe how to be healed:

"To overcome these deviant emotional attitudes, which are an expression of false beliefs as to who God is and who you are (eg. that God is distant & doesn't care, and that you are worth nothing), it is necessary to fill your mind with the truth about God and yourself, and also to repent from and renounce false beliefs and behaviours. Emotions are just a symptom of what we believe."

I followed what the book said, sharing my journey with some people who really did accept me for who I am, and PRAISE GOD, I began to be healed!! I cried a lot as I remembered all the hurts, and I had to forgive and also ask for forgiveness. But the journey has been worthwhile.

Have you experienced rejection in your life? If you would like help to be healed, please contact me. We in the Christian churches in Darebin would love to help you. Remember, God, who knows everything, accepts you & loves you unconditionally for who you are. God loves you.

All the best,

