
I'M ACCEPTED

*WALKing the Journey
from Rejection to Freedom*

W O R K B O O K

Holland B. Nance

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*WALKing the Journey from
Rejection to Freedom*

WORKBOOK

Holland B. Nance

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INTRODUCTION

The goal of this workbook is to expand on the teaching and examples provided in the thought-provoking book, *I'm Accepted: WALKing the Journey from Rejection to Freedom*. This workbook serves as a tool to deepen the impact of the information shared in the book to help you advance those thoughts into action and full implementation into your daily life.

You may choose to read the book and complete the workbook by yourself or work in a group of two or more people. Whatever your choice, it is helpful to share with someone that you are engaged in this study so that you can be accountable to that person—so that person can be praying for and with you as you progress.

This workbook segments the four sections of the book into the following ten-week format for the areas of study:

Week 1 – What Does Rejection Mean to You?

Week 2 – How Do We Respond to Rejection?

Week 3 – Willfully Abandon It – Part 1

Week 4 – Willfully Abandon It – Part 2

Week 5 – Identify the Lies and Know the Truth – Part 1

Week 6 – Identify the Lies and Know the Truth – Part 2

Week 7 – Rejection: the Enemy of Your Purpose

Week 8 – Be Aware of Devices

Week 9 – Move from Void to Victory

Week 10 – TRAIN Yourself to WALK

During these weekly studies, you will find Bible study and prayer assignments, exercises, discussion points, and journal pages. Each of these is designed to provide biblical principles, along with practical application to support your journey as you consider some of the most difficult parts of life and make the ever-challenging commitment to WALK in freedom.

CONFIDENTIALLY STATEMENT*

Group Name: _____

Due to the sensitive nature of this study topic, we agree to the following values:

1. **Priority.** Because we believe in the value of community, we agree to give priority to our group meetings. If we are running late, we will call ahead.
2. **Confidentiality.** We agree that whatever is shared here stays here. This includes what is shared through phone calls, e-mails, etc. We want this group to be a safe place to grow.
3. **Participation.** We agree to encourage, support, and stand behind one another, choosing to see ourselves linked together.
4. **Accessibility.** We agree to give one another the right to call in times of need—even in the middle of the night.
5. **Openness.** We will seek to be open and honest with each other. Our small group is a place where we can take off our masks, be ourselves, and be accepted for who we are.
6. **Respect.** We agree to communicate in ways that are respectful, and to give advice caringly only when it is requested. We will strive to be available to one another and listen, encourage, support, and tell the truth in loving ways.
7. **Accountability.** We give permission to group members to hold one another accountable to areas agreed upon.
8. **Open Chair.** We agree to keep an empty chair for others and seek to reach out to people like us who need this place of caring and growth. Eventually we plan to reproduce our group.

Signed: _____

Date: _____

* Source: www.smallgroups.com ©2009 Christianity Today Intl



Week 1

What Does Rejection Mean to You?

He was despised and rejected by mankind, a man of suffering,
and familiar with pain. Like one from whom people hide their
faces he was despised, and we held him in low esteem.

ISAIAH 53:3 (NIV)

Read: Section I – Before the WALK Began Part 1 – My Story

Each of us have had various confrontations with rejection. In Section 1, I share a few of my experiences and how I responded to them.

Read the following Biblical examples. For each, describe the rejection they encountered and list how they responded. For this week, we won't assess the response. We are simply making a list of the responses we observe.

1. Leah: Genesis 29: 16-30:21

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2. Ahab and Jezebel: I Kings 21: 1-10

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3. Jesus: Luke 4: 16-37

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4. Now, list a few of your encounters with rejection and describe how you responded.

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Week 1 – Discussion Points

1. Take a moment and reflect on your experiences with rejection (no matter how great or small). List them here.

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2. When did the first one of these experiences with rejection happen?

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3. How has this rejection impacted your life?

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4. Do you believe this rejection is still impacting your life in any way? How?

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Prayer Assignment

This week, pray about each of the areas of rejection that you have experienced. Ask God to shed light on your responses. There may be some responses that you have not realized before this study.

Journal

Take a moment and jot notes from the Discussion Points and from insights gained through your time in prayer.



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Creativity Advocate**

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