

# Heart to Heart

*Bringing our hearts to Him,  
Receiving His Heart for us!*

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## In This Issue

[Oh, It Hurts, It Hurts](#)

[A "Secret Knowledge"](#)

[How I Got Free](#)

[From We to Thee](#)

## Upcoming Seminars

[Freedom Weekends](#)

## Hot off the Press!



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## Hot off the Press!

Dear ,

**What is it about feelings of rejection** that they hurt so much?  
Why do we have this problem? What can be done about it?

Read on dear Reader. There is a cure for this dis-ease...

*Steve*

## Oh, It Hurts, It Hurts

*So many ways to cope with it; none work...*

**Feelings of rejection** can be compared to a ten ton gorilla that likes nothing better than to sit on you. I'll take the gorilla every time! Nobody I know likes feeling rejected; it feels so terrible. Most people I know have a coping strategy for rejection. Some strategies work better than others; some are more socially acceptable.

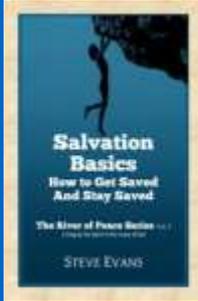


### **I had several coping strategies**

which began in childhood: hiding out in shyness as I withdrew from possible rejection like a turtle into his shell; escaping into fantasy where I lived in dreams of a me that others would admire and never reject; seething and sulking in repressed anger, planning ways of getting even; and scrambling up the ladder of achievement to get my cup filled with "attaboys" instead of putdowns. By early adulthood some of these coping mechanisms were operating at industrial strength. **Can you relate?**

**Traumatic experiences** can sow feelings of rejection within us, especially if these were sins of verbal, physical or sexual abuse directed against us. In fact every sin against us is a form of rejection, even the well meaning, conditional love of parents and teachers who put their approval of us on a performance basis. Even, perfect love must at times reject behavior and attitudes that are not right, but never the person who we are deep down, created and loved by God.

**To be rejected for who we are** by the looks, words or deeds

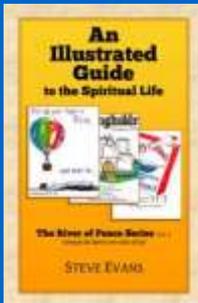


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**Hot off the Press!**

of others is a tremendously painful traumatic experience in itself. Many people--the shy, the perfectionists, the exhibitionists, the high achievers--organize their whole lives around trying to avoid rejection by others, while seeking to reap their approvals.

**The math on this is terrible:** ten approvals can be easily wiped out by one rejection. And the pain of possible rejection keeps millions hiding their real self from others (even from God), running from true intimacy, love and life into the safer, shallow waters of meaningless relationships and purposeless lives. Rejection is a gigantic stronghold in the land promised to us that ***must be brought down!***

**A "Secret Knowledge" Snares Us**  
***"Gospel Knowledge" frees us...***

**Rejection is a stronghold** that draws it's true strength from our worst fears. As bad as it feels to be rejected by people, there is an even more terrible cause for anxiety hiding deep within us.



**Sin stings us with the painful truth** that there will be a judgment to face, a judgment that no one is able to face without a Savior from sin. Isn't this what rejection by others plays into? The terrible, secret knowledge that there is ***Something Wrong*** going on deep inside, the wrong of original sin.

**We may not know ourselves as sinners** in rebellion against our God, but we do know that we don't know Him like we should. We know that we are not the person we should be. We know that there is something we have Lost and cannot recover, the original innocence, the innocence we tasted in childhood.

**Ultimately, we know** one day we will have to face God, and that we won't be able to give sufficient answer when we do. The rejections of other people draws its strength from this secret knowledge--secret only because we half-hide it from ourselves. ***If people reject me, might not the ultimate Person reject me?***

**The terrible truth about our fallenness** is that for our sins and separation from God, we should all ultimately be rejected. Our sinfulness actually deserves hell--the ultimate rejection. But this truth of who we are apart from Christ is meant to be swallowed up by the greater truth of the gospel--that Jesus suffered rejection and abandonment by God on our behalf, so that we would never have to experience it. The gospel liberates us from the torment of rejection--***if we believe it with our***

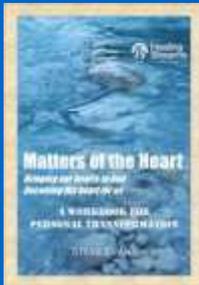


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**A Warrior's Heart**

Joyce fought Lupus and and

**whole heart.**

For many more insights into rejection please see

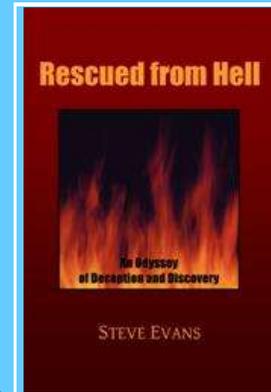
**<http://www.healingstreamsusa.org/overcoming-feeling-rejected-c17.html>**

**How I Got Free of Rejection**

***This is from "Rescued from Hell"..***

**How did it happen?** How was freedom won? In every case I had to forgive the person who rejected me, whether real or imagined and put away those hard feelings. That thorn had to be completely removed and replaced with positive feelings for the offender.

**Then I had to find a way** to give the hurt feelings to God. It helped to look toward something good I might have learned or some way in which I might have grown. This was putting Romans 8:28 to work: "For we know that all things work together for good to those who love God, to those who are the called according to His purpose." Slowly coming to see that this promise was true in some instances enabled me to embrace it as an invariable rule in all cases.



**Rescued from Hell**

**All of this good training fell apart** at a later date in my life, when it seemed that several people had rejected me without cause and were spreading rumors and falsehood. I began complaining strenuously to the Lord, "I'm going to forgive them, but You just don't know how much it hurts!" Now that's comical--telling Jesus, who was put to death by His own people, that He doesn't know how much rejection can hurt a guy! I sensed the irony of it, but pursued my complaint just the same. Then I became suddenly aware of a Presence.

**Jesus was standing right behind me** and a bit off to my left. I couldn't see Him with my eyes, but His Hands were outstretched with palms up, and He was saying to me with a twinkle of humor, "**So what am I to you, Steve? Chopped liver?**" The Jewish delicatessen flavor to His question really cracked me up! I broke out laughing, "Yes, I'm sure You're right Lord. What was I thinking? You're the only one who ever died for me. You're always with me, loving me. You matter more than anyone else possibly could." Then I got it. "Oh, My God! **I've got a bigger problem than I thought!**"

**In fact I had two problems.** Rejection keeps you looking at what others did or said, as if that were your real problem. It never wants you looking at what you are doing or saying.

abuse and won.

## Resources



### **Matters of the Heart**

176 page Workbook  
24 part CD series  
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## Featured Video



Mercy of the Son with  
stream

**Holding on to rejection is a double sin:** it is the sin of **idolatry of others** because it puts their opinion of you above God's; and it is the sin of **unbelief** because you believe what your feelings are telling you, rather than what God has declared in His Word. Now check me on this: what was the chart topping sin on God's list of ten things never to do? Idolatry (Exodus 20:3). And what was the sin that barred the way of the Israelites into the Promised Land? Unbelief (Hebrews 3:19). Holding on to feelings of rejection had me sinning--without realizing it--in two very major ways. (No wonder it is so painful!)

**Immediately, I went to the Lord in prayer,** confessing and thoroughly repenting of all my previous agreements with these two sins; I had Him pull my heart out of other people and plug it into Him. As I chose to believe the Truth with all my heart that He has unfailing love and acceptance for me, I felt my heart's need for acceptance come to rest in His own great Heart like a ship held secure in a safe harbor.

**The Father's total acceptance of us** in the Beloved is the true antidote for every instance of rejection (Ephesians 1:6). As I let that greater Truth wash over me, all past and present feelings of rejection and fears of rejection fell away. Then I asked Him to let me be "burned as needed" if I started touching "the hot stove" of idolatry of other people's opinions again. Sometimes you have to apply iodine to the wound to be sure of the healing. The wound of rejection got healed that day. **It has remained well healed ever since!**

For more stories of healing from my journey, see what I have posted for free on our website:

<http://healingstreamsusa.org/preface-to-rescued-from-hell.html>

## From We to Thee

### *Preparing for the Harvest...*

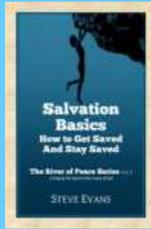
From the pages of our new website [forerunners4Him.org](http://forerunners4Him.org) has come a new book:

***Salvation Basics: How to Get Saved and Stay Saved.***

This is also the book that the men at the Mission have helped me to write. It has been through working with them that I have gained far more clarity (I believe) into the deeper issues of how to stay saved. Hey, we all know that getting saved is easy--it is staying in the joy of His salvation (Ps 51) that is the tricky part. Check out a sample at [amazon](http://amazon).

**We will supply this book at half price** (for orders of 10 or more) to any group or individual wanting to distribute them to seekers and new believers!





*Steve and Eunice*

## Truths with Traction!

A lifetime of learning has gone into the workbook that forms the basis of what we teach. Steve likes to say that these truths have been field tested! They are "**truths with traction,**" guaranteed to get your emotional life unstuck from those pesky stronghold areas that the enemy loves to bring our walk to a halt with.



All it takes is a small investment your time and treasure to have so many secrets of the heart opened to your understanding. In our seminars it is a constant thrill to see "**the lights go on**" for the students. Now you can have the seminar experience in the comfort of your own home! How can you resist? This is the 176 page 8 1/2" x11" ring-bound booklet that we use in class.

**Our Price:** \$17.50

**Available as a download:** \$3.00

**Healings Streams** is a Christian ministry dedicated to helping people find peace and freedom from troubling issues of the emotional life. Such deep roots often become the source for a host of stress related diseases, psychological disorders and addictions. Even so, our goal for people is not just escape from emotional stress and its consequences, but full entry into true Kingdom living--plunging into the river of Peace that flows all around us from the throne of Grace.

***Let's all jump in!***

Sincerely,

*Steve and Eunice Evans*

**Healing Streams Ministry**

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