

3 Simple Steps to Help You Move Past Rejection and Into Reassurance

"I hate the thought of Valentine's candy, I hate flowers and I hate the whole idea," a friend said to me.

The "hate" part was because of the bitter taste of rejection. It lingered after her fiancé announced he changed his mind and was moving on without her.

And she, too, moves on with heartache. It intensifies during the season where romance and love should fill the air. Women like her often remain under the cloud of heartache. Others squirm with restlessness, wondering why the right man hasn't appeared yet.

Let's change that. These three simple insights right from God's Word might transport you to a new level of reassurance.

1. Fear is at the top. Secretly, most women want to be cherished, loved and romanced. But seated on the couch of rejection, we fear that desire will remain empty. Yet God said He's the one who shows His love unconditional, true and unfailing.

The first step is to wipe our tears and accept, embrace and count on His love. When His love surrounds us, there's no place for fear, but lots of room for Him to begin His work. And it begins when we obey what He says: "Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you, I will help you, yes, I will uphold you with My righteous right hand"(Isa. 41:10).

2. Stop lingering in the past. Looking at what was, what would have been and what we should have done is the perfect way to

invite the enemy to add guilt to pain. God has a way to help us put aside the ugly past with this sweet promise.

Do not remember the former things nor consider the things of old. See, I will do a new thing, now it shall spring forth; shall you not be aware of it? I will even make a way in the wilderness, and rivers in the desert (Isa. 43:18-19).

In the wasteland of our pain, God has a fresh beginning.

3. Know who you are. Rejection often stirs doubt about our identity, our worth and value. But remember, others' rejection is often God's redirection to take us to a new place, a new chapter and even a new beginning. And that new start carries a promise no human can make.

"Now to Him who is able to do exceedingly abundantly beyond all that we ask or imagine, according to the power that works in us" (Eph. 3:20).

If God's power is at work, we can expect the best. When His love fills our heart, we can become confident. And when His ways and plans prevail, hold on; what comes next will be more than we think or imagine.

The only way to enjoy a man's romance is to first allow God to romance our heart, to dance into His arms while He plays the melody of His promises.

Here's a question for you: *Whose love are you desiring these days?* {eoa}

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