

# Finding Freedom - Devotional

## Week 5 - #1

Let's look back at a story you might recall from the teaching on Finding Freedom from judgment. During that teaching, Tisha and I acted out a ministry session with Michal, but we focused on the judgments Michal made. Now that you've heard the teaching on rejection, I think you'll find this story is another great illustration of how the fear of rejection can take its toll on a relationship. To refresh yourself, read 2 Samuel 6:12-23.

Michal verbally attacks David for not acting like a King. Through her tirade, Michal is trying to control her husband's behavior. The fear of rejection has twisted her perspective of the event to convince her that something bad will happen to her if David acts undignified. Do you remember the questions we used to "call fear's bluff"? The questions are Why? And then what? Answer the questions to "call fear's bluff" as if you were Michal. I'll get you started. Why? "The people will lose respect for David". And then what? \_\_\_\_\_

---

Of course all of this is speculation, but it's pretty safe to say that based on how she acted, the opinions of others weighed her worth. Without the love of your Heavenly Father to anchor your identity, you too can quickly find your self-worth being tossed to and fro by public opinion.

The reality is that David dancing in the streets simply hit Michal's existing "rejection button". During their argument, I believe David provides us with some insight into a past event which may have contributed to Michal's fear of rejection. Did you happen to see it? Look closely at verse 21 where David says "It was before the Lord, who chose me rather than your father or anyone from his house when he appointed me ruler over the Lord's people Israel".

It is reasonable to conclude that Michal experienced some level of rejection when her family was displaced from the prominent position they held as the first royal family of Israel. This fear would drive her to try and control everything she could to keep from losing her place of power and affluence again! However, exerting that much control over David was killing her marriage.

Who is it that you try and control the most? \_\_\_\_\_  
Have you stopped and asked yourself why? Remember that under your control is some sort of fear, and it's likely related to the fear of rejection. Ask the Holy Spirit to reveal the fear that is driving your control: \_\_\_\_\_

Like Michal, you too have an existing "rejection button". The person you try to control the most is likely the person who hits your rejection button the most! Ask the Holy Spirit to reveal an event from your past which has contributed to your rejection button. It may be an earlier situation with this same person or someone else. Write down what the Holy Spirit shows you: \_\_\_\_\_

---

It's not uncommon to discover that after you've felt the sharp sting of rejection, out of the fear of being hurt again, you made a vow(s) to attempt to protect yourself. Vows of self-protection sound like "I'll never let anyone hurt me again", or "I'll always stand up for myself". Ask the Holy Spirit to reveal any vows you made to try and protect yourself related to the situation you wrote down above.

---

Now you have all you need to pray through this rejection issue. As you pray it through, be sure to ask God to forgive you for not trusting Him to be your protector!