

## Why Am I Never Good Enough?

*(How to face and overcome your fear of rejection)*  
**(SERIES: Fear Less; Live More; 01 of 08)**  
by Dr. David Foster

"I will praise the Lord no matter what happens. I will constantly speak of his glories and grace. I will boast of all his kindness to me. Let all who are discouraged take heart. Let us praise the Lord together and exalt his name. For I cried to him and he answered me! He freed me from all my fears. Others too were radiant at what he did for them. **Theirs was no downcast look of rejection!**" (Psa 34:1-5)

### Our Core Fear

**It's the fear of being found out.**

"And Adam replied, 'I heard you coming and didn't want you to see me naked. So I hid.'" (Gen 3:10)

**It's the fear of being singled out.**

". . . The LORD does not look at the things man looks at. **Man looks at the outward appearance, but the LORD looks at the heart.**"  
(1 Sam 16:7)

**It's the fear of being shut out.**

"So the Lord God banished him forever from the Garden of Eden, and sent him out to farm the ground from which he had been taken. Thus God expelled him, and placed mighty angels at the east of the Garden of Eden, with a flaming sword to guard the entrance to the Tree of Life." (Gen 3:23-24)

## 2 Realities of Rejection

**Whatever I uncover, God covers.**

"and the Lord God clothed Adam and his wife with garments made from skins of animals." (Gen 3:21)

"He knows about everyone, everywhere. Everything about us is bare and wide open to the all-seeing eyes of our living God; nothing can be hidden from him to whom we must explain all that we have done." (Heb 4:13)

**Whatever I confess, God converts.**

"But if we confess our sins to him, he can be depended on to forgive us and to cleanse us from every wrong. (And it is perfectly proper for God to do this for us because Christ died to wash away our sins.)" (1 John 1:9)

## 3 Pillars of My Peace

**I am accepted; therefore I am confident.**

"Accept one another, then, just as Christ **accepted** you, in order to bring praise to God." (Rom 15:7)

"The wicked flee when no one is chasing them! But the godly are **bold** as lions!" (Prov 28:1)

**I am adopted; therefore I am courageous.**

"Long ago, even before he made the world, God chose us to be his very own through what Christ would do for us; he decided then to make us holy in his eyes, without a single fault--we who stand before him covered with his love. His unchanging plan has always been **to adopt us into his own family** by sending Jesus Christ to die for us. And he did this because he wanted to!" (Eph 1:4-5)

**I have access; therefore I am committed.**

"So let us come boldly to the very throne of God and stay there to receive his mercy and to find grace to help us in our times of need." (Heb 4:16)