

## CORRECTIVE EXPERIENCE CHART

There is redemption on the other side of rejection using the promises of God. This has been one of the sweetest comforts to my soul when I learned to shift my focus from hurt to hope with God's tender truths. Here's how. In the left column below, write down feelings you have related to rejection. Then in the right column below, write out a promise from Scripture that can redirect that feeling. Some sample promises are listed below, or you can find others with your own search of the Scriptures.

FEELING	PROMISE FROM SCRIPTURE
<p><b>Example:</b></p> <p><i>Unwanted</i></p> <p>.....</p> <p>.....</p> <p>.....</p>	<p><i>For you are a people holy to the LORD your God. Out of all the peoples on the face of the earth, the LORD has chosen you to be his treasured possession. (Deuteronomy 14:2 NIV)</i></p> <p><i>Other possibilities:</i></p> <p><i>Psalm 34:5–9, 18; Psalm 37:4; Psalm 91:1; Isaiah 43:1–3; Isaiah 61; Zephaniah 3:17; John 15:7; Romans 8:31–39; Philippians 1:6; Hebrews 13:5–6</i></p> <p>.....</p> <p>.....</p> <p>.....</p>

**FEELING**

**PROMISE FROM SCRIPTURE**


Choose one of the promises you identified above. Write it somewhere you will see it multiple times a day. I have also found it helpful to read these promises aloud until they become the new script for my heart and mind. For a printable version of this chart, please visit [www.uninvitedbook.com](http://www.uninvitedbook.com).