

Rejection Dejection: Or how “No” Is Sometimes God Preparing You for “Yes”

Let’s talk about rejection—the writer’s least favorite hobby and most consistent pen pal.

If you’ve been writing for more than fifteen minutes, chances are you’ve already met it. Form emails. No responses. The dreaded, “*We regret to inform you...*” Ah yes, the sacred texts.

At first, rejection feels deeply personal. You start wondering whether the editor actually read your piece or simply used it to level a wobbly table. You reread your submission convinced it is either genius or complete trash—sometimes both within the same paragraph. It’s a spiritual rollercoaster, minus the seatbelt.

And for those writers who do get that amazing ‘yes’, buckle up. Because once your story is finally out in the world, along come the one-star reviews. Rejection doesn’t stop at editors. Readers get a turn too.

But here’s the uncomfortable truth: rejection might actually be doing you a favor.

If you believe God has anything to do with your writing journey, then rejection isn’t random—it’s directional. It’s less “*you’re not good enough*” and more “*not here, not yet, not like this.*” Which, admittedly, is not the message our egos were hoping for.

Rejection has a way of sharpening you whether you asked for it or not. It forces you to look at your work again—not through the dreamy lens of *this is my baby*, but through the clearer lens of *would a stranger care?* Sometimes the answer is *not yet*. That stings. But it also refines.

It teaches discipline. You revise more carefully. You submit more strategically. You develop the emotional endurance of someone who has opened one too many emails beginning with, “*Thank you for your submission, but...*”

And let’s be honest—if everything you wrote got accepted immediately, you’d be insufferable.

Rejection keeps us humble. It keeps us learning. It keeps us dependent on the One who called us to write in the first place.

And if you need proof that rejection isn’t the end, consider a few familiar names.

J.K. Rowling’s *Harry Potter* manuscript was rejected by a dozen publishers before one finally said yes. Stephen King threw the draft of *Carrie* in the trash after repeated rejections—his wife quite literally rescued it from the bin. Dr. Seuss was rejected nearly 30 times before *And to Think That I Saw It on Mulberry Street* found a home. Madeleine L’Engle’s *A Wrinkle in Time* collected more than two dozen rejections before becoming a classic—apparently even time travel includes a long detour through “no.”

Rejection didn't disqualify them—it refined them. It clarified their voice, strengthened their resolve, and, in many cases, positioned their work for the right door at the right time.

So maybe the “no” isn't the end of the story. Maybe it's God's way of coaching you toward a better yes.

The door that closes may simply be redirecting you to the one He intends to open.

Write anyway.

Submit again.

And when rejection shows up in your inbox wearing its usual cold, automated smile, remind yourself: this may not be punishment.

It may just be preparation.

Need help with the 'preparation' phase of your writing journey? I would love to chat with you!