

7/3/25

Week 27: SWFL

Tammy Trent & Blynda Lane

Nona Jones

**Studio discussion:**

**TAMMY:** Hello, everybody! Welcome to *Life Today*. I'm Tammy Trent, and I am so glad you're here. Come on in. Come on in. Grab a cup of coffee, grab your tea, grab a blanket, whatever you need, but come on in. Settle in with us. I think today is going to be a day that you need because I know I need it, so I'm quite sure you need it too.

I want to introduce you to someone really special to me already, Blynda Lane. Now, you may have seen her on TV before, just as I have. You've got so much depth. You have so much wisdom. You are a true woman of God, and I'm honored to be here with you and have this time with you, Blynda. Thanks for being here.

**BLYNDA:** Thank you, Tammy. I am so excited about being here today. It's really such an honor and privilege. I just, for so many years, have loved James and Betty, and my heart has been connected to them for 20 years. So, it's been really sweet to follow along in the ministry and then to be able to guest-host with you today. I'm loving it!

**TAMMY:** You're so blessed!

**BLYNDA:** I am so blessed! I am so blessed!

**TAMMY:** It's going to be so, so good. Look. We're going to talk about something really important to so many of us. So many of us have been affected by this rejection. It really hurts. It is a painful reminder that what we longed for, what we hoped for didn't happen, it didn't come to pass. But what if rejection is actually a setup for something greater in your life?

Today, we're sitting down with author and speaker Nona Jones, who has written a powerful book called *The Gift of Rejection*. So, can we actually discover God's purpose through rejection and even experience divine breakthrough along the way? Let's find out right now as we welcome Nona Jones. I'm so glad you're here.

**NONA:** Oh, thank you both for having me. This is such a privilege and a joy.

**TAMMY:** It's so good. And she's right, it's such a good book. I'm going to start right up at the top because I'm thinking rejection as a gift? There's no way that I have ever seen in my life rejection being a gift. So, when I think also that Nona has written this book, here's this title, there's got to be a back story. She's got to have experienced something to be able to speak this into our lives. So let's start there.

**NONA:** Okay. So I agree with you. I would have never imagined that rejection could be called a gift or be placed in the same sentence as *gift*. But let's see, this was maybe eight years ago, where I had this revelation. Because when I was in high school, I was not the girl that guys wanted. I was overweight, and nobody wanted me. But then I ended up losing weight and met a guy who really, really liked me. And he became my boyfriend, I became his girlfriend, and we talked about getting married. Like, this was a serious relationship. One weekend, he wanted to take me to the movies. I was excited to go; I got my hair done, nails done, everything. An hour before we were supposed to go, he called me and said a family emergency had come up and he couldn't go. Of course, I was bummed, but I was ready to go to the movies. So, I called some friends and I said, "Hey, let's go." We ended up going to the movies and we're standing in line at the theater, and I happened to look over and I saw my boyfriend holding hands with another girl. Now, I'm not the type -- there are some women who are going to be like confronting you. They're going to be angry and loud. I wasn't that type. I was just really, really hurt. And my friends who also saw him were like, "He's a jerk!" Just "It's okay, Nona. It's all right." He tried to call me that week, right? He's calling to try to apologize, get back together, and I wouldn't take his call. Well, fast forward maybe, gosh, 15 years. At that point, I was working at the company formerly known as Facebook, and a pastor friend called me and said, "Hey, I need your help because one of my spiritual sons is having some really mean things put on his

Facebook page. Can you have his page taken down?" I was just like, I've never had someone ask me to take their page down. People will say, "Can you help me get it back up?" But not take it down. So, I said, "Look, I don't know. I can't make any promises but send me a link to his page and I'll see what I can do. I'll try to escalate it." So, he texted me the link, and I click the link, and staring back at me is my ex-boyfriend from high school. I'm sitting here like, why is he looking at me? So, I scroll down his page and I see all these comments from people saying, "Serves him right!" "Cheaters get what they deserve." "How could he call himself a pastor, living a double life?" This whole thing. Well, I googled his name and came to find out he was murdered by his mistress, who also tried to kill his wife. In that moment, I'm literally in a twilight zone because all these years I was carrying this pain from being cheated on, thinking that somehow I wasn't worthy. Like, what did I do to deserve this? Why wasn't I good enough? All these things. In that moment, I realized, wait a minute, God was protecting me from someone who had some serious issues. Of course, I prayed for his wife and thank God she lived. But that could have been me. That's when God revealed to me, Nona, all these years, you've been looking at that rejection like it was just painful, when in fact, it was a gift, and you didn't realize it.

So that's really where the whole concept came from. I started to look back over my life, and I realized that in every single rejection experience, as painful as it was, there was a lesson in it that either taught me about myself or someone else, or God that ended up serving my purpose.

**BLYNDA:** But we think of it fully as a setback. We have to reframe it because I think that's when I was reading the book, it was hard to think of, okay, every time I have experienced rejection in my life, I would have thought, that's a setback. You talked in here a little bit about identity. Sometimes, we put our identity in something and when we're rejected, all of a sudden we have this identity of being rejected, and we carry that.

What would you say to someone who, when they have been rejected, and they think of it as a setback, now, they kind of wear that identity? I've always thought of it this way. We don't want people's approval to be our identity, because then when they reject us, that could be our identity.

We have to just be very careful that we find our identity in Christ. So, explain how you would tell somebody that rejection isn't their identity.

**NONA:** Well, that's a great question. I will say the pain of rejection is human. Sometimes, we think, oh, my gosh! If I know Jesus enough, I will never be hurt by people's decisions. That is not true. We feel pain because, in order to even experience rejection, you have to first have had the hope that you were accepted. Right? Like you don't feel rejected because you didn't get a job that you didn't apply for. And you don't feel rejected because a man that you're not interested in isn't interested in you. You don't feel rejected because some strangers didn't show up for you in your time of need. No. You feel rejected because you applied for the job and didn't get it. Because the person you gave the best years of your life to walked away, and because you told people that you thought cared about you, that you needed them, and they didn't show up. So, when you experience rejection, it doesn't just break your pride, it actually breaks your heart. That's where identity comes in, because your hope was in being accepted. I think what we have to learn to do, and of course, it's hard because look, I see you, you see me, God, we don't see him. He's always here. He's always present, but we don't see him. So, we naturally put our hope in what we see. We have to learn to place our hope in the God of the universe who decided that you were necessary for creation before you were even formed in the womb. That's where we have to derive our sense of identity.

**TAMMY:** That's exactly right. There are so many people, Nona, don't you think, that feel like rejection keeps chasing them down, keeps finding them somehow? How can they ever be free? How can they heal from it? Because if I'm being honest, I think with me and the rejection I felt in my own life has always been loosely tied to even my music career, whether I got a record deal. I was dropped from the deal, dropped from a booking agent, put on the biggest tour and then taken off. All the different things where your value and worth seems so tied into these things. Then when rejection comes, everything's shifted, everything's changed.

So is the gift learning how to unpack, unwrap what rejection looks like to see what's inside of that gift to go if I'm given better tools, I might be able to deal with this better when rejection

comes and hits me again. What would you speak to that? And I feel like you've written a lot about that in your book, which is helpful for people that feel like I'm trapped in rejection.

**NONA:** Well, one of the through-lines in the book is the story of David and Goliath. Because, you know, we all know about David and Goliath and how there's this young shepherd boy that slays this nine-foot-tall Philistine giant. Well, in First Samuel chapter 17, at verse 32, we know that David goes to Saul and he's like, *"Hey! Don't worry about this Philistine. I'll go and fight him."* And Saul says, *"Don't be ridiculous. There's no way you can fight this Philistine, and possibly win. You're only a boy. He's been a man of war since his youth."*

*But then David persists. He says, "I have been taking care of my father's sheep and goats. When a lion or a bear came to steal a lamb from the flock, I would go after it with a club and rescue the lamb from its mouth. If the animal turned on me, I would catch it by the jaw and club it to death. I have done this to both lions and bears, and I'll do it to this pagan Philistine too. For he has defied the armies of the living God. The Lord, who rescued me from the claws of the lion and the bear will rescue me from this Philistine."*

Now when we hear that, we're like, yeah, David! But if you go back just one chapter, and this is where I think the whole idea of rejection being a gift really seeped into my understanding. If you go back just one chapter, you find that the Lord decided that he was going to make one of Jesse's sons the next king of Israel. Right? For those who know the story, it turns out that it was David who was going to be the next king of Israel. But when the prophet Samuel goes to Jesse's house and he's like, "Show me all of your sons, because I'm going to anoint one of them king." He didn't tell him that, but he knew. It says that all of the sons came to Samuel. Jesse had all his sons come to Samuel. But there was one that was left out in the field by himself to tend sheep. And so, Samuel looks at all the sons, and he's like, "None of these are the chosen one. Are these all the sons you have?" And Jesse's like, "Oh, there is still the youngest. He's out in the field tending the sheep." So it wasn't that David wasn't there because they didn't know where he was, it's that they knew where he was, but they didn't invite him. And in that case, him being left out in the field to tend those sheep and fight those lions and fight those bears becomes the necessary precondition for him to have the courage in the Lord to defeat Goliath. And the

contention that I've been making, and I really want people to understand, is that every rejection contains the gift of an inflection point because rejection positions you for purpose. In the case of David, he would have never had the courage to stand before Goliath. I mean, warriors were afraid of Goliath. Here's this young shepherd boy who's like, I'll fight him. Why? Because he was left out in the field by himself to tend sheep. That enabled him to fight off lions and bears with nobody but the Lord, and that gave him the courage he needed to stand and to fight.

So, rejection positions you for purpose. What I encourage people to do is when you experience rejection, instead of saying, oh, what's wrong with me? Ask, God, what are you positioning me for?

**BLYNDA:** I remember reading where you also said it's like an invitation for transformation. When you think about an invitation to something, it's like, oh, I want to be invited to something! And you always want to accept it. This is like I'm accepting this invitation for transformation by saying, okay, to the rejection. That's pretty powerful. And really, when I think about the story of David, I think, okay, his life was transformed clearly by being told that he's going to be king. Then he went, but at that moment -- at that moment, I don't know if I've ever sat and really thought about, did he experience that devastating feeling of rejection?

**NONA:** Well, if you read the Psalms, and they're really powerful, there are several Psalms where David actually writes about how he was born in iniquity. He talks about how he was shunned by his family. He talks about how he was rejected. And so, we celebrate what happens on the day of the battle, but we don't see what happens behind the scenes. That's the rejection that prepares you for the battle.

It's so funny because I'm a speaker now and I do all of this, but it's only because of rejection. Like, I actually had a manager, I was doing speaking for a company. I had a manager tell me that she didn't want me to do any more speaking for the company. But people were still inviting me to speak on behalf of the company. And so, I had to tell them, hey, I can't do this anymore. They were like, "Well, can you just speak as you like without the company title or name? Can you just do that?"

So, I started to do it and, and I couldn't get paid when I was speaking for the company, but when I started to speak as me, then I could get paid. It's all of those things where rejection positions you for purpose.

**TAMMY:** Yes! It's like everything you're saying positions you for purpose in that redirecting. That God, if you believe he is a redeemer, do you believe that he can redirect anything? If you can look at, if you can somehow get to a place of just saying I believe, then even if it hurts, it's painful, but I believe, and I trust God that he's in the details. That he can turn this around and he will redirect us. I think, just as you touched on that story of David and Goliath, my takeaway were four insights, four insights. You touched on the one, the gift of rejection positions you for purpose, right? The other, the gift of rejection reveals the role of people's lives in your destiny. Three: The gift of rejection anchors your identity, which you talked about earlier. And four: The gift of rejection draws you nearer to God. What's the most important one?

**NONA:** They're all important, but the last one, I think, is critical because when you're faced with rejection, your first response, if you don't understand that it is a gift, your first response could be to take it personally. When you take it personally, it can end up separating you from God because you're like, Why did this happen? You know, my own mother's situation, why, Lord, would you let me be born to a mom who would let her boyfriend abuse me as a child? God, you know, why would you cause my friends to abandon me when I had need? Why would you allow me to be humiliated? All those questions.

But once you understand, God said, "I will never leave you. I will never forsake you." To leave someone is to physically separate yourself from them. To forsake someone is to emotionally separate yourself from them. God said, "I will never physically or emotionally separate myself from you, but you have to be willing to stay near me even when it hurts, even when there's pain." That's a decision we have to make because we get so fixated on who walked away that we forget who never left. God is always there.

**BLYNDA:** That's so good. Is that Romans 8:28? He is working it all for good, we just have to trust him. We have to believe, and we have to accept the invitation to just sit in it for a minute and to be okay with, okay, this feels uncomfortable, this feels painful, but God, you've got something for me in it.

**TAMMY:** And really believing that. I think sometimes a struggle for people is I hear what you're saying. It makes sense. How do I make it make sense for me and my story? But if you had a minute with somebody sitting on a plane, sitting on the other side of the TV, what would you say to them to just give them some hope today?

**NONA:** So, I will speak directly to you because I know that when rejection happens, it feels like a personal assault against who we are. This person made a choice, and that choice wasn't me. But I want you to understand that there are two types of people in your life. There are those who are attached, and there are those who are assigned. When someone is attached to you, they are connected to you for as long as the relationship benefits them. But they will detach the moment that you stop channeling benefits in their direction. What happens is their detachment triggers insecurity. So, we start to wonder, what do I have to do to get you to attach to me again? People who are assigned to you are not connected to you for what they can get out of the relationship; they're connected to you for what they can contribute to the relationship. Those are the people that you have to pray for discernment for God to show you who is assigned to me in my life so I can stop giving assignment energy to attached people. Attached people, you've got to love them. You give grace to them, but you do not allow them to determine your worth and your value. Once they've made a decision to detach from you, you accept it, and you pray for God to fill the spot they left open with someone who will be assigned to you. Because God will do it and he is faithful.

**BLYNDA:** Praise God! That's that was like -- I mean, that was so good.

**TAMMY:** Yes! It's so good. That's what I love about you. You have so much to say because you've experienced so much. You're wise, it's rich, it's deep, and you've downloaded it into this book, *The Gift of Rejection*. I want to say to you today, I want you to have this book, especially



if you're struggling with that and you want a clear understanding. You need a revelation from God today. I believe you'll be able to find that within the pages of this book. I want to get it in your hands. I'm going to tell you how I can send this to you today.

But first, I want you to take a second to stick around with us. Please don't go anywhere. Stick around, because I want to wrap it up at the end. But right now, I want to show you something that's so special to me. I want you to see this, too. It's really special. Just sit back, watch this because just as much as we are all sitting together and wanting to bring you hope, there are a lot of people around the world right now that desperately need hope and a touch from God right now. Watch this.

**Transition roll-in: (Find It In Your Heart)**

*A: When little ones depend on you to provide them with water to sustain their lives, you don't have time to debate or discuss your water source. You can only give them what you have access to, no matter how deadly it may be.*

*For Gagrielle, when she steps into her water source, it is a step there is no coming back from. The water she gathers for her family may sustain them for a while, but at what cost? For Gagrielle, the cost has already been the lives of two of her small children.*

**Open Captions:**

I'm very much worried because now two of my children have died. I'm even more worried about my children, who are still alive because, by continuing to consume this water, I believe that they may pass on as well.

*A: When not caring for her children, Gagrielle visits the graves of her babies that she has lost and weeps and prays. She mourns not only for her children, but for the over 20 children in her village that have died due to consuming contaminated water.*

**Open Captions:**

There's nothing better than clean, safe drinking water. If we get a water well with clean water, this is the beginning of life. It would guarantee life for my children.

**JOHN:** I'm here today in Mapair, South Sudan, where I've been listening to the story of a beautiful village that has been ravaged with waterborne illness. It's this one village. It breaks my heart and makes me say, Lord, when am I going to be able to tell Gaglielle that a well is coming? That we're going to put a well in her village? And we're going to put a well in the village next to her and next to them, so that we know that this whole area here will stop losing children?

**Open Captions:**

We beg you in the name of God to help us. Find it in your heart to make it better.

**Studio appeal:**

**TAMMY:** Loss is a heavy thing. I know a little bit about that, losing my husband in a scuba diving accident. His death was because of water. Their death is because of the lack of clean water. Loss, suffering, it's heavy. These people are carrying it every single day. When I see those precious little babies walking, I just want to scoop them up and say, it's going to be okay. It's going to get better. But it's not going to get better unless we do something about it. And by "we," I mean God's people. He presents the need. It's in front of us. And then he presents a solution and says, I need you to come alongside me. Together, we can make a difference in the lives of so many people because we come in the name of Jesus. We give them water for life -- the water of life!

I am so privileged. Truly! You must know that. It's such a privilege for me, all of these years, 16 years to be traveling with Life Outreach, going all over the world, sharing God's great, great good news and sharing the water of life. Just like that village, John said, it would be incredible to show up tomorrow and tell them we're on our way. We're on our way, and we've all made it happen.

Blynda, I know that you haven't been out in the field yet with me. I hope one day you'll get to do that and experience it. I know you're a mom. I know that it would be hard for you, probably, to imagine losing a child because of the water they're drinking.

**BLYNDA:** Watching the video, it's just sobering to think that this is a life and death decision they're making every day for their children. That they know they obviously can't go without water. But knowing they're giving water is giving them the risk of death. I can't imagine being faced with that every single day. And yet that is their reality. It is a reality to them.

What I absolutely love is that I know the Life Outreach givers are so generous! They're so generous! They've caught the vision and understand that when they give, they save lives. That's what's so important! That when you give, you are literally saving lives. I just want to encourage you, I know that you are a giving people and generosity flows out of you. But if you really understood that when you watch that mom, you understood that when you give today, those children live. It's just amazing.

**TAMMY:** It's incredible! Let me tell you what the breakdown is. It's super easy and anybody can do it. So let me tell you what that looks like. For \$48, you can provide water for ten people. For \$144, you can provide water for 30 people. And if you can, \$4800 will go in there and drill a complete well. Now, this is water that will be provided for about a thousand people for up to about 70 years these wells will last. So basically, for the rest of their lives, Blynda! We can go in there. It's an incredible opportunity that God has given us today. Won't you jump in? Won't you come alongside us and do something? Go online. Make a call. Let's do it together and let's do it now.

#### **SWFL Cause 2025:**

*A: Every day, thousands of lives are lost to waterborne disease, and nearly half of those are children under the age of five. Through Mission: Water for Life, you can give mothers hope and*

*children a future as we provide clean, life-giving water for thousands of children and their families before it's too late.*

*With your gift today, you can help drill and establish 350 water wells this year. Your gift of \$24 will help provide clean water for five children. A gift of \$48 will help provide for ten. And \$144 will help provide life-giving water for 30 people for a lifetime!*

*With a gift of any amount, we'll send you Prayers for My Physical Health, a Bible-based collection of 52 prayers designed to bring strength, healing, and renewal to every area of your body. Covering a wide range of physical needs, this beautifully crafted book encourages intimate conversations with God.*

*With a gift of \$100 or more, you may request the "Armor of God" tumbler set. These two 20-ounce stainless steel tumblers, each inscribed with Ephesians 6:11, are a practical and meaningful way to carry a reminder of God's strength and protection throughout your day.*

*Finally, please consider a gift of \$1,200 to help provide water for 250 people, or a gift of \$4800 to help sponsor a complete well and request our inspiring bronze sculpture, "Lion of Judah."*

*Please call, write, or make your gift online today!*

**Studio good-bye:**

**TAMMY:** I hope you're going online and giving the best gift that you can give today. You must know, truly, it will make an enormous difference, and it will change so many lives today. With any amount that you're able to give today, we are going to send you *The Gift of Rejection*. We're going to get it in your hands, because I believe so much in this message, so much in this book, and you need to have it. So, just make sure to request it when you call today.

**BLYNDA:** It's incredible! Nona, it has been just amazing having you here. We're so thankful. And really, I feel like I just had my own personal therapy session. Thank you. Thank you for

your insight. Thank you for the work you're doing in the Body of Christ and for saying yes -- all the yeses you've given.

**NONA:** Thank you.

**TAMMY:** We love you so much. Thanks for being here. And thank you for being here. We'll see you next time on *Life Today*.