

DISCUSSION GUIDE
He's Been There - Rejection
"When Rejected, Give an Invitation"

Icebreaker: We have all been rejected. Is there a rejection from your past that still stings? Perhaps there is a rejection that you can laugh at today. Did you handle the rejection healthily? Consider sharing with the group.

How do you typically respond to rejection in an unhealthy way? Do you:

RETREAT (close down relationships)

RETALIATE (hurt them right back or lash out at innocents)

GIVE UP (stop doing something to hopefully be accepted)

Look at some past rejections. Were there times when a rejection brought new people into your life or gave you a new appreciation for those who stayed with you?

What past rejections now seem like more of "God's Direction" than rejection?

In "Free to Thrive", Josh McDowell lists 7 Longings that humans have. Which of these do you feel a lack of in your life currently?

1. Acceptance
2. Appreciation
3. Affection
4. Access (to a person. Able to spend time with them)
5. Attention
6. Affirmation of Feelings
7. Assurance of Safety

We often “wear masks” to hide who we truly are to fit in and be accepted. Is there something in your life that you know you need to stop hiding but are afraid of being rejected? If so, take a moment to be honest with God about it and pray for guidance on who to share it with.

“God don’t make no junk”.

Read Psalm 139:1-18. What verse speaks to you the most? Why?

Think about knitting. Is it a quick activity or a slow one?

If God truly knit you together and He doesn’t make mistakes, what about yourself do you need to accept and praise God for?

Even if you had ten thousand guardians in Christ, you do not have many fathers, for in Christ Jesus I became your father through the gospel. 1 Cor. 4:15

Our Great Commission is to “make disciples”. Disciples need time with and access to a Mentor. Timothy had Paul. Who do you have?

“We trust Christ by trusting His Body, which is the Church.” You don’t have to tell everybody, but you should tell somebody. Do you have a godly mentor or mentors with whom you regularly share your hopes and dreams, fears and worries, struggles and failures, victories and revelations? If so, who? If not, who might it be? Pray for God’s wisdom and provision.

Paul had Timothy.

Are you mentoring someone? You don’t have to know it all and that’s good because you never will. Being a listening ear is a huge first step. Loving and listening to someone can go a long way in helping a less mature Christian keep moving forward on their Journey with Christ. Who are you mentoring or who might God be asking you to make yourself available to?