



<b>DATE</b>	July 14, 2019
<b>SPEAKER</b>	David Smith
<b>TITLE</b>	Paralyzing Rejection
<b>SERIES</b>	On the outside, you're crushing it – at work, at the gym, at the bank. But on the inside, you're collapsing – shame, doubt and loneliness weigh you down. It's okay to not be okay. Because when we bring our struggles out of the shadows into the light, God can help us heal.

Rejection is a universal problem. On some level, all of us, even Jesus, are and have been rejected by others. The pain of rejection can be so powerful that we often remember it more than physical pain. But there is a way to overcome paralyzing rejection: letting God define who you are rather than letting the world.

1. Think about a time you felt rejected and a time you've experienced physical pain. Which stands out more to you in your memory?
2. Pastor David shared a story about being rejected by a teacher in the eighth grade. Do you have a rejection backstory that was dramatic enough to stick with you for years or even decades? How does it impact your framing of the world and of God?
3. Isaiah 53: 3 records that Jesus was "despised and rejected by mankind, a man of suffering, and familiar with pain." How was Jesus rejected? How did he deal with being rejected?
4. What are some other examples in the Bible of people experiencing rejection? (Hagar? Joseph? Job?) What can we learn from these situations?
5. Peter calls us "God's special possession" (1 Peter 2:9), claiming that we are valuable. What are the 3 lost items that were valuable in Luke 15 and what makes them valuable?
6. As Christians, we are called to be in-step with God. As a result, we sometimes find ourselves out-of-step with the rest of the world, which can lead to rejection. What are some examples you can think of where Christians are rejected? Have you ever felt rejected because you put the Kingdom of God first in your life? How should we react?
7. How do you deal with rejection? What were some of the ways Pastor David discussed in the sermon to deal with rejection? How can we refuse to let rejection define us?
8. Pastor David spoke of the importance of our "box of people" who tell us who we are. In general, we have larger "boxes" of influence in our lives than people once did thanks to social media. How do you think this has affected the identities of others and yourself? Write down who is in your small box. To whom will you listen to about who you are as a person? Whose opinions matter to you? Make sure your box begins with the "Cornerstone."
9. What does God think of you? Look at the adjectives in 1 Peter 2:9. As an exercise, for 5 minutes write all of the adjectives you can think of that God says we are in Christ.

*Lord, help me to know how to respond to those who say hurtful things to me. Help me to forgive them, to give it to You, and to let it go. Help me to define myself not by what the world says but by who You say that I am: "a chosen people, a royal priesthood, a holy nation, God's special possession" (1 Peter 2:9). Help us see ourselves as You see us!*