

LIFEGROUP - ACCEPTANCE/ REJECTION

All of us have received rejection in our life at some point. One study lists these as some of the consequences for rejection.

1. As you read through the list, which one of these do you see in your own life?
 - Rebellion in both children and adults
 - Fabricated personalities (being somebody you aren't, in order to be accepted)
 - The tendency to reject others, so that you aren't the first one to be rejected
 - A tendency to always wonder if a person rejects or accepts you
 - The need to fit in or be accepted by others and be a part of everything
 - Self-pity where a person feels bad for themselves being all alone
 - Inability to be corrected or receive constructive criticism
 - Rejection creates an environment where you are starved for love or just don't fit in
 - A tendency to blame God ("Why did He give me this big nose? Why did God make me so short?")
 - A sense of pride that says, "How dare they reject me!"
 - Opinionated personality and the need to be right about things
 - Feelings of worthlessness, insecurity, or hopelessness
 - Seeking a parent's approval is a sign that your basing your identity upon what they think of you
 - Envy, jealousy, and even hate can be rooted in rejection
 - Fear of confrontation (because your identity is based upon what they think of you)
2. How do you deal with rejection?

Rejection and rising above rejection is all about identity and what you base your identity upon. The key to overcoming rejection, is to solve the identity problems.

When we understand who we are because of Christ, and what we mean to God, we understand that we have been accepted, and we are no longer rejected. Let's look at 4 verses and 4 statements.

1. Accept the Truth that you are created by God.

Read Psalm 139:13-16

How would you say this in your own words?

How does the truth of these verses change the way you view yourself?

3. Accept the truth that God created you for a special purpose

Read Ephesians 2:10

What does this verse teach us about our purpose and relationship with God? Does this apply to all of us?

4. Accept the truth that God can heal your past hurts

Read Luke 4:18-19

Looking at these verse, what is part of Jesus' mission? What does this mean for the rejection you've experienced in life?

Extra Time

There's so much in the Bible that teaches us that we've been accepted by Christ. 1 Peter 2:10 says:

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy.

How does this affect the way we live with one another? What do we do when we receive rejection in the church? How do we love one another as a royal priesthood?