



Say “No” to Insecurity – Week 3

DISCUSSION GUIDE

Overview

In the third message of the series entitled, *Triggers*, we will learn how to overcome the fear of rejection.

Discussion Questions

The fear of rejection can be defined as: To stand in alarm, anxiety, dread, and cower before people. When we fear the rejection of people, we are placing more weight on them to control our lives and destiny than God. **Proverbs 29-25 says, “The fear of man brings a snare, but whoever trusts in the Lord shall be safe.”** The biblical term for what we call the fear of rejection is the fear of man. The fear of man will trigger us and entice us to seek man’s approval over God’s.

- How has the fear of man influenced your life? What are the disadvantages of being a people-pleaser?

In the Old Testament, King Saul had the potential to be one of the greatest kings of all time, yet he was often triggered and ultimately paralyzed by the fear of being rejected. In **1 Samuel 13:11-12**, we learn how Saul was triggered by the fear of rejection and took it upon himself to offer a burnt offering—even though Samuel was clear about God’s will. After Samuel confronts Saul, he confesses in **1 Samuel 15:24**: **“...I have sinned, for I have transgressed the commandment of the Lord and our words, because I feared the people and obeyed their voice.”**

- When we are afraid of what people think, rather than doing what we know is right, we do what we think others would want us to do. In what ways have current cultural situations influenced you to fear man rather than obey God?

Two Rejection Traps

1. **We become overly starved for acceptance.** When we are overly starved for acceptance, the very thing we desire is the first thing we lose. We become so needy

that we push people away and become like a vacuum cleaner that sucks the energy out of people.

- How would you counsel someone who is starved for affection?
- 2. We become overly cautious of people.** Instead of being a vacuum cleaner, we become like a human leaf blower that pushes people away. We may say, "I've been hurt before, and I'm not going to let anyone hurt me again."
 - What is the difference between keeping people at arm's distance because of fear and setting healthy boundaries to let the right people in and the wrong people out?

How Do We Overcome the Fear of Rejection?

- 1. Say "yes" to pleasing God.** In the Old Testament, King Jehoshaphat is an example of a king who sought God first before the approval or opinion of people. When we seek to please God, it gives us great security. When we know God says it, we can live confident in our heart that we are doing the right thing—and this helps heal, reduce or even eliminate our triggers. **Proverbs 14:26 says, "In the fear of the Lord there is strong confidence, and His children will have a place of refuge."**
 - Explain how seeking God first is actually "the fear of the Lord."
- 2. Say "no" to people-pleasing.** Every single day we will have the opportunity to cave in and live for the approval of people, or we will have the opportunity to surrender our heart and say to God, "I live for You and You alone."
 - Ask yourself sincerely, "Am I trying to people-please, or am I trying to God-please?"
- 3. Respond with a new script.** When we're triggered we need to pause and think about what we're thinking about. We need to ask ourselves, "What is it about this situation that triggers me?" Then we must go to Scripture to see what God has to say about the situation.
 - What are practical ways to replace our way of thinking about a trigger with God's way of thinking about it?

Life Challenge

Below are "new scripts" to read out loud every morning for thirty days or until the trigger of fear of rejection no longer controls you.

*God is with me. I am not alone. (Matthew 28:20) God is for me. I am loved. (Romans 8, Isaiah 43:4)
God is my Father. I am accepted. (Ephesians 1:6) God has not given me a spirit of fear, but a spirit of power, love, and a sound mind. I am not my emotions, nor am I held captive by insecurity and toxic thoughts (2 Timothy 1:7, 2 Corinthians 10:4-5). God is the One I honor, respect, and fear. I do not fear people. (1 Samuel 15:24)*

Prayer

Father, please show us how any fear of people has caused us to become people-pleasers. Lord, our heart's desire is to seek You first in all things. We want to be secure in Your love for us. Thank you for Your Word that renews our minds and sets us free from the trigger of the fear of man. Amen.

Pray for the specific needs of the group.