



Triggered by Rejection - Week 5

DISCUSSION GUIDE

Overview

In this message of the series entitled, *Triggers*, we will learn how to respond when we're triggered by rejection.

Discussion Questions

Today, we are looking at the story of David, who was no stranger to triggers. In the Bible, David is known as a "man after God's own heart." David was extraordinary, intelligent, and gifted, yet in many ways, he was deeply flawed. David often found himself gripped by destructive passion, family chaos, and personal tragedy. Despite all his weaknesses and inadequacies, God still used him mightily.

David faced serious challenges:

- He battled fear and rejection from an early age.
- He was betrayed by his father, his brothers, his leader, and his wife.
- He was isolated and chased down by King Saul.
- He gave into temptation and experienced serious moral failure.
- He faced great loss and strife in his own immediate family.

Even though David experienced trauma and many injuries to his soul, God still chose to use him. God is looking to use imperfect people that are willing to serve Him and make a difference in the lives of others.

Three Responses to Rejection:

In the face of rejection, there are three typical responses. Like a seesaw, it's easy to get on one side or even switch back and forth from the extremes. Let's look at the three responses to rejection:

1. Performance and Perfectionism

When we feel that we don't measure up and are not good enough, we often run to performance and perfectionism. David himself writes in **Psalm 27:10**: "**Even if my father and mother abandon me, the LORD will hold me close.**" David clearly tasted the abandonment from his own parents, but he had a new script – "God will always hold me close."

When people don't receive love from their parents and their family, they often believe that no one else could love them. In response to this, people rise up in their giftings and over-compensate through performance. Children that suffer from rejection can become fiercely competitive and do anything to gain the approval of others. Performance and perfectionism can drive you to a never-ending search for affirmation and self-worth.

- Do you often run to performance and perfectionism when you feel like you don't measure up?
- Has your relationship with your parents influenced your relationship with God? If so, how can you feel secure in the Father's love?

2. Withdrawal and Despondency

The other direction that we can run when we feel the trigger and sting of rejection is into withdrawal, despondency, and even depression. This is when we lack a proper confidence and reject ourselves.

- Have you ever experienced self rejection?
- Why is it important to be confident in our acceptance from God?

3. Brokenness and Security

David writes in **Psalm 34:17-19**: **"The righteous cry out, and the Lord hears, and delivers them out of all their troubles. The Lord is near to those who have a broken heart, and saves such as have a contrite spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all."** David found his acceptance from the Lord. The Spirit of God would come upon him and heal him.

The best thing brokenness can do is to drive us to God. We can take our pain, wounds, and complaints to Him. God wants to heal us emotionally. **Isaiah 53** prophesies Jesus' crucifixion and declares our pain, shame, sin, and rejection was all healed at the cross. The blood of Jesus not only cleans us, it frees us.

- Do you believe the blood of Jesus can free you from your pain?
- Share a time when God healed your brokenness.

Life Challenge

Ask God to bring up old wounds from your past and childhood. When you remember the stings of rejection from your past, ask God to heal those wounds and free you from the pains of rejection. Speak this confession over your life: "My identity and worth are found in God and what He says about me. I allow God to heal me and raise me up. My inner security comes from knowing You, God. I cling to You. I find my acceptance in God alone."

Prayer

Thank You, God, for healing us of rejection. Thank You, Jesus, for dying on the cross for us and understanding how it feels to be rejected by others. Continue to heal us from our past rejection wounds and refill us with your acceptance and peace. Amen. Pray for the specific needs of the group.