

# Series: "Triggered"

## Sunday Message: "Triggered by Rejection"

October 15th, 2022

By Spencer Bernard

**Icebreaker:** Recall a time you experienced rejection. Does that experience still affect you today?

### **Sermon in a Sentence:**

Jesus experienced rejection so we could experience perfect acceptance.

### **General Discussion [Groups of 4]:**

Read John 3:22-30.

1. John's disciples are "triggered" when people reject them and go to Jesus. Can you relate to this feeling? Share a time.
2. If you were one of the disciples, would you be satisfied with John's answer?
3. How can you apply this passage to your life and circumstances?
4. Why do you think John responded so well? (See Luke 1:17)

Read Luke 15:25-31.

5. Can you relate to the older son? Have you ever had a time when you felt you "deserved better"?
6. Apply the ICR technique (Identify the lie, Challenge or confront the lie, Replace with truth) to your experience shared above. What might be the lie you believed?
7. Why do you think lies are so destructive? (See John 8:44, John 10:10).

Read Matthew 26:55-56

8. There are many times when Jesus could have been "triggered" by his disciples but wasn't. What does this tell us about Jesus? (See Matthew 26:35)

### **Gospel-Centered Discussion: Read 27:11-23.**

9. List all the ways you see Jesus being rejected.
10. Jesus fully experienced rejection. How does this affect you as you reflect on your own experiences of rejection?
11. Why did Jesus have to experience rejection so we could experience perfect acceptance?

### **Application Discussion.**

The application for this message was to apply the ICR technique to a time you experienced rejection.

12. Do you find it helpful to identify the lie and replace it with truth?
13. What will be challenging for you as you try to implement ICR in your life?

**Please Pray** for the person on your right and ask God to help them with their answer to #12 or #13 above.