RE:JECTED

Where do I fit in?

How do you know when you 'fit in'?

How do you know when you do NOT 'fit in'?

What are some other words for re:jected?

Have you ever re:jected someone, and how do you feel about that?

I don't know about you, but I can't think of a time when **re:**jection felt good. In fact, it made me really want to avoid similar situations in the future.

God has been **re:**fused and **re:**jected throughout all time, but has never given up on being there for humanity.

He even came to earth as a human called Jesus, just to be with us in an even more personal and **re:**latable way.

? Think of a time when you felt **re:**jected and unaccepted.
How did that feel and what did you do to move on from that?

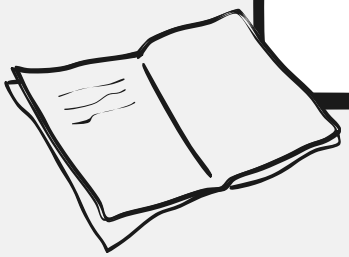
? Why do you think that Jesus' own family did not believe in Him?
(John 7:5)

? What is the opposite of **re:**jection?
Try and write all the words you can think of which are the opposite.

_____

_____

I was walking along and noticed the hair of a girl walking in front of me and thought, 'she has beautiful hair and I think she should be told that.' So I quickly caught up to her but saw that she had ear buds in. So I gave a little wave and smile as I said, 'excuse me' to get her attention. She looked at me and without a beat pointed to her ear and said impolitely, 'I'm listening to a podcast'. She then looked forward again and kept marching on. I was at a complete loss for words and was sad to experience how closed she was to any interaction.



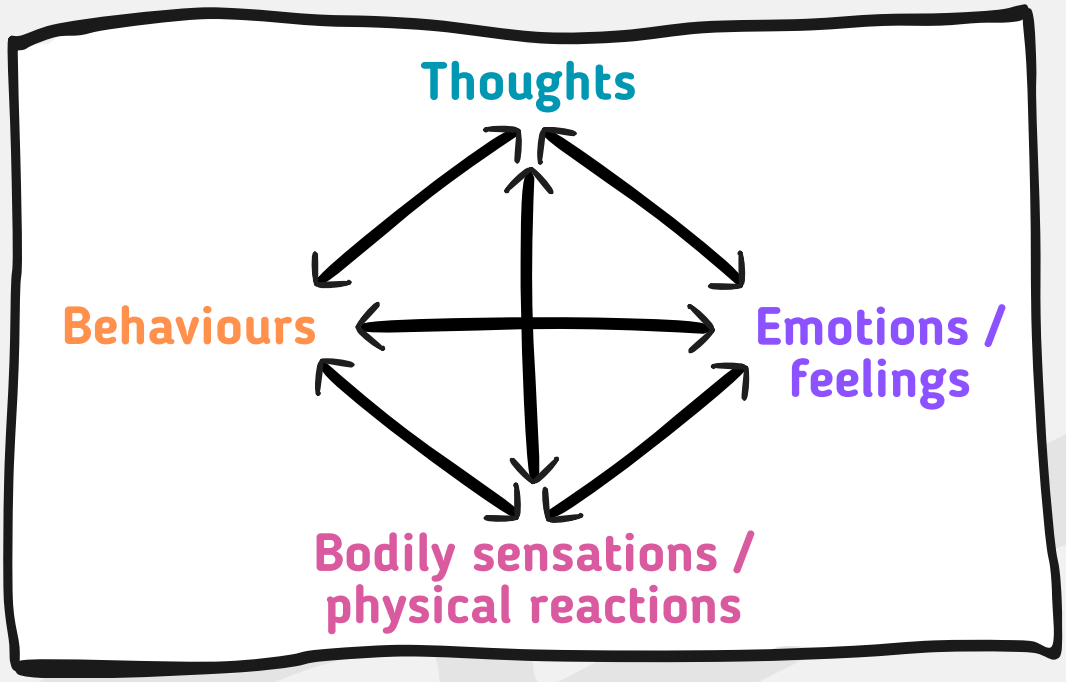
? If it was you trying to give the compliment, what would you have thought about the girl's **re:**action?

? Now put yourself in the shoes of the girl. Why do you think she **re:**acted the way she did?

THE COGNITIVE DIAMOND

This is a tool to help people understand the connection between thoughts, emotions / feelings, behaviours and bodily sensations / physical reactions.
All elements are intertwined and affect each other.

Let's use my story above as an example. I am completely **re:**jected in my attempt to give a compliment and I feel hurt and confused and think that maybe what I did was too weird. I get a bit sweaty and red faced with the shock of the **re:**jection and start to shrink into myself. I feel embarrassed and think that I might not be so brave in the future to talk to strangers and will keep my thoughts to myself.



We are great at letting our experiences determine how we **re:**act and move on, and how we will approach and handle similar situations in the future.

The Cognitive Diamond helps us to process what we experience and understand ourselves better. It also helps us to challenge thoughts and behaviours and shift the feeling.
Using my story again, here is how I can challenge my thoughts and **re:**frame my thinking, so that this experience doesn't stop me from trying to give compliments in the future.

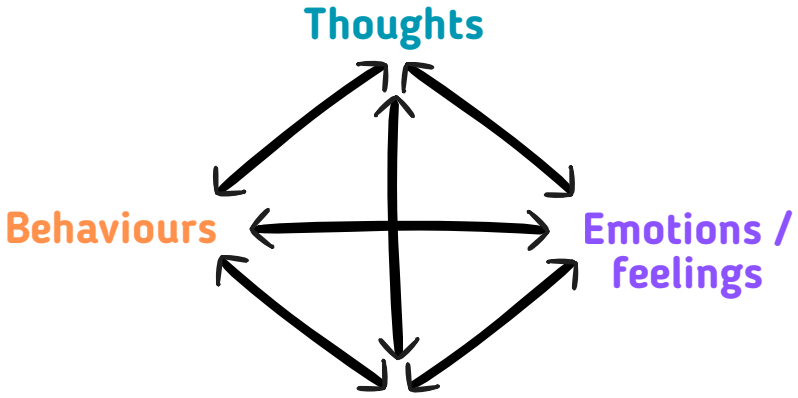
Challenge the thought: Was it weird to give a compliment or did I just take her by surprise? What other reasons could have caused her reaction?
Challenge the behaviour: If I am not brave to give a compliment again in the future, I will be missing out on an opportunity to brighten someone's day.
Shift the feeling: Now I feel more confident to try again.

Now it is your turn to use the Cognitive Diamond elements to process a negative thought, feeling or behaviour you have experienced related to Christianity.

- Describe the experience in a short sentence.

_____

- Dot point your thoughts, emotions / feelings, bodily sensations / physical reactions and behaviours that came from this experience.



It's time to challenge the experience you wrote about and see how the Cognitive Diamond can help you gain perspective and challenge your thoughts and behaviours.

Challenge the thought: _____

_____

Challenge the behaviour: _____

_____

Shift the feeling: _____

_____

Gregory A Boyd said that '*choices are what we do on the way to becoming who we will permanently be.*'

The point is that it's important to analyse what we think, feel and do, so that we aren't limited by negative experiences on our journey to living lives that best **re:**flect Jesus.

Jesus could have easily let all the **re:**jections He faced, stop Him from trying to help people and change the world...but He didn't.

? What do you think made Jesus so **re:**silient?

Read **John 1:9-11** and fill in the blanks for **V10**.
'He was in the _____, and though the world was made _____ Him, the world did not _____ Him.'

? Why do you think that Jesus wasn't **re:**cognised as God?

Read **Psalm 94:14** and fill in the blanks.
'For the Lord will ____ _____ His people; He will _____ _____ His _____.'

? How does it make you feel that even though we do the wrong things, God will never **re:**ject or forsake us?

? Would you still be there for someone who turned away from you? Why / why not?

Read **Romans 8:31** and fill in the blanks.
'What, then, shall we _____ in _____ to these things? If God is _____ us, who can be _____us?'

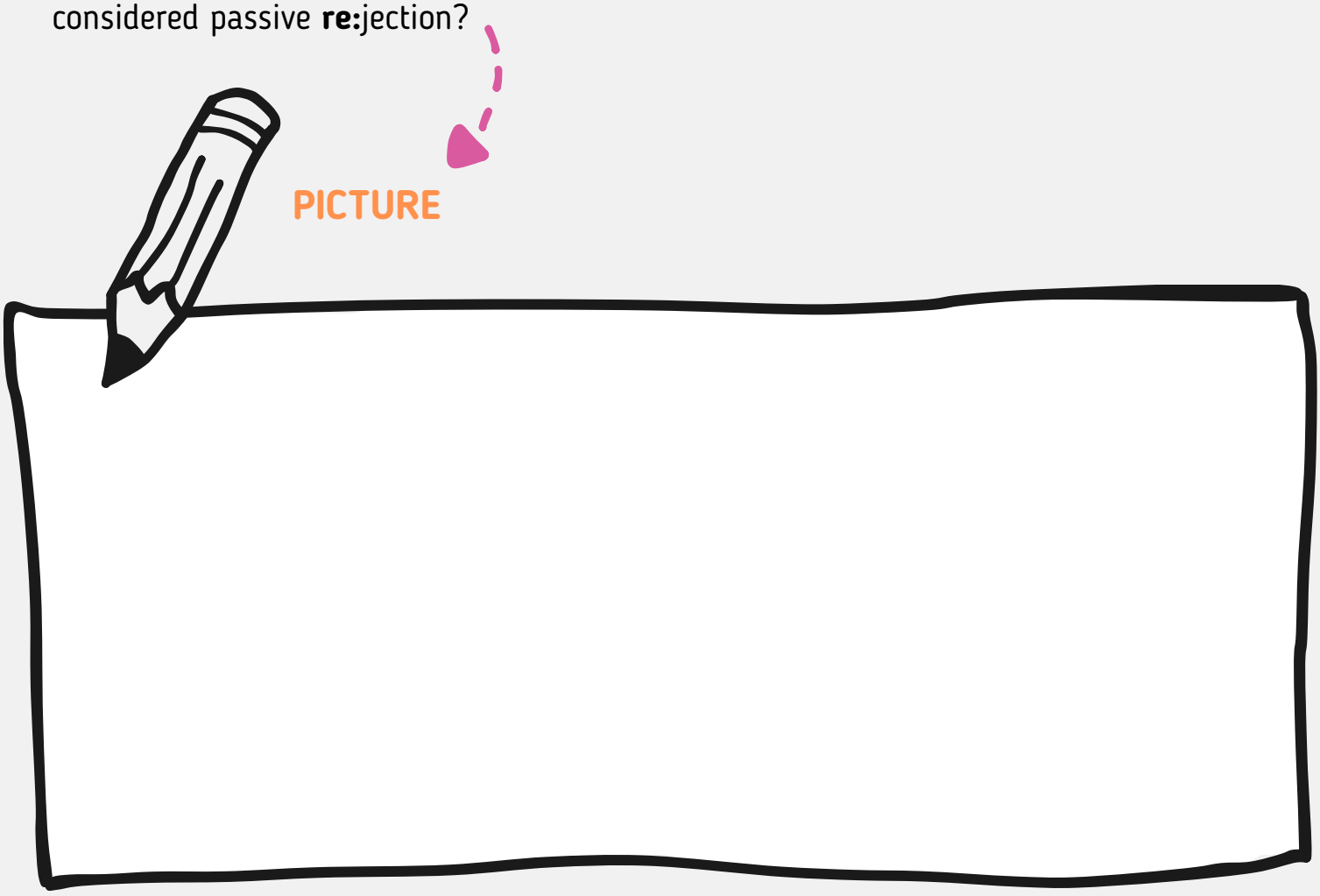
? Whose opinion matters to you the most?

? Knowing that God is **for** you, how might that help when you feel others are against you?

? Does **re:**jection always come in the form of an action?
Even a non-**re:**sponse can feel like **re:**jection.
Think for example of posting a picture on social media and waiting for the 'likes' to come, but they don't.
Or if you invite someone to your party and they don't even **re:**ply.
? How do you feel about that?

? Is simply 'sitting on the fence' or not making a decision, a non-**re:**sponse that could also be called **re:**jection? Explain.

? What are some things in your life that you are sitting on the fence about or that you haven't made a definite decision about, that could be considered passive **re:**jection?



Draw something to represent your thoughts and feelings after this moment together. Or, if you are not thrilled about drawing, go back through today's gathering and use a colour or symbol, underline or circle the words that stood out to you.
Is there a theme in what you noticed?

SONG

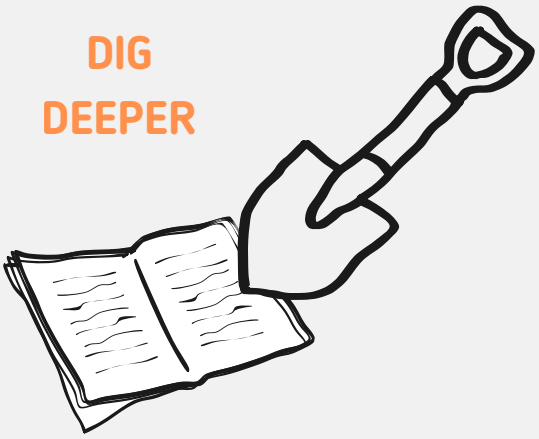
I Love You Lord (To My King) - *Gatherhouse Music*

QUOTE

Christ was treated as WE deserve, so that we would be treated as He deserves.
HE was condemned for OUR sins, in which He had no share, so that WE would be justified by HIS righteousness, in which we had no share.
HE suffered the death which was OURS, so that we would receive the life which was His.

- *Ellen White*

DIG DEEPER



Extra verses to extend the exploration!

Romans 15:1-7 (especially V7)
Ephesians 3:14-21 (this is a nice prayer)
Romans 8:31-39

PONDER

- Do you want Jesus in your life or are you passively **re:**jecting Him by not making a decision?
- What is something that you struggle to accept about God and what will you do to figure that out?

WORD

Summarise this time together in 1 word or sentence.
*What is something you want to **re:**member?*

Use this word now in a short prayer between you and God.

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