

## **Rejection**

### **Introduction**

Rejection is a normal part of life. We all experience it in some form throughout our athletic careers. Maybe we were not chosen as a starter on a team or could not meet the demands of a certain coach. How we react to rejection and use it in a positive way to propel us to greater heights is key.

- Describe a time when you were rejected or felt rejected? What did you learn?
- How has dealing with rejection made you a better player?

### **Bridge**

1. Read Psalm 34:17-20: “The righteous cry out, and the LORD hears them; he delivers them from all their troubles. The LORD is close to the brokenhearted and saves those who are crushed in spirit. The righteous person may have many troubles, but the LORD delivers him from them all; he protects all his bones, not one of them will be broken.”
2. How does the Lord react to rejection in our world?
3. How can this passage help us deal with the disappointment of rejection?
4. Read 2 Corinthians 12:9: “But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.”
5. In what ways are we challenged by God’s grace to handle rejection?
6. Do you find it easy to boast in your weaknesses? How can that benefit you?

### **Connection**

1. How should we respond to the rejection of man and the world?
2. What attitude should we have when rejected by others?
3. What can we do to help others who may feel rejected?

### **Discovery**

Rejection comes to everyone. History is decorated with great leaders, inventors, and athletes who were once rejected by someone but refused to give up, such as Thomas Edison, Abraham Lincoln, and Michael Jordan. Remember that Christ offers grace that is sufficient to overcome all things!

## Close

Memory Verse: “As you come to him, the living Stone--rejected by humans but chosen by God and precious to him.” 1 Peter 2:4

### **Bible Reference:**

Psalms 34:17-20

2 Corinthians 12:9

1 Peter 2:4

### **Topic:**

Rejection

Worry and Anxiety



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