

# **Fully Human: Jesus Relates to the Rejected**

## **Participant Guide**

### **Breaking the Ice**

1. In hindsight, what is something you were rejected for that you're glad you were? Why?
2. What's your most painful break-up story (a time that you broke up with a significant other)?

### **Getting Started**

1. Jesus experienced rejection from the world system at the time (ie, the Romans). Do you feel like you fit into the general way the world works? How or how not?
2. Jesus experienced rejection from religious leaders. Have you ever felt like you don't fit in at church or with other Christians? Why or why not?
3. Jesus experienced rejection from his relatives. Have you ever been rejected by anyone in your family? How are you dealing with that rejection right now?

### **Digging Deeper**

1. When repeated rejection is experienced, future rejection becomes expected. How does the expectation of rejection affect the way that you enter new relationships?
2. Expected rejection usually results in us creating defense mechanisms in an attempt to protect ourselves from future rejection. What are some of the defense mechanisms that you have in place in an attempt to protect yourself?

3. Do you think your defense mechanisms are helpful or destructive when it comes to having meaningful relationships? How can they be helpful? How can they be destructive?
4. Is your fear of rejection negatively affecting your relationship with Jesus?

### **Bringing It Home**

1. How can you identify and overcome your defense mechanisms that are keeping you from building an authentic community?
2. How has the rejection you've experienced in your life created a sense of compassion for others? How are you acting on that compassion that you've developed? What are you doing to help others?
3. What area(s) in your life have you not yet fully surrendered to Jesus? Why are you hesitant and/or afraid to let Jesus into that area of your heart or life? What would need to happen for you to take the step of faith to let Jesus in?