

Rejection**Act : Identify Rejections**

It can be helpful to face times in your life when you felt rejected. What were the big ones? Take time to write down what happened and how it affected you. Here's a guide:

- I was rejected by _____ when _____ .
- What happened was this : _____ .
- It left me feeling _____ .
- It left me not wanting to _____ .
- Instead, I wanted to _____ .
- What I actually did in response was _____ .
- Looking back, I can see that over time my response to this rejection has been _____ .

Worship : Bask in God's Acceptance

The antidote to the pain of rejection is to bask in the deep and complete acceptance we have from God. There are a number of Bible passages that might help you do this, such as Rom 8:31-39 ; Eph 1:3-14 ; Eph 3:16-19 ; and Psalm 8. Spend time rolling these passages around in your head. Let them bump up against your feelings of inferiority or drivenness. Let God remind you how much you matter to Him. If your feelings of rejection persist, try memorizing Psalm 27:10. Write down a few notes from your worship time.

Proclaim : Tell Someone What God Has Done

Tell a friend or coworker you trust about your journey through the Scriptures mentioned above and what it meant to you. Tell them something you've learned about God's acceptance and how it has impacted you.

Comfort**Act : Living Beyond Comfort**

Do at least one thing this week that stretches you as you seek to boldly follow Jesus.

- Do a random, or non-random, act of kindness. Help someone out who could use the help.
- Invite someone to church.
- Make a donation to a ministry that advocates for "the least of these."
- Tell someone, other than your spouse or significant other, that you love them.
- Tell a nonbeliever something you've learned from *Goliath Must Fall*.
- Ask someone how you can pray for them.
- Write a handwritten thank-you note to someone who has been kind to you in some way.

Worship : Chew on This

The Apostle Paul had a lifestyle of living an all-in existence for Jesus. Again and again he was arrested and beaten for spreading the word about Jesus. He hiked across the mountains and desolate terrain of what is modern-day Turkey ; he was shipwrecked several times ; he went hungry and cold. Read a part of what he wrote to his friends in the town of Philippi in Philippians 3:10-12. If comfort has a strong pull in your life, spend some time reflecting on this passage. In what ways might Jesus be asking you to share in his sufferings, taking a risk for the sake of the Gospel? Spend time focusing on the phrase, "I press on." How can you press on to take hold of what Jesus offers, rather than passively waiting for life to fall into your lap?

Proclaim : Talk to Someone

Tell someone what you've learned about yourself and about comfort this week. Instead of telling a close friend, challenge yourself to talk to someone you know less well. You could simply say, "I'm taking a class, and we've been learning about the natural tendency to play it safe and not take risks. I have learned about myself that _____ ." Or you could ask someone, "Have you ever thought about what living a bold life looks like?" Listen to their response and take it as an opportunity to deepen a relationship.