

# FIGHT FOR IT

HOW TO BUILD RESILIENCE

## Building Resilience Through Rejection

Everyone faces rejection. How we handle that rejection can either cripple us or force us to become more resilient. In a critical moment during Jesus' ministry, his Heavenly father reminded him of something that can help all of us walk through seasons where we feel rejection.

## Discussion Questions

1. What are some things about our culture that make it easy for someone to feel rejected?
2. When you think of the word resilience, who is a person that comes to mind? Why?
3. Growing up, what is an example of a rejection you faced?
4. Read Isaiah 53: 1–4 where many believe this is a prophecy about what Jesus would experience. What are some ways you can relate to the words describing Jesus' rejection?
5. Read Matthew 3:13–17, where we read about Jesus being baptized
  - What stands out to you about this passage?
  - Why do you think John tried to deter Jesus from being baptized?
  - In verse 17 God tells Jesus he *loves* him and he is *pleased* with him. Why do you think both of these words were used instead of just one of them?
  - How can knowing that God loves us and is pleased with us help us be more resilient in times of rejection?
6. In what area of your life do you feel the most rejection? Is there something in this conversation that can help you become more resilient regarding that rejection?

## Changing Your Mind

Refuse to let others rejection of you eclipse what God's acceptance says about you.

*As you come to him, the living Stone—rejected by humans but chosen by God and precious to him— you also, like living stones, are being built into a spiritual house— 1 Peter 2:4–5*