



Not Feelin' It
Feb 25: Rejected & Alone

Series Summary: How I feel is not my God. Just because we feel a certain way does not mean that emotion is from God or acting on that emotion is God-honoring. Instead, we take hold of every thought and submit that thought or emotion to God.

Big Idea/Question: The good news of the Gospel is that we are not rejected and we will never be alone.

GET THEM TALKING

The goal of this series isn't a 10 step process to never feel angry, rejected, alone, or any other feeling we want to avoid. At some point, we will feel all of those emotions. The goal is that when we feel rejected or alone we do not allow those feelings to control us and crush us. Instead, we turn to the Truth of scripture. We submit what we are feeling in that moment to what God has told us is true. So...

What truth of scripture do we need to remind ourselves of when we feel rejected and alone?

VIDEO TEACHING

FEELING REJECTED

Context of the passage: This passage is speaking about the nation of Israel after they had been conquered and taken into captivity under the Babylonians. Israel needed to be reminded that even though they felt helpless, abandoned, and alone that God was still there. He had not abandoned them.

Isaiah 41:8-10 “But you, Israel, my servant, Jacob, whom I have chosen, you descendants of Abraham my friend, **9** I took you from the ends of the earth, from its farthest corners I called you. I said, ‘You are my servant’; I have chosen you and have not rejected you. **10** So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

What they needed reminding of - God was in fact disciplining them for generations of sin and rebellion. But even in His discipline, he would never reject them. Instead, God was walking alongside His people through this difficult time.

Transition - What was true then is still true today. In small group we are going to see how God is with us and provides comfort when all we feel is rejected and alone.

GROUP DISCUSSION

(Truth about being alone)

How is God still with us today?

Has there been a time in your life when you needed to be reminded that God has not abandoned you or left you alone?

Read Romans 8:31-33 as a small group

What was the Apostle Paul saying in verses 31-33?

Paul, in verses 31-33, is reminding the Roman Church of the Gospel. The Gospel that Jesus Christ, God's one and only son came to earth to die for our sins so that we can have an eternal relationship with God. How should the Truth of the Gospel give us comfort when we feel rejected and alone?

- Verses 34-35 provide the answer

Read Romans 8:34-35 as a small group

The answer to verse 35 is given in vs 37. It's No!!

Read Romans 8:37-39 as a small group

How can we remind ourselves of the Truth that we are never rejected or alone as believers in Jesus Christ?

How can we be there for others that feel rejected and alone? As you answer this question ask yourself what would you want others to do for you to help you when you feel this way, then do likewise.

What do we need to do in this small group so that other, especially anyone new to the group, never feel rejected or alone when they come?