

Elephant in the Living Room: Rejection

Text: 1 Samuel 16:11-13; 1 Samuel 17:26-29

Purpose: Using the life of David we'll look at how rejection/insults/belittling can lead to emotional brokenness, but how God can restore and build into us the encouragement we need.

Opening Question: *What's the best encouragement you received this week?*

Read and Discuss: 1 Samuel 16:11-13; 1 Samuel 17:26-29

1. *Why do you think David was not invited along with his brothers to meet with Samuel? How would you feel if you were David, not being included in this meeting?*
2. *What are some examples of how people experience rejection/belittling today?*
3. *What do David's brothers do when he comes to inquire about the Goliath? Why do you think David's brothers were falsely accusing him?*
4. *What happens when someone is falsely accused? How do other people's words either encourage or hurt you?*

Read and Discuss: Psalm 69:10-13; I Sam 17:30-31

5. *Why is it important for David to verbalize the words spoken against him and to acknowledge their hurt?*
6. *How do we allow God to replace the wrong spoken over you?*
7. *In 1 Sam. 17 what role do other people play a part in David overcoming hurtful words?*
8. *Who are the people in your life that are your encouragers?*
9. *What can you do to become more of an encouragement to others?*