



# MISSION CREEK

## Alliance Church

### Rejection- Light in the Darkness

#### 1. **Recognizing the Darkness**

When have you personally experienced the darkness of rejection or abandonment (by people, circumstances, or even feeling distant from God)? How did it affect the way you saw yourself or others at the time?

#### 2. **Listening to the Whispers**

The sermon described the “whispers” of rejection (e.g., *I’m unwanted, unlovable, not enough*). Which of these whispers do you most often hear, and how do they shape your decisions or relationships?

#### 3. **Protective Strategies**

The sermon noted that we often protect ourselves from rejection by withdrawing, people-pleasing, or controlling. Which strategies do you recognize in yourself, and how have they helped—or harmed—you?

#### 4. **Jesus in Our Rejection**

How does knowing that Jesus was rejected by his own people and abandoned on the cross change the way you understand your own experiences of rejection?

#### 5. **From Feeling to Truth**

The sermon emphasized that *feeling rejected does not mean God has rejected us*. What helps you move from what you feel to what is true when those two are in tension?

#### 6. **Receiving a Better Love**

Pastor Keith shared how receiving a deeper love (from his children) drove away fear. What does “receiving a better love” from Jesus look like practically in your life right now?

#### 7. **Becoming Light for Others**

Who in your life might be experiencing the darkness of rejection or abandonment this Advent season? What is one concrete way you could reflect the welcoming, unfailing love of Christ to them this week?