

SUMMER SERIES 2026

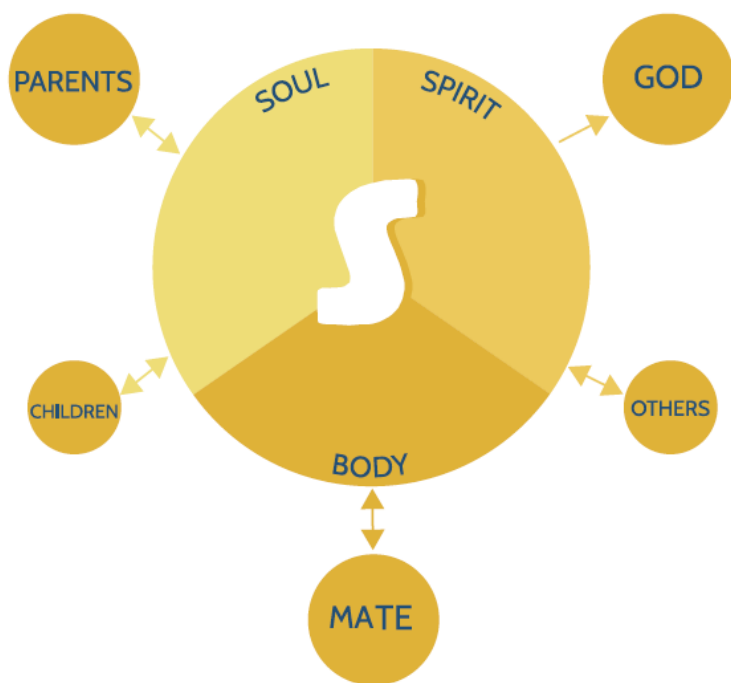


Grace Fellowship International

Pigeon Forge, TN

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WEEK ONE:
ACCEPTED > REJECTED



NOTES:

NOTES:

Theme Verse: Ephesians 1:6 *“To the praise of the glory of His grace, by which He has made us accepted in the Beloved.”*

Big Idea: The answer to rejection is not trying harder to be accepted. The answer is learning to live from the acceptance you already have in Christ.

WHAT IS REJECTION?

Rejection is the lack of meaningful love

Rejection often says:

- You don't matter
- You're not wanted
- You're not enough
- You're unloved

WHERE DOES REJECTION COME FROM?

- Bullying
- Loss of friendship
- Death of a loved one
- Abuse
- Being ignored
- Social Media Comparison
- Performance-based expectations
- Family conflict

THE RISKS OF REJECTION

A. Performing For Acceptance

Sometimes we believe:

“If I can just be better...”

“If I can just look better...”

“If I can just succeed...”

B. Hiding Who You Really Are

Rejected people often wear masks

C. Building Walls

Sometimes we think: “I won’t let anyone hurt me again.”

Signs of walls:

- Isolation
- Avoiding people
- Refusing help
- Distrusting others

D. Letting Feelings Lead

Feelings are real.

But feelings are not always good leaders.

When we feel rejected we start to follow our feelings instead of Christ.

The Deeper Issue

Sometimes we try to get from people what only God can give.

THE ANSWER: ACCEPTANCE IN CHRIST

My acceptance is:

- GIVEN BY GRACE
- NOT earned
- NOT based on performance
- NOT temporary

WHAT DOES ACCEPTED MEAN?

Accepted means:

- FULLY welcomed
- FULLY loved
- FULLY approved
- FULLY received

HOW DO WE OVERCOME REJECTION?

Step 1: BELIEVE God's Truth

Step 2: STOP seeking acceptance

Step 3: TRUST and SURRENDER

DAILY APPLICATION

When I feel left out:

When I feel not enough:

When I feel rejected:

When I feel insecure:

ACCEPTANCE CHECKLIST

Because I am in Christ:

- ☐ I am loved.
- ☐ I am accepted.
- ☐ I am chosen.
- ☐ I belong.
- ☐ I have value.
- ☐ I am forgiven.
- ☐ Christ lives in me.

Which truth do you need most today?

MEMORY VERSES

- Ephesians 1:6
 - Galatians 2:20
 - 2 Corinthians 5:17
 - Romans 8:1
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PERSONAL RESPONSE

What lies about yourself do you need to stop believing?

What truth from God's Word do you need to start believing?

MY PRAYER

Jesus,

Thank You that I am accepted in You. Not because of what I do, but because of who You are.

Help me stop striving for acceptance. Help me live from the acceptance I already have in Christ.

Teach me to trust You. Live Your life through me.

Amen.

WEEK TWO:

HOW TO CONTROL YOUR EMOTIONS



NOTES:

NOTES:

Theme Verse: Psalm 42:5 *“Why are you cast down, O my soul? Hope in God.”*

Big Idea: God gave us emotions, but He never intended for our emotions to become our leader.

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UNDERSTANDING YOUR EMOTIONS

Why are Emotions so powerful?

The emotional part of your brain develops before the reasoning part.

GOD CREATED EMOTIONS

Many people think emotions are bad. The Bible teaches something different.

Match the Emotion to Scripture

God Loves —————> John 3:16

God Rejoices —————> Zephaniah 3:17

God Grieves —————> Genesis 6:6

God Is Compassionate —————> Psalm 103:13

Jesus Wept —————> John 11:35

Jesus Felt Compassion —————> Matthew 9:36

Jesus Felt Sorrow —————> Matthew 26:38

Jesus Felt Anger —————> Mark 3:5

EMOTIONS MAKE TERRIBLE LEADERS

Key verse: Jeremiah 17:9 *“The heart is deceitful above all things...”*

Complete the statements:

I feel alone. But God says:

I feel worthless. But God says:

I feel like giving up. But God says:

I feel unloved. But God says:

SPEAKING TRUTH TO YOUR EMOTIONS

Key verse: Psalm 42:5 *“Why are you cast down, O my soul? Hope in God.”*

Instead of listening to your emotions, speak truth over them.

HOW TO CONTROL YOUR EMOTIONS

Step 1: RECOGNIZE what you're feeling

Step 2: TAKE your emotions to God

Philippians 4:6

Step 3: COMPARE feelings with God's Word

Step 4: DON'T make big decisions in emotional moments

Step 5: LET the Holy Spirit lead you

Galatians 5:22-23

DAILY APPLICATION

Whenever you feel:

- Fear
- Anxiety
- Anger
- Jealousy
- Sadness

Ask:

1. What am I feeling?
2. What is God saying?
3. Which one will I follow?

Which Fruit of the Spirit do you need most right now?

Why?

Emotions are INDICATORS, not DRIVERS. What does that mean?

MEMORY VERSES

- Psalm 42:5
 - John 8:32
 - Philippians 4:6
 - Galatians 5:22-23
-

PERSONAL COMMITMENT

This week I will choose God's Truth over my emotional reaction.

Signature

Date

WEEK THREE:
TRUST FIRST. THEN SURRENDER



NOTES:

NOTES:

Theme Verse: Luke 22:42 *“Father, if You are willing, take this cup from Me; yet not My will, but Yours be done.”*

Big Idea: You will never surrender totally until you trust fully.

WHY IS SURRENDER SO HARD?

Many people say:

- “Give it to God.”
- “Surrender your life.”
- “Let go and let God.”

But most of us still hold on to things.

You will not surrender what you do not trust!

WHAT IS TRUST?

Trust is more than believing God exists.

Trust means:

- Believing God is good
- Believing God is for you
- Believing God can be trusted
- Believing God loves you

THE REAL STRUGGLE

Sometimes when life gets hard, we take control back. Why?

Check any that apply:

- ☐ I think I can handle it better.
- ☐ I'm afraid God won't come through.
- ☐ I want to protect myself.
- ☐ I don't like what God is doing.
- ☐ I struggle to wait.

WHAT IS SURRENDER?

Surrender IS:

- Releasing control
- Letting go of outcomes
- Yielding your life to Christ
- Trusting God's leadership

Surrender IS NOT:

- Weakness
- Laziness
- Giving up

WHY WE DON'T SURRENDER

A. We don't fully trust God's character

If you don't believe God is good, you won't give Him control.

B. We want control

Control feels safe. But control is actually an _____

C. We fear loss

Many people fear surrender because they think they will lose something.

THE EXCHANGED LIFE CONNECTION

The Christian life is NOT:

"I try harder."

The Christian life IS:

"I trust Christ and _____."

HOW TRUST LEADS TO SURRENDER:

Step 1: KNOW

Romans 6:6

God is:

- Good
- Faithful
- For me

Step 2: RECKON

Romans 6:11

Feelings say:

“This is risky.”

“This won’t work.”

Truth says:

“God is _____.”

Step 3: YIELD

Romans 6:13

Do not give into sin but instead SURRENDER your thoughts, choices and actions to Christ.

Step 4: WALK

Romans 6:4

Surrender is not striving.

Surrender is resting.

We are to walk like we are a new creation in our daily life.

WHAT DOES THIS LOOK LIKE FOR YOU?

My future

You do not have to figure everything out.

Relationships

You do not need acceptance from everyone else.

Stress and Pressure

You do not have to hold everything together.

DAILY APPLICATION

You will not surrender what you do not _____.

Trust First. Then Surrender.

You will never surrender totally until you trust fully.

Why is trusting God's goodness so hard for you?

List 3 things you wish you could control:

1. _____
2. _____
3. _____

Can you really control these? _____

Write God a prayer of surrender:

MEMORY VERSES

- Luke 22:42
 - Proverbs 3:5-6
 - Psalm 37:5
 - Galatians 2:20
-

PERSONAL COMMITMENT

What are you still holding on to and trying to control?

- ☐ My future
- ☐ My image
- ☐ My relationships
- ☐ My fears
- ☐ Other _____

My Prayer/Commitment

Jesus, teach me to trust You completely. Help me release control and rest in You. I choose to trust YOU today.

Signature

Date

WEEK FOUR:
DAILY VICTORY: LIVING BY FAITH
IN CHRIST



NOTES:

NOTES:

Theme Verse: Galatians 2:20 *“I have been crucified with Christ and I no longer live, but Christ lives in me...”*

Big Idea: Victory in the Christian life is not achieved by trying harder. Victory is received and lived out by faith – daily trusting Christ to be your life.

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WHAT IS VICTORIOUS LIVING?

Many people think the Christian life is:

- Try harder
- Do better
- Be stronger
- Fix yourself

But the Bible teaches us that Victorious living is:

- Christ living His life through us
- You depending on Him by _____.

WHAT HAPPENED TO YOU IN CHRIST? (Romans 6)

A. You died with Christ

Because of Christ:

- Sin is no longer my master
- My old identity is gone

B. You were raised with Christ

Because of Christ:

- I have new life
- I am a new creation
- Christ lives in me

C. You are alive to God

I am not just forgiven. I am alive to God.

THE PROBLEM

Even though these truths are real, we still:

- Struggle with sin
- React in the flesh
- Feel defeated

THE WORD “RECKON”

Romans 6:11

Reckon means:

- Believe
- Count as true
- Rely upon

WHAT DOES FAITH LOOK LIKE?

Faith is:

- Trusting God’s Word over feelings
- Depending on Christ instead of yourself

DAILY VICTORY

Jesus said, *“Take up your cross daily...”* Luke 9:23

Daily means:

- Every morning
- Every temptation
- Every situation
- Every decision

WHAT DAILY VICTORY LOOKS LIKE

- A. Start your day with Truth**
- B. When Temptation comes**
- C. When you fail**
- D. Moment-by-moment trust**

WHY DOES THIS CHANGE EVERYTHING?

When you live by faith:

- Pressure is removed
- Striving ends
- Peace increases

DAILY APPLICATION

Tonight God is showing me:

Victory is not something you _____.

Victory is Someone you _____.

How does knowing Christ lives in you change the way you see yourself?

Daily Victory means:

- Every morning
- Every temptation
- Every situation
- Every decision

Why do you think Jesus said DAILY?

MEMORY VERSES

- Romans 6:11
 - Galatians 2:20
 - Luke 9:23
 - 2 Corinthians 5:17
-

PERSONAL COMMITMENT

Stop saying: **“I will try harder.”**

Start saying: **“I will trust deeper.”**

I choose to trust Christ to live His life through me.

Signature

Date

Victory is not achieved by trying harder.

Victory is received by trusting Christ DAILY.



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