

# REACTIONS SPEAK LOUDER THAN WORDS

## PART 1: CAUSE AND DEFECT

At one time or another, we've all overreacted. After all, we were right. But we weren't *right* the *right* way. And by being "over-right," we overrode our point.

### CONNECT

Share a time when you witnessed an extreme overreaction. Or, share a time when you had an extreme over-reaction.

### LEARN

You will watch a shortened version of a message from this series to set up your group discussion. Watch the full message sometime this week as a reminder of what you talked about.

### APPLY

After sharing what stood out from the video, discuss the following questions as a group:

1. In the video, Andy said, "Jesus is the King who reacted to our sin by dying for it to pay for it." How does this contrast with the way you typically respond to people who wrong you?
2. Read **Matthew 5:38–39**. How does knowing Jesus is talking about being insulted—not attacked—change these verses? What can you do to not take the bait to overreact?
3. Read **Matthew 5:42**. If someone were to examine your spending over the last 30 days, would they describe you as generous? What would need to change in order for that to be the case?
4. **Matthew 5:43–44** instructs us to love our enemies in practical ways. We might not have many people we call enemies, but think of someone you frequently overreact to.
  - What are some practical ways you can show love to that person?
  - What would it look like for you to over-underreact to that person in the future? Is there something from what we've talked about today that can be a reminder when you sense an overreaction building?



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## BEFORE NEXT TIME

Reactions are an opportunity for us to respond the way Jesus responds to us. Take some time to read **Matthew 5:38–48**. Then reflect and think of an opportunity you missed recently. How could you have responded differently? Do you need to apologize?

## PRAY

Praying for our enemies is a powerful way for us to align our perspective with the perspective of our heavenly Father. Take a minute right now to set a reminder on your phone to pray once this week for a person you frequently overreact to. Then pray silently for that person and have someone pray for your group to close your time together.

