

REACTIONS SPEAK LOUDER THAN WORDS

Cause and Defect

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Scripture: *Matthew 5:38–39, 41–45, 46–48*

Idea: Our actions rarely tell the whole story, but our reactions most certainly do. They reflect our values, our fears, and our faith. Jesus instructs us to leverage them for good.

[Here's something that almost always causes us to stop and stare or perhaps run for cover. It's an...]

Overreaction

[Like a parent over-disciplining their child in public because the child embarrassed the parent in public by acting their age. Now the parent is not acting their age. Or maybe it's someone at work, and you think, Wow! Something else must be going on. Because...]

That **cause** didn't warrant that **effect**.

[If your mom or dad were overreactors, you remember the damage it did to your relationship with them. They thought they were...]

Coaching **and** Correcting

[You thought:]

"They've **lost** it."

[Conversely, we've all done some harm in that department because of our emotional outbursts. Your latest apology may have been a follow-up to an unwarranted outburst of emotion. You were right, but you weren't right the right way.]

You were **over**-right.

[By being overly right, you overrode your point and had to circle back and apologize. We can learn a lot about ourselves by...]

Monitoring our reactions