

You Asked For It: React or Respond

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Focus Verse

Fools give full vent to their rage, but the wise bring calm in the end. (Proverbs 29:11)

Much of our lives is spent in reaction to others and to events around us. The problem is that these reactions often times make things even worse for us.

Gaining mastery over our emotions is the key to life. It's learning to respond, not react when life throws us a curve, or people rub us the wrong way.

Truth #1

Pain is _____.

Suffering is _____.

Do I want to escalate this issue or dissipate it?

Do I want more trouble or more grace in my life?

Do I want to be known as harsh or gentle?

Do I want this issue to haunt me or help me find a resolution?

Which do I care more about - demanding my rights or displaying right choices?

(Questions by author Lysa Terkeurst)

Truth # 2

No one finishes strong by _____.

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. (Galatians 5:22-23)

Practical Steps

- 1.
- 2.
- 3.

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” Viktor E. Frankl

Truth # 3

God _____. God _____ us.

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. (Philippians 1:6)



Group Life @ Middletown

If you are interested in taking part in a sermon-based discussion group or other small group, visit middletownchristian.org or contact Tracy Spann, tspann@middletownchristian.org to learn more.

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