

MAKE JESUS KING

Of Your Responses | Discussion Notes

We're looking at our responses this week: how we react when people insult, attack, belittle and annoy us.

Kate said that how we **react** to situations says more about our character than how we **act** in situations when we are in control. To get people talking about the topic, ask people to rate how happy they are with their reactions in the following situations. You could do this by asking people to score themselves from 0-10 fingers or make one side of the room 'I often react in a way I think is right' and the other side of the room 'I rarely react in a way I think is right' and then ask people to stand where somewhere along that line.

- You're playing a game and someone accuses you of cheating
- Your boss publicly gives you a stern talking to at work
- A friend makes a joke at your expense that you think went too far
- Your housemate constantly leaves their washing up by the sink
- A comedian makes a joke about your wife's hair loss at a global film awards ceremony

Read through Luke 6:27-36.

- What in this passage challenges you the most? What do you find hardest to live out from these teachings?
- Do you think Jesus' teachings are practically possible or realistic today?

Kate said that there are three ways of reacting: **retaliate**, **repeat** or **remodel**.

When we retaliate we 'do to others as they have done to you'.

- Can you think of times when you have retaliated? What was the outcome?
- Why do we want to retaliate?
- What are the consequences of retaliation?

When we repeat we 'do to someone else as has been done to you.' Kate explained this often happens when there is a power imbalance which means we cannot retaliate, so we pass on the pain to others. It might be helpful to acknowledge here that we often 'repeat' not because we want to, but from a place of hurt and pain. Hurt people hurt people, as they say.

- Where do you see 'repeating' happening with your friends or family?
- Have you thought about where you might be repeating as a response in your life?

When we remodel we 'do to others as you would have them do to you.' Kate said that when we understand we are 'children of the Most High' and we make Jesus king of our responses then we can model a different type of response. We can be merciful because our heavenly Father is merciful, and we know that we will one day inherit His glorious Kingdom.

- Why is it hard to respond in a Christ-like way?
- What difference should it make when we are 'children of the Most High'?
- What can you do in day-to-day life to try and make Jesus King of your responses?

Take some time to pray for each other, especially for those who are in difficult situations that are testing their responses and for those who recognise how the way they have been treated in the past impacts their own responses now.