



Reactions Speak the Loudest – Message 2

Big Idea: Our reactions reveal who we trust to determine the outcome.

Leader Preparation

The goal of this conversation is not behavior modification. The goal is helping people recognize that overreactions often reveal where their trust is resting. As confidence in God grows, under-reactions become possible.

Key Scripture: 1 Peter 2:23

Icebreaker

Share about a recent overreaction you've witnessed (your own or someone else's).

What happened?

- Was it funny?
- Awkward?
- Understandable?
- Regrettable?

Transition: *"Sometimes our strongest reactions reveal what's happening beneath the surface. Tonight we'll explore what our reactions say about our trust in God."*

Digging Into the Message

1. What stood out to you most from this week's message?

Give everyone a chance to share.

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2. Andy said, "Actions speak loud, but reactions speak the loudest."

Why do you think people pay so much attention to our reactions?

Where have you seen someone's reaction either build or damage their credibility?

3. We often overreact when things feel out of our control.

What circumstances are most likely to trigger an overreaction in you?

Possible examples:

- Work stress
- Finances
- Parenting
- Marriage
- Relationships
- Traffic
- Social media
- Unmet expectations

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4. How would your reactions change if you were completely confident that God was with you and ultimately in control?

Discuss some real-life situations:

- Criticism
- Disappointment
- Conflict
- Being misunderstood
- Waiting for an answer
- Unfair treatment

5. Read 1 Peter 2:23.

"When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly."

What stands out to you about Jesus' response?

What is most difficult about following His example?

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Personal Reflection

Ask the group to answer honestly:

Where am I most tempted to retaliate?

- With words?
- With withdrawal?
- With sarcasm?
- With resentment?
- With social media posts?
- With passive-aggressive behavior?

Who is currently testing my ability to under-react?

Allow a few moments for quiet reflection before discussion.

Application Challenge (10 minutes)

This week, identify one person or situation that consistently P.U.D.G.'s you:

Perturbs

Upsets

Disturbs

Gets on your last nerve

Discuss:

1. What would an overreaction look like?
2. What would an unexpected Christ-centered reaction look like?

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3. What's one practical step you can take this week?

Have everyone state one specific action.

Examples:

- Pause before responding.
- Pray before texting back.
- Ask a question instead of making an accusation.
- Choose forgiveness.
- Refuse to retaliate.

Prayer Time

Pray through these requests:

- Trusting God with outcomes.
- Wisdom in difficult relationships.
- Strength to respond like Jesus.
- Peace in circumstances beyond our control.
- Courage to practice under-reaction this week.

Close with:

"Father, help us entrust ourselves to You who judges justly. When we're tempted to overreact, remind us that You are with us and You are in control. Help our reactions point people to Jesus. Amen."

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Leader Wrap-Up

Takeaway: We don't have to control every situation because God is already in control. When we entrust the outcome to Him, we are free to respond rather than react. Our under-reactions may become one of the clearest and most powerful demonstrations of our faith.

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