

MESSAGE NOTES



Sept 6th 2026

Your Face Tells The Truth: Cause and Effect

1. Big Idea

Our actions tell part of the story. Our reactions tell the *real* story.

Fill-in:

- My reactions usually reveal _____.

2. When the Reaction Doesn't Match the Cause

We've all seen someone blow up and thought: "That cause didn't warrant that effect."

Fill-in:

- My last overreaction was _____.
- I reacted that way because _____.

3. The Trigger Pattern

Certain people, words, and moments set us off.

Fill-in:

- My biggest trigger is _____.
- My usual reaction is _____.

4. Jesus's Challenge: The Over-Underreaction

React so unexpectedly that people pause.

Fill-in:

- An over-underreaction is responding with _____ when people expect _____.

5. Jesus's Examples (Matthew 5)

A. Turn the Other Cheek (v.39)

Don't take the bait.

Fill-in:

- When someone disrespects me, I usually _____.



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B. Go the Extra Mile (v.41)

Do more than expected.

Fill-in:

- My extra mile this week: _____.

C. Love Your Enemies (v.44)

Treat them better than they treated you.

Fill-in:

- Someone I struggle with: _____.
- My Jesus-like reaction: _____.

6. The Point (v.45–48)

Reacting this way reflects our Father in heaven.

Fill-in:

- My “more than others” moment could be _____.

7. This Week’s Practice

Pick one thing at home that gets on your nerves.

Fill-in:

- The thing I’m choosing: _____.
- My normal reaction: _____.
- My new reaction: _____.

8. Final Challenge

Surprise someone with your reaction.

Fill-in:

- The person I want to surprise: _____.
- What they expect: _____.
- What I’ll do instead: _____.

