

May 5, 2019

“Jeopardy: What Gives?”

Be aware of your triggers.

“You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, ‘Raca,’ is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell. “Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. Matthew 5:21-24 (NIV)

Reconcile.

Resist the cycle of retaliation.

“You have heard that it was said, ‘Eye for eye, and tooth for tooth.’ But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also. And if anyone wants to sue you and take your shirt, hand over your coat as well. If anyone forces you to go one mile, go with them two miles. Give to the one who asks you, and do not turn away from the one who wants to borrow from you. Matthew 5:38-42 (NIV)

Talk About It Questions

1. Jesus seems to set a high bar regarding how we love one another in relationships. What are some ways that Jesus’ teachings are different than other teachings that you have heard over the years?
2. James mentioned in the teaching that we often try harder and harder to do better in relationships. Why is trying harder not particularly helpful? What is the role of the Holy Spirit in our relationships?
3. What are some of your triggers that make you angry at others and often lead to escalating conflict? What are some ways that you can begin to challenge these triggers? How do you think these triggers formed in your daily life?
4. When was a memorable time of reconciliation for you? Describe how the process of reconciliation worked.
5. James mentioned four options for reconciliation: passive, aggressive, passive-aggressive, and assertive. Which one of the options do you choose most of the time in conflict? How may you implement another, healthier option in times of conflict?
6. Jesus said that we should not resist an evil person. What does this teaching mean?
7. What are some ways that you can break a habit/cycle of retaliation in an unhealthy relationship?