

Food for Thought

For the week of March 22, 2015
(Questions and Scriptures for further study)

1. This weekend Larry pointed to Psalm 4 and reminded us of the importance of reflection in dealing with anger. David is a good example of a man who often reflected during good times and in the midst of anger. Read through Psalm 4 again and write down how each verse relates to anger and then answer the following questions:

What could be modern day examples of “delusions” and “false gods”?

How does David’s way of dealing with anger differ or align with yours?

How can reflecting on angry feelings, like David did, be a healthy way of dealing with anger?

2. One of the most trying things is feeling frustrated or angry but not acting out on that emotion. Jesus often had a way of speaking counter culturally and encouraging his followers to act opposite of their emotions. What does Luke 6:27-37 teach that could help us act opposite of our emotions when we’re angry or frustrated?

Which verses from the passage above are the most challenging to follow when you’re angry?

3. A definition of tact is saying the right thing at the right time. Speaking the truth in love definitely takes a lot of tact to avoid hurting someone’s feelings or making them feel judged. What tactful techniques are given in the following verses that could help us effectively speak the truth in love?

Galatians 6:1

1 Corinthians 16:14

James 1:19-20

What are some of the ways people attempt to speak the truth in love that could be considered “bad tact”?

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Psalm 4

Answer me when I call to you,
my righteous God.

Give me relief from my distress;
have mercy on me and hear my prayer.

2 How long will you people turn my glory into shame?

How long will you love delusions and seek false gods[b]?[c]

3 Know that the Lord has set apart his faithful servant for himself;
the Lord hears when I call to him.

4 Tremble and[d] do not sin;
when you are on your beds,
search your hearts and be silent.

5 Offer the sacrifices of the righteous
and trust in the Lord.

6 Many, Lord, are asking, “Who will bring us prosperity?”
Let the light of your face shine on us.

7 Fill my heart with joy
when their grain and new wine abound.

8 In peace I will lie down and sleep,
for you alone, Lord,
make me dwell in safety. [NIV]

2. One of the most trying things is feeling frustrated or angry but not acting out on that emotion. Jesus often had a way of speaking counter culturally and encouraging his followers to act opposite of their emotions. What does Luke 6:27-37 teach that could help us act opposite of our emotions when we’re angry or frustrated?

Luke 6:27-37

Love for Enemies

27 "But to you who are listening I say: Love your enemies, do good to those who hate you, 28 bless those who curse you, pray for those who mistreat you. 29 If someone slaps you on one cheek, turn to them the other also. If someone takes your coat, do not withhold your shirt from them. 30 Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back. 31 Do to others as you would have them do to you.

32 "If you love those who love you, what credit is that to you? Even sinners love those who love them. 33 And if you do good to those who are good to you, what credit is that to you? Even sinners do that. 34 And if you lend to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, expecting to be repaid in full. 35 But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. 36 Be merciful, just as your Father is merciful.

Judging Others

37 "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.

Which verses from the passage above are the most challenging to follow when you're angry? [NIV]

3. A definition of tact is saying the right thing at the right time. Speaking the truth in love definitely takes a lot of tact to avoid hurting someone's feelings or making them feel judged. What tactful techniques are given in the following verses that could help us effectively speak the truth in love?

Galatians 6:1

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. {NIV}

1 Corinthians 16:14

Do everything in love. {NIV}

James 1:19-20

Listening and Doing

19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires. [NIV]

What are some of the ways people attempt to speak the truth in love that could be considered "bad tact"?