

REACTIONS SPEAK LOUDER THAN WORDS

PART 2: OVER AND UNDER

Our reactions reflect who we believe controls outcomes. Many times, we overreact when we're convinced things are spinning out of control—especially when we think things are spinning out of our control.

CONNECT

In what area do you tend to struggle most with your reactions? Do you agree that this happens when it feels like things are spinning out of control? If not, when does it happen for you?

LEARN

You will watch a shortened version of a message from this series to set up your group discussion. Watch the full message sometime this week as a reminder of what you talked about.

APPLY

After sharing what stood out from the video, discuss the following questions as a group:

1. Why do you think we have a tendency to react as if God is not in control?
2. In the video Andy said, “Jesus never lived a day of his life assuming anyone other than his heavenly Father determined outcomes.” How would your life be different if you acted under this same assumption?
3. Read **1 Peter 2:21–23**.
 - What stands out to you from these verses?
 - Describe how we should respond when we are mistreated, based on Jesus's example.
 - What does it look like to entrust ourselves to God?
4. What would it look and sound like to respond in a way that demonstrates that God is in control of outcomes and you are confident in God?



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BEFORE NEXT TIME

Take time this week to memorize **1 Peter 2:23**. As you memorize this verse make the decision—ahead of time—to entrust yourself to the one who judges justly.

PRAY

Have someone pray to conclude your time together. Start off by thanking God for who he is and that we can be confident in him. Thank him for Jesus's example and ask him to remind you that he is in control the next time you start to overreact.

