

Ugh! Dealing with Anger, Frustration and All That Part 2: Matthew 5:38-41

Redemptive Focus: Considering who they are and what they are going through (empathy) in order to _____ control from anger and win them over.

“Being emphatic involves learning how to _____ a situation from the other person’s perspective and circumstances. ... An offended person’s willingness to consider variables such as the offender’s family background, level of fatigue, recent exposure to stress, physical well-being, history of trauma, social skills, and so forth, often will serve to provide a more redemptive and less-anger provoking perspective than just focusing on the offender’s current situation.”
-Asa Sapher and Argile Smith

1. **Resounding** _____ (Matthew 5:39b)

- **Redemptive Focus:** _____ the Cycle

2. **Ravaging** _____ (Matthew 5:40)

- **Redemptive Focus:** _____ the Cruelty

3. **Required** _____ (Matthew 5:41)

- **Redemptive Focus:** Exceed the _____

Have _____ been won over by the _____ and grace of Jesus?

1 John 3:16 “By this we know love, that _____ laid down his life for us, and _____ ought to lay down our lives for the brothers.”

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