

# *Module 4 Lesson 2*

## **From Reacting to Responding**

### **KEY IDEA**

Our natural reactions in conflict often come from hurt, fear, or self-protection. But in Christ, we can move from automatic reactions to intentional, grace-filled responses that build connection rather than destroy it.

### **KEY SCRIPTURES**

- Proverbs 4:23 — “Above all else, guard your heart, for everything you do flows from it.”
- Proverbs 15:1 - “A gentle answer turns away wrath, but a harsh word stirs up anger.”

### **LESSON & NOTES**

“Reacting” vs “Responding”

### **6 STEPS TO CHANGE REACTIONS TO RESPONSES**

1. C\_\_\_\_\_ Him
2. C\_\_\_\_\_ -
3. C\_\_\_\_\_ -
4. C\_\_\_\_\_ -
5. C\_\_\_\_\_ -
6. C\_\_\_\_\_ Share

### **KEY POINTS**

- Reactions flow from the heart, not from our spouse’s actions
- Responses are intentional choices shaped by humility and the Spirit
- Changing patterns begins with awareness, ownership, and repentance
- Grace transforms conflict from a battlefield into a place of growth

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## HeartWork

**“Our reactions will have a greater negative impact on our relationships than our responses”**

Fred said, *“The last thing you want is your spouse to be afraid of your reactions. This is a huge obstacle of intimacy.”* Have you ever been fearful or concerned how your spouse might react in circumstances? If so, when did this happen and when are you most fearful? Describe your emotions and concerns. Also, describe the behaviors you observe at these times.

Describe some times your spouse responded well to a bad situation. What did you most appreciate about these times? How did their response make you feel? Discuss this with your spouse.

Proverbs 15:1 says, *“A gentle answer turns away wrath, but a harsh word stirs up anger.”* Think about your relationship with your spouse and kids. When are (or were) you most likely to react in anger versus respond? What do you think was going on inside your heart?

How do you think reactive behaviors have influenced or will influence your children? Have these reactions been towards them or others? Are you willing to take the steps to change for them? Are you willing to seek their forgiveness as well?