

## **RA2-What Do You Do When They Push Your Buttons?**

Rick Warren's Crazy Maker's series provides insight into how to respond when someone pushes your buttons. Rick gives us insight into our button pushers. His advice is to look past the button pusher's words to their pain. There is a why behind their behavior. The button pushers are hurting! The button pushers need understanding, love, empathy. They are a mission field, not a battlefield!

Once you see your button pushers as a mission field, it is time to develop an approach. Start by thinking before reacting. Take a moment to examine yourself. Is there a log in your eye? Take a moment to calculate the cost of anger. Is it worth damaging the relationship? What is the root cause of your anger---Hurt, Frustration, Fear?

Own your contribution to the situation. Own your buttons and you'll be able to minister to your button pushers. Sounds good but how do you change your reaction? You change the way you see button pushers! They are not the enemy. They are hurting brothers and sisters. Once you change your perspective you change your reaction. You soften your own hardening heart.

Review the session Pray It Up Play It Down. Prayer quiets your soul. Playing it down puts the situation in perspective. Now you are in a good mindset. You can exercise your self-control. You can extend love, patience, kindness and gentleness. You can keep the peace. You can experience joy instead of strife. You can be faithful to your Creator's plan for this relationship. Yes, these are the Fruits of the Spirit. They come from God when you need them most!

Now that your reaction is calm, it is time to focus on the button pusher. Go heart to heart with them. Let them know you care about them. Let them know you are there for them if they need to talk. Let them know they are loved. Let them know how much you value the relationship. Offer to pray with them.

## **Verses:**

**Galatians 5:22-23** “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.”

**Matthew 7:5** “You hypocrite! First remove the log out of your own eye, and then you can see clearly to remove the speck out of your brother’s eye.”

**Ephesians 4:26** “Don’t sin by letting anger control you. Do not let the sun go down while you are still angry.”

## **Personal Reflection:**

Can you see your button pushers differently? Can you extend mercy and grace instead of wrath? Who do you have to go to and ask for forgiveness?

## **Group Discussion:**

How can we encourage each other to go to those we have alienated and restore the relationship?

Who is struggling with the emotions this session has surfaced?