

**SCRIPTURE**

EXODUS 2:11-12

“One day, after Moses had grown up, he went out to his people and saw their forced labor.

He saw an Egyptian beating a Hebrew, one of his kinsfolk. He looked this way and that, and seeing no one he killed the Egyptian.”

**TRADITION**

RELIGIOUS LIFE

Out of Moses' rage came three streams of thought creating ways to transform strong emotions:

- **law**
- **priesthood**
- **prophecy**

**VITAL WITNESS**

WISDOM

When we learn to manage our strong emotions and choose the path of love:

- **anger** drives justice
- **fear** identifies the roadblocks to ministry
- **lust** fuels passion and purpose for ministry

**SCIENCE**

DEVELOPING MIND

When the brain detects a threat to a need or something we strongly value, it triggers our *survival* response and sends us into fight, flight, freeze, or faint. Our thinking brain goes “off-line” for a time.

GOD'S PATH OF WISDOM



Moses' Rage

“There the angel of the LORD appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed.” Exodus 3:2

God was present to and transformed Moses' rage via the pathways of:

- law
- priesthood
- prophecy

Moses ran from Pharaoh to avoid the consequences of his murderous rage. But Moses could not run from God. God was present to the strong emotion that *blazes yet is not consumed* and calls Moses to transform his rage into acts of justice by setting the Hebrew people free from slavery in Egypt. And God promised to be with Moses through the transformation.

Read Between the Lines

Select one of the following two story starters and add to the story in a way that makes sense to you.

1. Moses took matters into his own hands because...
2. Moses could have handled the situation differently by...

“You will say in that day: I will give thanks to you O Lord, for though you were angry with me, your anger turned away, and you comforted me. Surely God is my salvation; I will trust, and will not be afraid, for the Lord God is my strength and my might; he has become my salvation.”

Isaiah 12:1-2

“Handy” Model of the Brain

What Comes to mind as you watch Dan Siegel explain what happens when the limbic system causes the brain to “flip its lid”?

What do you do when...

you get angry?	you are afraid?	you want something to happen a particular way?

Pathway to Wisdom

In Exodus, Leviticus, Numbers, and Deuteronomy we can see the pathways that God provides to transform Moses’ rage over the oppression of the Hebrew people into freedom in a lawful society.

- **Law** establishes guidelines for what constitutes rupture of relationships with God and with humans as well as guidelines for repairing relationships with humans.
- **Priesthood** provides the mechanism for repairing relationship with God.
- **Prophecy** uses anger to fuel action and generate courage in the face of power as a pathway to create a more just society.

After viewing “I’ve Been to the Mountaintop”:

What was the source of Dr. Martin Luther King, Jr.’s anger?

What fear required courage to overcome?

What was the outcome he wanted?

Week 4 Practice:

The spiritual journey is a discipline, and requires intentional practice.

This week:

- Every day pay attention to when you get angry or when you are afraid or when you want something to happen in a particular way.
- At least 3 times this week, jot down the who, what, when, where, and how of the experience.
- After noting the experience, comment on whether or not the experience alerted you to something that matters to you. Was there a rupture in a relationship? Was there opportunity for repair?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Date	Who, What, When, Where, and How of the Experience
	<p>Did the experience alert you to something that matters to you?</p> <p>Was there a rupture in a relationship?</p> <p>Was there opportunity for repair?</p>

Date	Who, What, When, Where, and How of the Experience
	<p>Did the experience alert you to something that matters to you?</p> <p>Was there a rupture in a relationship?</p> <p>Was there opportunity for repair?</p>

Date	Who, What, When, Where, and How of the Experience
	<p>Did the experience alert you to something that matters to you?</p> <p>Was there a rupture in a relationship?</p> <p>Was there opportunity for repair?</p>