

WALKING IN THE WAY OF THE SPIRIT

Checking In

Strong Emotions

Moses's Path to
Wisdom

Strong Emotions as
a Path to Wisdom

Practice



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Aha! Moments

Reflect on your practice this week.

When did you notice God at work in the world?
Did you experience the energy of love in/through the experience?



Bonus:

Was your response fast? Or slow?
Where did you feel it in your body?

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Moses' Rage

God's Presence

Between
the Lines

“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



Can't Run From God

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.

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



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Strong Emotions

Handy Model
of the Brain

Recognizing
Strong Emotions

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.



Dr. Daniel Siegel

To better understand how strong emotions impact the brain, watch this explanation from Dr. Dan Siegel.
2:12





How Do Strong Emotions Feel in Your Body?

How do you feel when you get angry?

When you're afraid?

When it's super-important to you that things happen in a particular way?



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Law

Priesthood

Prophecy

I've Been to the
Mountaintop

Desmond Tutu
on Forgiveness

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 within a lawful society.



Law

Law establishes guidelines for what constitutes rupture of relationships with God and with humans as well as guidelines for repairing these relationships.



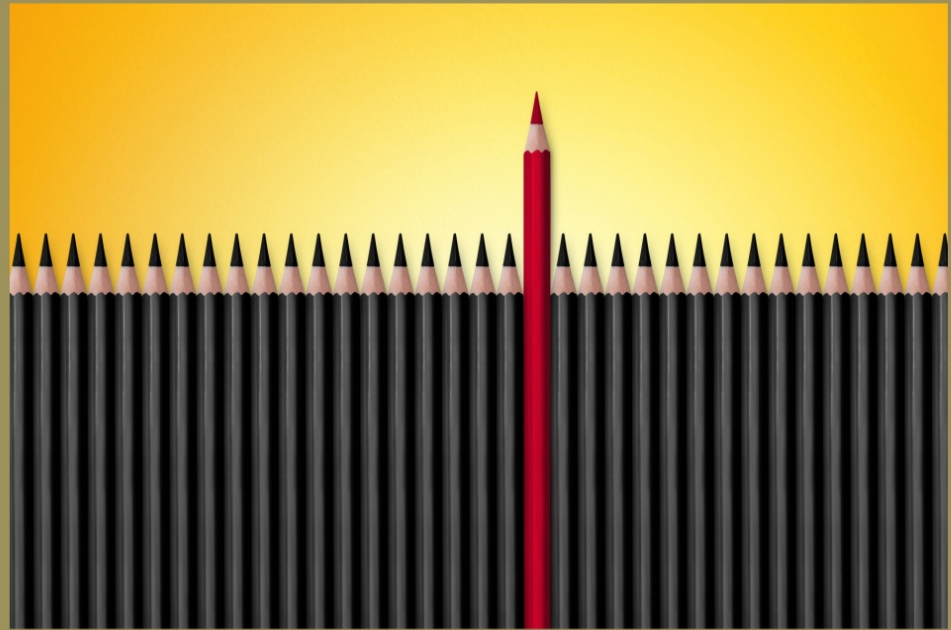
Priesthood

Priesthood provides the mechanism for repairing relationship with God and our community.



Prophecy

Prophecy uses anger to fuel action and generate courage in the face of power as a pathway to create a more just society.



I've Been to the Mountaintop

Watch this portion of Dr. Martin Luther King, Jr.'s speech, "I've Been to the Mountaintop" and pay attention to the source of his anger, how he responds to fear, and what he hopes to achieve.



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Desmond Tutu on Forgiveness

Watch this interview with Arch Bishop Desmond Tutu and pay attention to his priestly response to a disrupted relationship. Think about the experience of those he names: the forgiver, the forgiven, and God.



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Practice

The spiritual journey is a discipline and requires intentional practice.

Homework

Click on the homework tag for this week's homework





THIS WEEK...

Every day pay attention to when you notice God at work in the world.

At least 3 times this week, jot down the who, what, when, where, and how of the experience. Bullet points are fine.

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 an opportunity for repair?



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