

◆ **Fight or flight response -**

visceral vs. prayerful response -

◆ **Learning from Jesus in 1 Peter 2-3 -**

- Background of 1 Peter -
- 1 Peter 2:21-25 - “When he was reviled...”

“but continued entrusting himself to him who judges justly”

- “Likewise \_\_\_\_\_” (3:1-6)
- “Likewise \_\_\_\_\_” (3:7)
- “Finally \_\_\_\_\_” (3:8-12)

**Non-Reactive Kindness**

- Flows from our \_\_\_\_\_ (9)

“for to this you were called”

- Comes with a \_\_\_\_\_ (9)

“that you may obtain a blessing”

- Enabled by our \_\_\_\_\_ (12)

“For the eyes of the Lord are on the righteous, and his ears are open to their prayer.”

◆ **Using a tool - The Circle of Kindness**

- \_\_\_\_\_ living in the circle of kindness.
- Grow in \_\_\_\_\_ of your fight and flight response.
- \_\_\_\_\_ resisting the pull toward the corners.
  - calling -
  - blessing -
  - praying -