

Key Scriptures

You have heard the law that says the punishment must match the injury: “An eye for an eye, and a tooth for a tooth.” But I say, do not resist an evil person! If someone slaps you on the right cheek, offer the other cheek also.

Matthew 5:38-39

a fracture for a fracture, an eye for an eye, a tooth for a tooth. Whatever anyone does to injure another person must be paid back in kind.

Leviticus 24:20

Key Concepts

The Cheek

- I can't love people while trying to enact my revenge on them.
- Loving God includes trusting Him.

How to turn the other cheek:

1. Set the example.
 - Don't wait until “they stop” or “they start.”
2. Look for the best in people.
 - Yes you're stressed, but so is everyone else. Instead of trying to slap back, take time to see where they are coming from.
3. Pray for them.
 - It's incredibly difficult to pray for someone and still want to get them back.

Talk About It

- What makes offering the other cheek so difficult?
- What are the things that trigger your desire to “slap” back?
- How can you prepare yourself for when those triggers come up?
- If I can't control other people, why is it so foolish to wait for them to start being nice (etc) before I stop trying to get them back?
- How can I remind myself to look for the best in someone when my emotions want me to “slap” back?
- What are the best ways you can step back and pray for someone who slaps at you?
- How can you remind yourself to offer the other cheek every day?