

**February 24 | Sunday**

Lessons for a Better Life: Overreacting

Read [Matthew 13:24-30](#)



**25 | Mon – Don't throw the baby out with the bathwater** | Read [Matthew 13:24-30](#)  
Newton's 3rd law of motion states "For every action, there is an equal and opposite reaction." You can see examples of this everywhere. Sometimes, for various reasons, people over-react. Have you seen this happen in the lives of public figures or maybe at your job? In this story, what was the problem and what would have been an overreaction? Was the farmer able to make a wise choice because he was focused on future results? What a good idea!

**26 | Tue – It was only a joke!** | Read [Judges 14:1-20](#)  
Samson was known for his strength but not for his smart choices. He married unwisely and then at the wedding feast, decided to have a little fun with his new companions. If they could guess the answer to his riddle, Samson would give each a new set of clothes. But if they could not, they owed *him* 30 new outfits. When they cheated to learn the answer, Samson was mad! See his reaction and the results. What has caused you to overreact in the past?

**27 | Wed – What did you just say to me?!** | Read [1 Samuel 25:14-35](#)  
David was a humble man but respect was a very strong cultural value. When Nabal virtually spit in David's face, his immediate response was to avenge himself by killing Nabal. What stopped him? Have you ever been in a position like Abigail to help another person realize the consequences an instinctive overreaction? Or has someone else ever helped you to make a better decision?

**28 | Thu – Don't you know who I am?** | Read [2 Kings 5:1-3 and 9-14](#)  
Naaman was the highly-regarded commander of the king's army in another country but he contracted leprosy, a death sentence in that time. Hearing of a prophet who could heal him, Naaman lowered himself to go ask for help from the very people he had sent raiding parties against. When the prophet refused to meet with him and sent instructions through a servant instead, what was Naaman's reaction? What caused him to reconsider? What if he had not changed his mind? Does anything from this story apply to your life?

**01 | Fri – A wise response to another's overreaction** | Read [Daniel 2:1-19](#)  
Have you ever seen someone in authority reacting badly? What did you do...or maybe wish you had done? In this story, the king demanded something impossible and became enraged when it did not happen. His over-reaction? Don't just kill those in front of you, kill *all* the advisors in your kingdom (which included Daniel). See what Daniel did and the outcome in verses 48-49. What can you learn from Daniel's example and apply to your own life?

**02 | Sat – Your key to calmness** | Read [Proverbs 3:5-6](#) / [James 1:19-20](#)  
Start with the truth that you probably don't know all the facts. This perspective can keep you from overreacting. Next, look at the excellent advice James gives. You can become a positive person in a volatile society by adopting these three actions *and* they may keep you from future regrets. Which are easy for you? Which do you need to work on? Commit these to memory, put them into practice, and see what happens the next time you are tempted to overreact.