

Day 8

**WHAT TO DO WHEN
SOMEONE INSULTS
YOUR MOM (SORTA)**

OK, today's moment doesn't really have anything to do with your mom being insulted, but it DOES have to do with dealing with insults.

I don't know about you, but I don't handle being insulted very well. If I feel like someone is talking down to me, or making fun of me, or not giving me the respect I think I deserve, I tend to get angry—but according to today's verse, that's not how people who love God are supposed to respond.

2 MINUTE

A fool is quick-tempered, but a wise person stays calm when insulted (Proverbs 12:16).

5 MINUTE

- What does it mean to be quick-tempered? How would you describe that in your own words?
- According to this verse, what does a wise person do when insulted? Why does a wise person respond that way?
- Think back to a time when someone made fun of you, or criticized you, or a time you felt disrespected. How did you react—and why did you react that way?
- Why is it so hard not to lash out at others when they insult us? Why do we usually feel the need to "get even?"

If we're honest with ourselves, the reason it's so hard to be calm when we're insulted is because what other people think of us REALLY IS important to us! We don't like to admit that sometimes, but it's true. But the cool thing about being a child of God is that our value comes from the fact that God loves us, not from what other people think. The more you and I can accept that love, the less we will worry about what other people think.

3 MINUTE

Hanging out with God

In the space below, write a short paragraph prayer to God. Maybe you'll want to focus on not being angry at other people. Or maybe you'll want to ask God to help you know his love better. Or maybe you'll just want to thank God for how much he loves you. Whatever you do, go through today remembering that because of how much God loves you, you don't have to worry so much about what other people think.

Oh, and don't even think about insulting my mom! Oops...maybe I need to reread what I just wrote.

THOUGHT

This space is here for you to jot down some thoughts, write out a prayer, draw a picture, or do whatever you want to help you remember your 10-minute moment.