

Raised to Life: When Tensions Take Over May 17, 2026

*"In your anger do not sin: Do not let the sun go down while you are still angry."
(Ephesians 4:6)*

How do we respond to the different tensions in our lives?

1. FIGHT – When Tension Turns into Aggression or Control

*"Fools give full vent to their rage, but the wise bring calm in the end."
(Proverbs 29:11)*

*"Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."
(James 1:19-20)*

Righteous anger confronts evil. Wounded anger attacks people.

Righteous anger seeks restoration. Wounded anger seeks control.

2. FLIGHT – When Tension Makes Us Escape

We often want mercy for ourselves and justice for others.

Avoiding pain does not heal pain. Because unresolved tensions travel with us.

"Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy." (Proverbs 28:13)

3. FREEZE – When Tension Shuts You Down

What makes this Elijah moment so surprising is that Elijah did not freeze after failure. He froze after victory.

*"The Lord is close to the broken-hearted and saves those who are crushed in spirit."
(Psalm 34:18)*

*"A bruised reed he will not break, and a smoldering wick he will not snuff out."
(Isaiah 42:3)*

From Response Mode to Spiritual Freedom

Our responses to tension may protect us temporarily, but they cannot heal us permanently.

- Be honest with your emotions
- Acknowledge your tensions
- Surrender it to God

Big Idea: If you don't deal with your tensions, they will start dealing with you.

Reflections:

1. What are some unhealthy ways people try to protect themselves from pain, and why do those coping patterns ultimately fail to bring healing?
2. Which response do you most naturally fall into when you are hurt or stressed—fight, flight, or freeze—and how does it usually affect your relationships with God and others?
3. Looking at the examples of Jonah, Elijah, and Peter, which person do you relate to most right now, and why?
4. What would it practically look like for you to respond to the tensions in your life the way Jesus Christ did—through honesty, truth, surrender, and trust in God?

Welcome to HOME Church

Thank you for attending HOME Church. If you are looking for a church to call HOME, feel free to connect with us. Details are on our website at ourhomechurch.ca OR the welcome card in the seat in front of you.

Upcoming News + Notes:

Summer Getaway at Summit Pacific College (formerly Summer Camp) on July 3-5, 2026. Details on the church website. Day-Rate registration is NOW Open (for Saturday and Sunday).

Cantonese Evergreen Gathering on Thursday, May 28. Sign-up for lunch required. Talk to Pastor Paul for more information.

Young Adults event for both college (ages 18-25) and young careers (ages 25-35) home groups on Sunday, May 31 following the service. Talk to Pastor Vincent, Tim, or Charissa for more details.

Giving Options at HOME Church. Our preferred way of giving is through e-transfer debit. You can set this up with your banking platform by giving at give@ourhomechurch.ca. Please make cheques out to "HOME Church". All giving details are on our website. **Thank you** for your continued generosity and support of HOME Church's mission and vision.