



Pt. 4 Dealing with Disgust

1) Recognize _____

“As the ark of the LORD came into the city of David, Michal daughter of Saul looked out of the window, and saw King David leaping and dancing before the Lord; and she despised him in her heart.”

— 2 Samuel 6:16 (NRSV)

*“I hate, I despise your festivals,
and I take no delight in your solemn assemblies.”*

— Amos 5:21 (NRSV)

*“So, because you are lukewarm, and neither cold nor hot,
I am about to spit you out of my mouth.”*

— Revelation 3:16 (NRSV)

2) Guard _____

*“Above all else, guard your heart,
for everything you do flows from it.”*

— Proverbs 4:23 (NIV)

3) Empathize _____

“Rejoice with those who rejoice, weep with those who weep.”
—Romans 12:15 (NRSV)

“Stay on good terms with each other, held together by love. Be ready with a meal or a bed when it’s needed. Why, some have extended hospitality to angels without ever knowing it! Regard prisoners as if you were in prison with them. Look on victims of abuse as if what happened to them had happened to you.”

—Hebrews 13:1 (The Message)