



fledge  
flēj: to grow the plumage necessary for flight



## Turning the Other Cheek<sup>(part 1)</sup> Emotional Slapping

Jesus told us to “turn the other cheek” (Matt. 5:39). And I’m sure you and I have lots of pictures of what this looks like. In my mind I visualize a bully slapping a guy on one cheek and then this guy dramatically turns his head for the bully to slap the other.

It’s an unlikely scenario. First, because half the population (girls) don’t often experience threats of getting beat up. And, second, because the other half of the population (guys) don’t usually fight by slapping. They punch, kick and wrestle.

But we do our fair share of **emotional slapping**, attacking a person’s value, bullying their soul. Here’s an example:

*"What do we do? Sometimes we just shrug and let it go....because we're too afraid to address it."*

*Let’s say you’re a guy telling a girl about a new movie you saw. She acts like she’s listening, but she’s actually checking out another guy in the room. You see her glancing away from you and absent-mindedly saying stuff like, “What movie are you talking about?”*

You have been **emotionally slapped**. You’ve been ignored and treated as if you’re not worth her time and attention.

*"I screamed, "Watch out!", my eyes wide with fear."*

What do we do? Sometimes we just shrug and let it go. We do this, not

because we are trying to act like Christ, necessarily, but because we’re too afraid to address it. Or we do it because we’re used to being ignored and overlooked. Regardless, it hurts, even if it’s been happening to us for a long time.

Here’s another example:

*At the beginning of the year Dale and I went to Santa Barbara for our anniversary. We had just paused at a stop sign when this maniac driver appeared out of nowhere in the distance and quickly closed the space between us by racing up to the intersection. It didn’t look like he was going to stop and since Dale was turning*

*left (which put me closest to the maniac's front bumper), I screamed, "Watch out!", my eyes wide with fear.*

*The guy missed us, stopping in the nick of time. I shook with anger. I turned to look back at the speedster. What really got to me was his face. He had this huge grin, and I could tell he was laughing at me.*

It obviously bothered me, because I still remember it 2 months later. I had been **emotionally slapped**. I had been treated as if I wasn't worth respecting with a courteous approach to the intersection. That guy used my fear to get a laugh out of me.

Here's another example:

*When I was in grade school I was convinced I had an enormous nose. I often feared that people were talking about my huge nose behind my back. When I was in 5<sup>th</sup> grade some older friends said I was the one with the "big nose." I felt it must be true that I was unattractive.*

I was **emotionally slapped**. They treated me as if my nose was the one distinguishing feature about me—that my soul didn't matter as much.

When we've been **emotionally slapped** it is often hard to know how to "turn the other cheek." We want to be like Jesus, but we don't want to become a doormat nor do we want to become a victim of abuse.

How do we do good to those who are too conceited or self-centered or just plain mean to care about us? How do we turn the other cheek?

*"How do we turn the other cheek?"*

We get **emotionally slapped** a lot. If you're reading this and have any experiences of emotional slapping that really hurt, join us online Wednesdays and tell us about them. We're **online** for "Chat! LIVE" from 6-9PM, Pacific Time. (And don't worry, it's a private chat!) Or send us an email at [mail@soulation.org](mailto:mail@soulation.org).

In the next *fledge* we'll be writing about ways to "turn the other cheek" as Jesus told us. We want to gather lots of examples about ways we're slapped so we can become better prepared to meet these hard situations. After all that's what *fledge* is all about—growing the feathers to get you flying!

Of course, you can bring any thoughts, questions, ideas, or personal struggles to "Chat! LIVE." We're available most Wednesday evenings. Join us!

Stay tuned, part two of "Turn the Other Cheek" will be coming soon.

If you enjoy *fledge*, forward this to your friends, or use it in your small group. Everyone's invited to join *fledge* [here](#).

**Got questions/comments?**

**Feel free to [email us](#).**

**or**

**Join us for [Ask! LIVE](#) Wednesdays 6-9PM**

**Bring any question or puzzling life situation**