

Serenity Now



Exodus 32:1-6 The Message

32 When the people realized that Moses was taking forever in coming down off the mountain, they rallied around Aaron and said, “Do something. Make gods for us who will lead us. That Moses, the man who got us out of Egypt—who knows what’s happened to him?”

²⁻⁴ So Aaron told them, “Take off the gold rings from the ears of your wives and sons and daughters and bring them to me.”

They all did it; they removed the gold rings from their ears and brought them to Aaron.

He took the gold from their hands and cast it in the form of a calf, shaping it with an engraving tool.

The people responded with enthusiasm:

“These are your gods, O Israel, who brought you up from Egypt!”

⁵ Aaron, taking in the situation, built an altar before the calf.

Aaron then announced, “Tomorrow is a feast day to God!”

⁶ Early the next morning, the people got up and offered Whole-Burnt-Offerings and brought Peace-Offerings. The people sat down to eat and drink and then began to party. It turned into a wild party!

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Exodus 32:21-26

²¹ Moses said to Aaron, “What on Earth did these people ever do to you that you involved them in this huge sin?”

²²⁻²³ Aaron said, “Master, don’t be angry. You know this people and how set on evil they are. They said to me, ‘Make us gods who will lead us. This Moses, the man who brought us out of Egypt, we don’t know what’s happened to him.’”

²⁴ “So I said, ‘Who has gold?’ And they took off their jewelry and gave it to me. I threw it in the fire and out came this calf.”

²⁵ Moses saw that the people were simply running wild—Aaron had let them run wild, disgracing themselves before their enemies.

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Matthew 5:33-37

³³⁻³⁷ “And don’t say anything you don’t mean. This counsel is embedded deep in our traditions. You only make things worse when you lay down a smoke screen of pious talk, saying, ‘I’ll pray for you,’ and never doing it, or saying, ‘God be with you,’ and not meaning it.

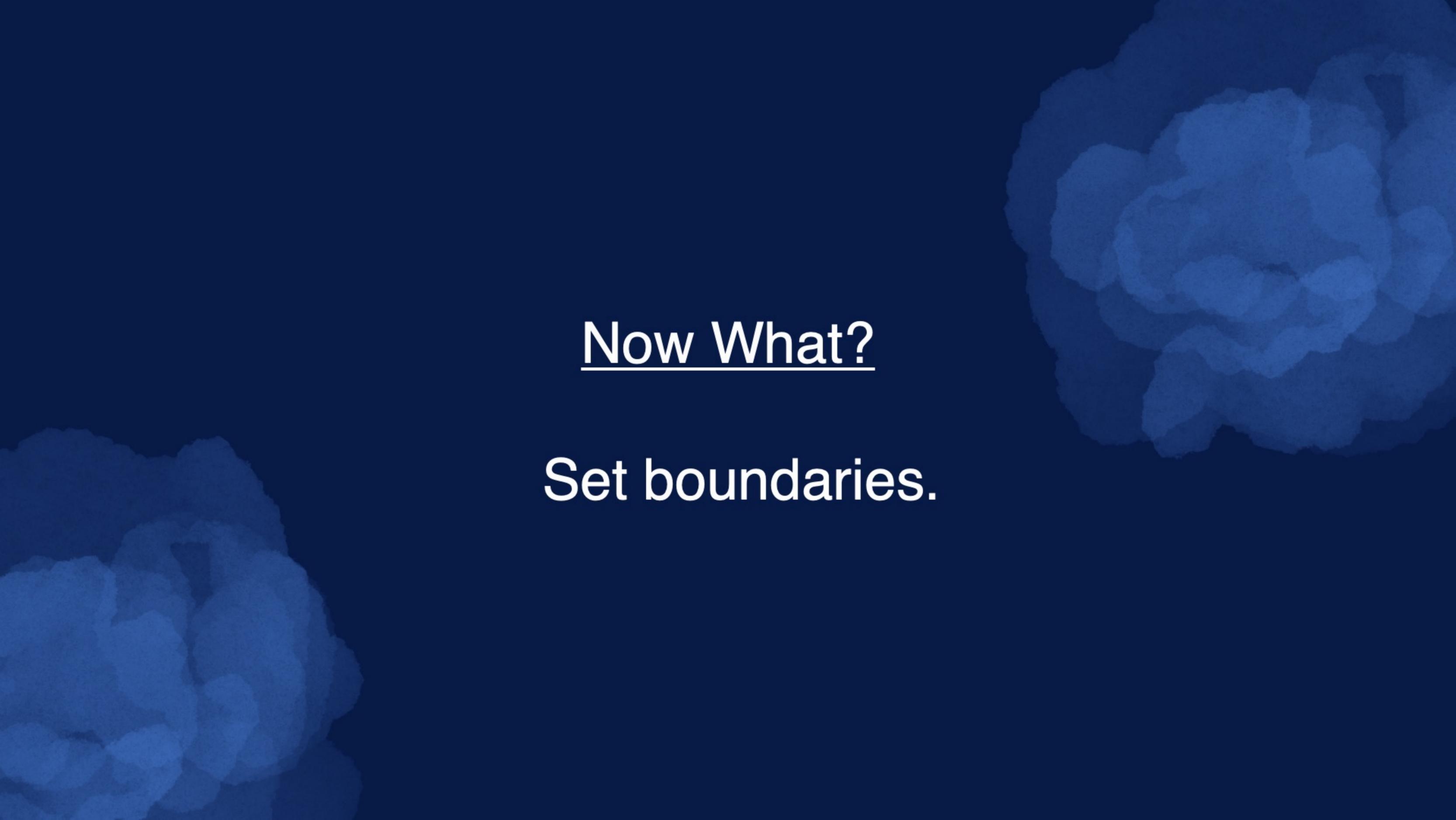
You don't make your words true by embellishing them with religious lace. In making your speech sound more religious, it becomes less true. Just say 'yes' and 'no.' When you manipulate words to get your own way, you go wrong.

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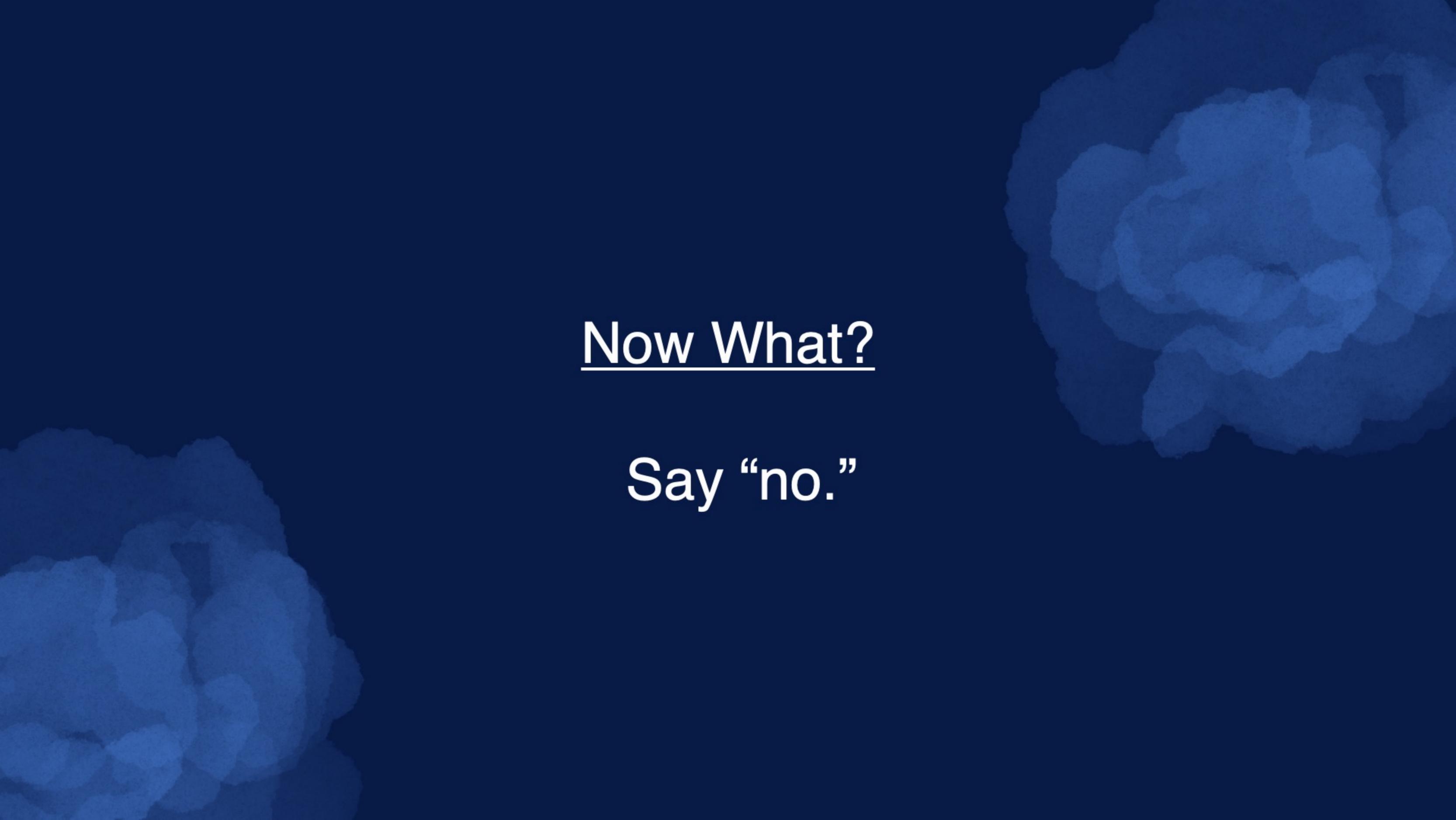
So What?

Anxiety tempts us to appease people.



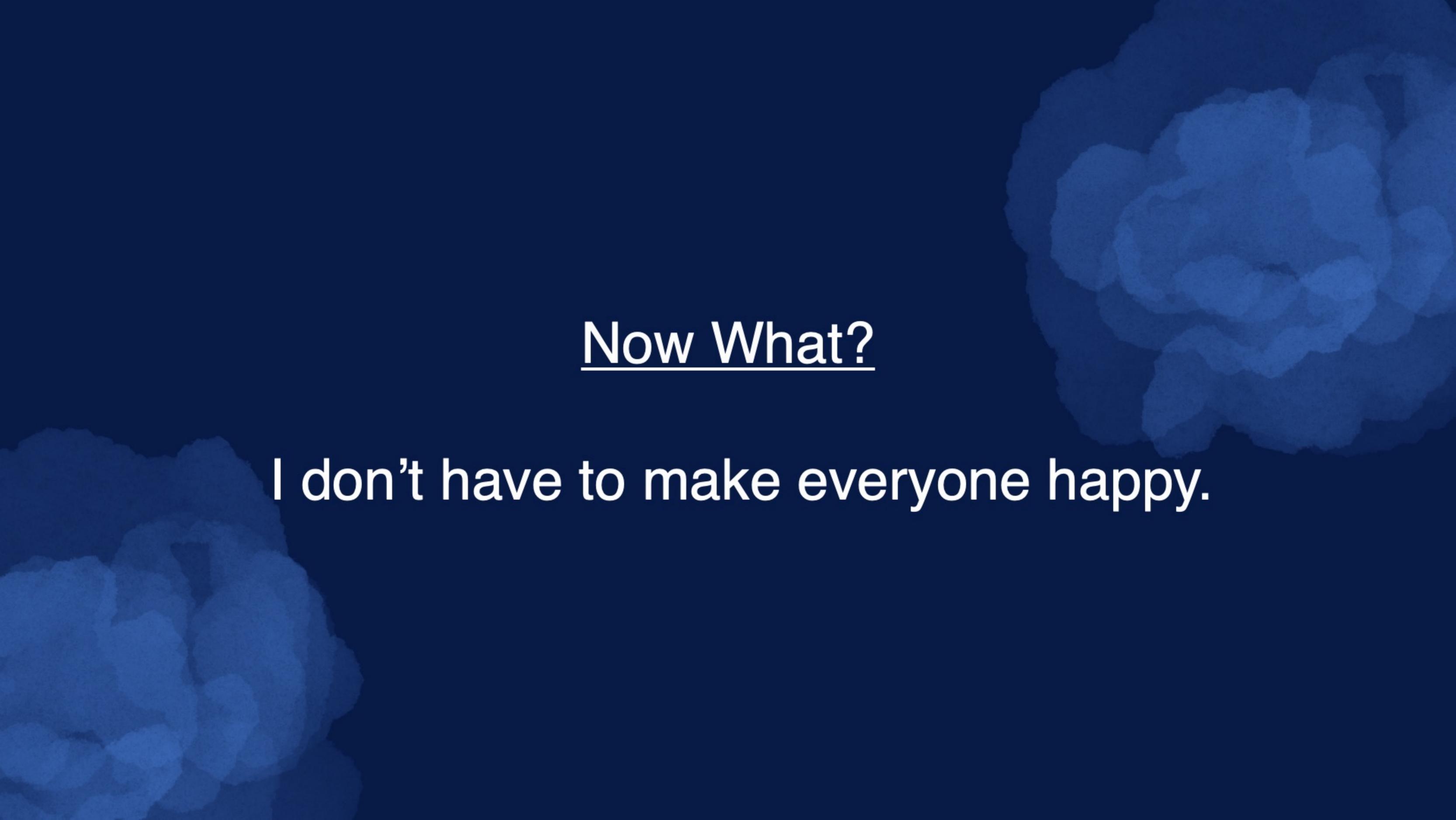
Now What?

Set boundaries.



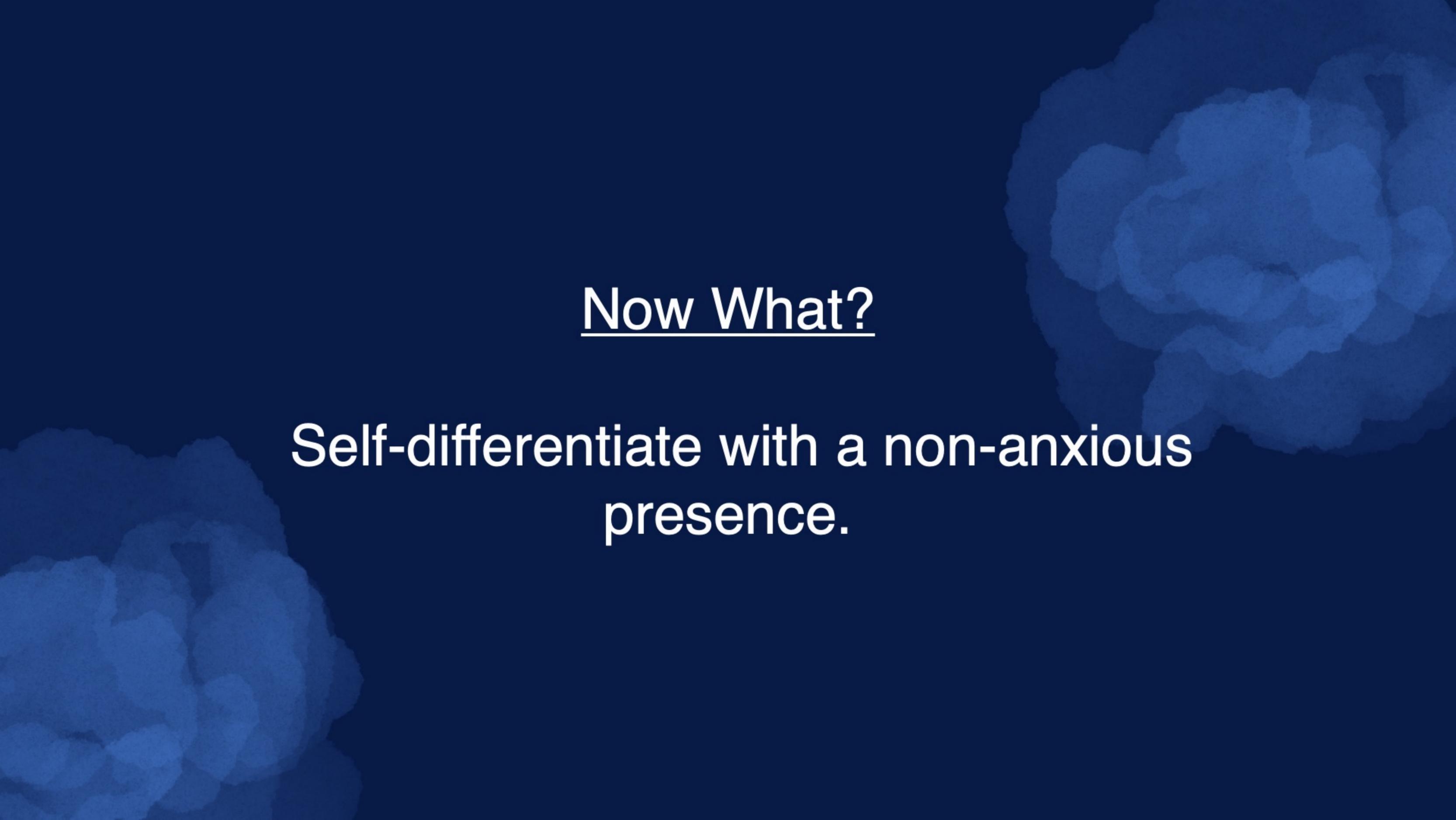
Now What?

Say “no.”



Now What?

I don't have to make everyone happy.



Now What?

Self-differentiate with a non-anxious
presence.

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