EVERYDAY ETHICS

Continuing the Conversation

The Agony of Defeat: How to Respond if Your Candidate Lost

Season 3, Episode 7

FOR FURTHER REFLECTION

Questions for reflection and/or group conversations

1. A classic response to stress is the fight or flight response.
   a. How might intentionally stepping away help us to keep a broader perspective about life?
   b. What does self-care look like in this situation? What healthy habits allow us to process defeat without shutting down?

2. Jesus possessed a gripping personality that inspired people to follow Him. Much of His work was to proclaim and model the Kingdom of God—what many today would describe as a movement.
   a. Can you name other leaders throughout history who have launched major social or moral movements?
   b. How do their character traits and leadership styles compare and contrast with those of Jesus? List some characteristics of Jesus that demonstrated that he had a gripping personality.

3. Two specific New Testament texts were mentioned during the podcast, and a third alluded to. How can the virtues found in these texts help us when our candidate has lost?
   a. Galatians 5:21-22: “The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.”
   b. 2 Peter 1:5-7: “For this very reason, you must make every effort to support your faith with goodness, and goodness with knowledge, and knowledge with self-control, and self-control with endurance, and endurance with godliness, and godliness with mutual affection, and mutual affection with love.”
   c. Ephesians 4:31-32: “Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.”

4. Maintaining a healthy and wholesome perspective about life was central to the podcast. In what ways do you agree or disagree with the following statements?
   a. This election is not the end all of elections. Life is more than politics.
   b. The US has survived tumultuous elections before, demonstrating the resilience of its people and institutions.
   c. Both the winners and the losers still ultimately find themselves in a minority.
   d. Regardless of election results, we remain part of a shared local community.