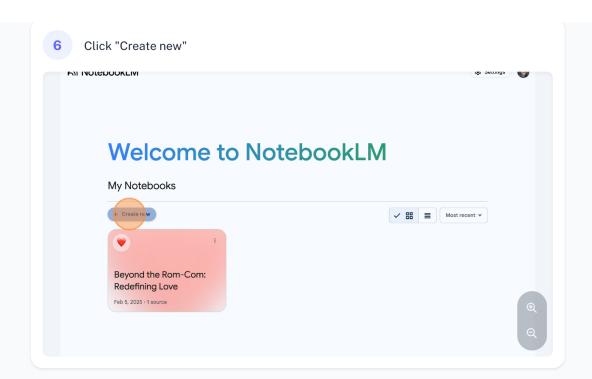
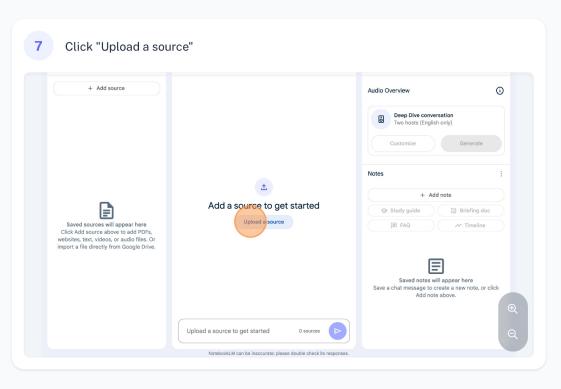
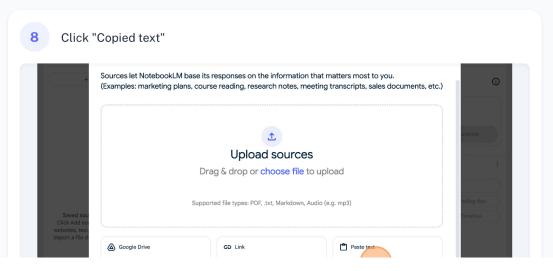


- 3 Scroll to the beginning of the sermon text, select the entirety of the sermon.
- 4 Press cmd + c
- 5 In a new tab, navigate to https://notebooklm.google.com/









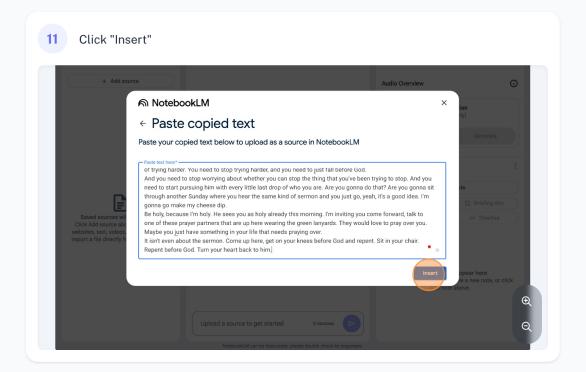
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Chat
Audio Overview

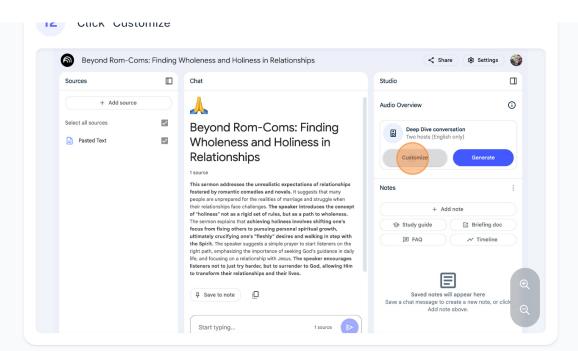
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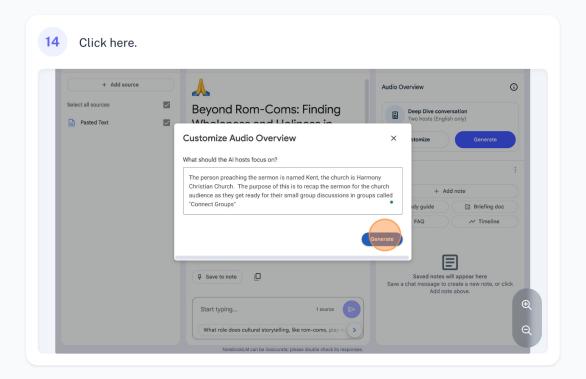
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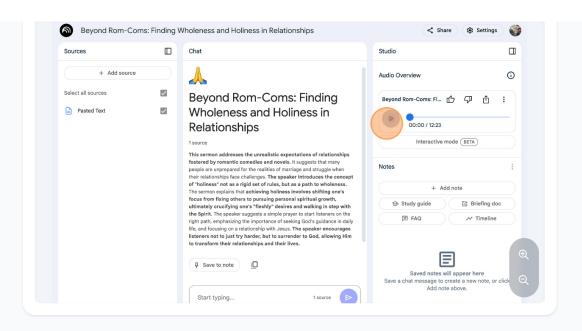
10 Paste text

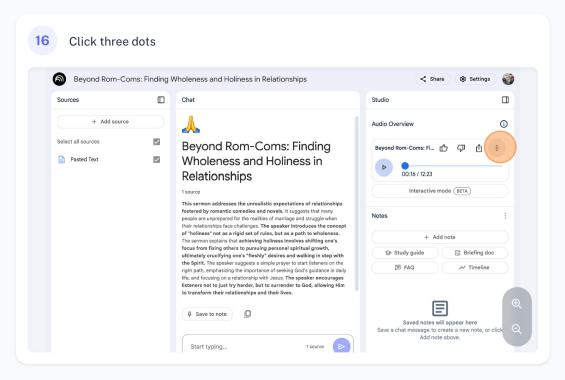


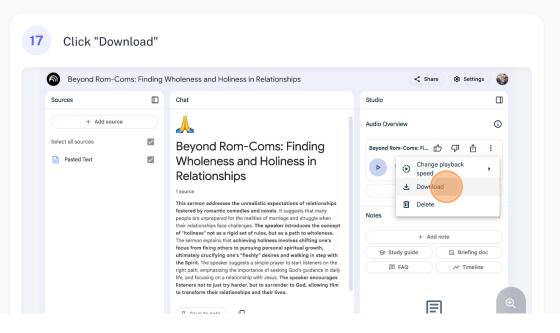


- 13 Type the following prompt:
 - -The person preaching the sermon is named Kent, the church is Harmony Christian Church.
 - -The purpose of this is to recap the sermon for the church audience as they get ready for their small group discussions in groups called "Connect Groups".
 - -Have the hosts talk as though they are members of the church.











- 18 Open Cyberduck -> Upload file to folder "podcast_episodes -> sermon_talk"
- 19 Copy Http link of uploaded file
- 20 In a new tab, navigate to https://www.harmonychurch.cc/
- Click "Episode"

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Author Kent Wagner
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Podcast Episode Details

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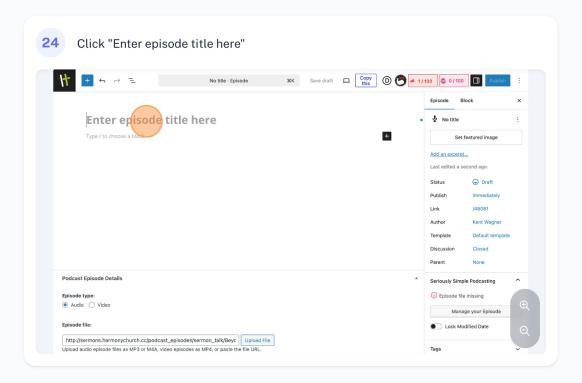
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Upload File

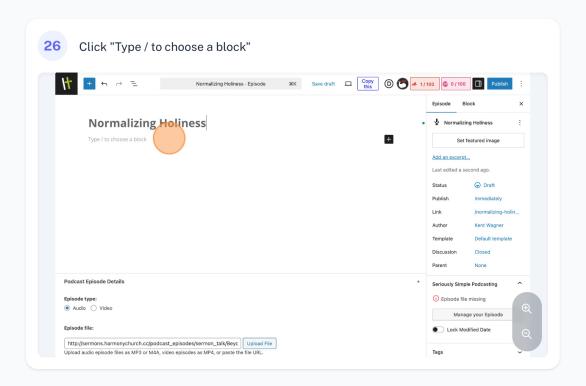
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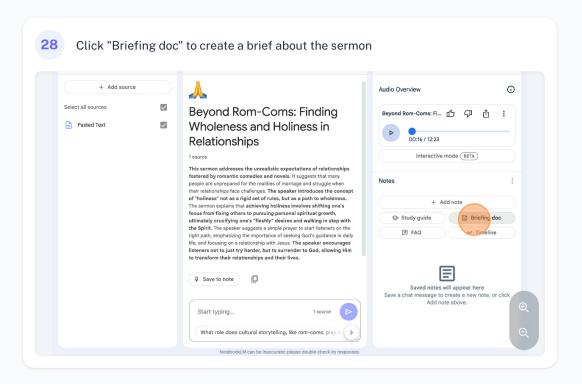


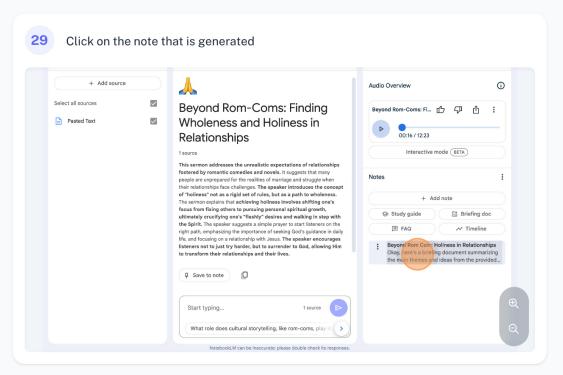
23 Paste Text

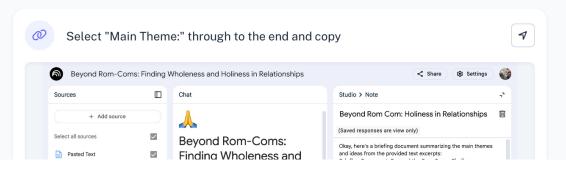


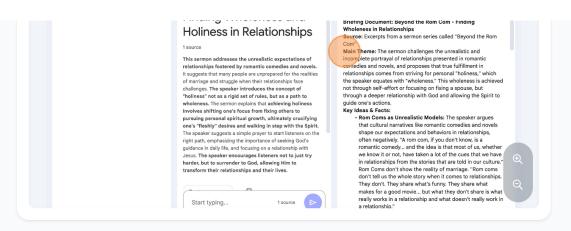
25 Type title of sermon

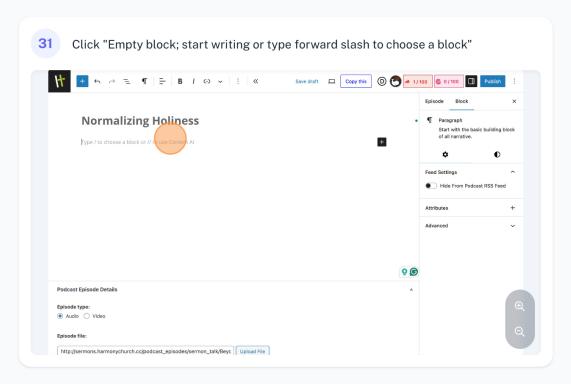




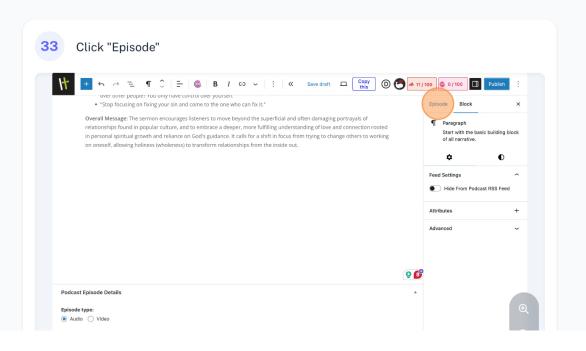








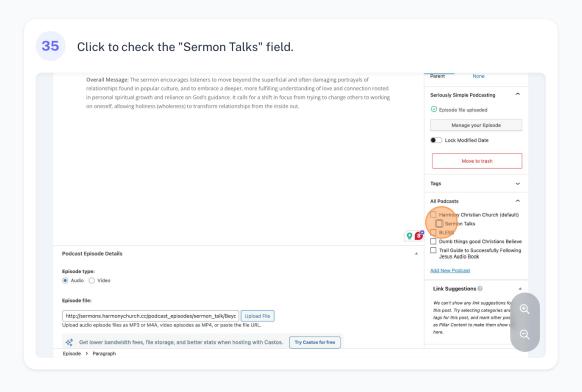
32 Paste text





34 Uncheck the "Harmony Christian Church (default)" field. Overall Message: The sermon encourages listeners to move beyond the superficial and often damaging portrayals of relationships found in popular culture, and to embrace a deeper, more fulfilling understanding of love and connection rooted in personal spiritual growth and reliance on God's guidance. It calls for a shift in focus from trying to change others to working Seriously Simple Podcasting on oneself, allowing holiness (wholeness) to transform relationships from the inside out. Episode file uploaded Manage your Episode Lock Modified Date Move to trash Harmony Christian Church (default)
Sermon Talks BLESS

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36 Click "Set featured image"



Fight: Handling Conflict in a Healthy Way

- The Prevalence of Anger and Anxiety: The speaker asserts that anger and anxiety are on the rise in America, possibly
- linked to constant stimulation and comparison through technology.

 Unhealthy Models of Conflict Resolution: The speaker argues that the world often teaches us to "win" by exploiting
- weaknesses and fighting dirty, which leads to unhealthy relationship dynamics.

 Two Types of Anger: Righteous vs. Danger: The speaker differentiates between righteous anger, which is appropriate in $response \ to \ real \ harm, \ and \ danger \ anger, \ which \ is \ an \ overreaction \ when \ one's \ well-being \ \textit{feels} \ threatened \ but \ no \ real$
- Underlying Emotions Fueling Anger: The speaker emphasizes that anger is often a secondary emotion, masking deeper feelings like guilt, insecurity, grief, trauma, anxiety, or rejection.
- Healthy Handling of Anger: The speaker advocates for recognizing and dealing with the root causes of anger instead of suppressing it. He stresses the importance of not letting anger lead to sin and giving the "devil a foothold."
- The Power of Righteous Anger: The speaker encourages harnessing passionate anger to fight for the oppressed, defend the vulnerable, and create positive change in the community.
- $\bullet \ \ \text{Self-Reflection and Brutal Honesty}. \ \text{The speaker emphasizes the importance of self-awareness and brutally honest self-awareness honest honest self-awareness honest honest self-awareness honest honest$ assessment to determine whether one has an anger problem and to identify the underlying causes.

Key Ideas and Facts:

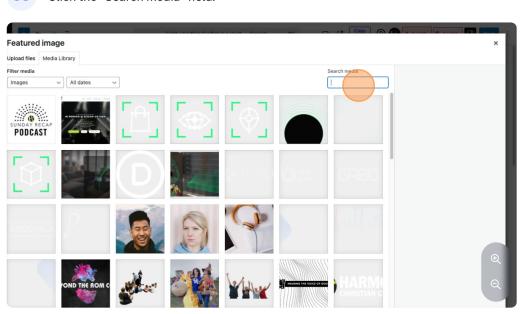
- Childhood Experiences Shape Conflict Resolution: The speaker uses a story about his sixth-grade teacher, Mr.
- Cronkite, to illustrate how we are often taught to exploit weakness in a fight.

 * "And this is what Mr. Cronkite said. He said, when you get surrounded by buillies or people come to a fight, he said, what you
- do is you look for weakness and you exploit."

 Technology and Emotional Overload: The speaker believes that constant access to information and stimulation through smartphones contributes to rising anxiety and anger.



38 Click the "Search media" field.



39 Type "recap"

40 Click the podcast recap image Featured image Upload files Media Library ✓ All dates recap · IP **PODCAST** Showing 2 of 2 media items



41 Click "Sat featured image"