

Loving Jesus

and Yet

Losing Your Cool

I CAN DO ALL THINGS THROUGH CHRIST
PHILIPPIANS 4:13

GOD IS WITH ME, I GOT THIS!

CAST ALL YOUR ANXIETY ON HIM BECAUSE HE CARES FOR YOU.
1 PETER 5:7

BE STILL AND KNOW
PSALM 46:10

GOD'S PLAN > MY PLAN



PRAY: FOCUS TRUST REPEAT

TODAY:
 PRAY
 READ
 LOVE PEOPLE
 BE PATIENT
 KEEP MY PEACE

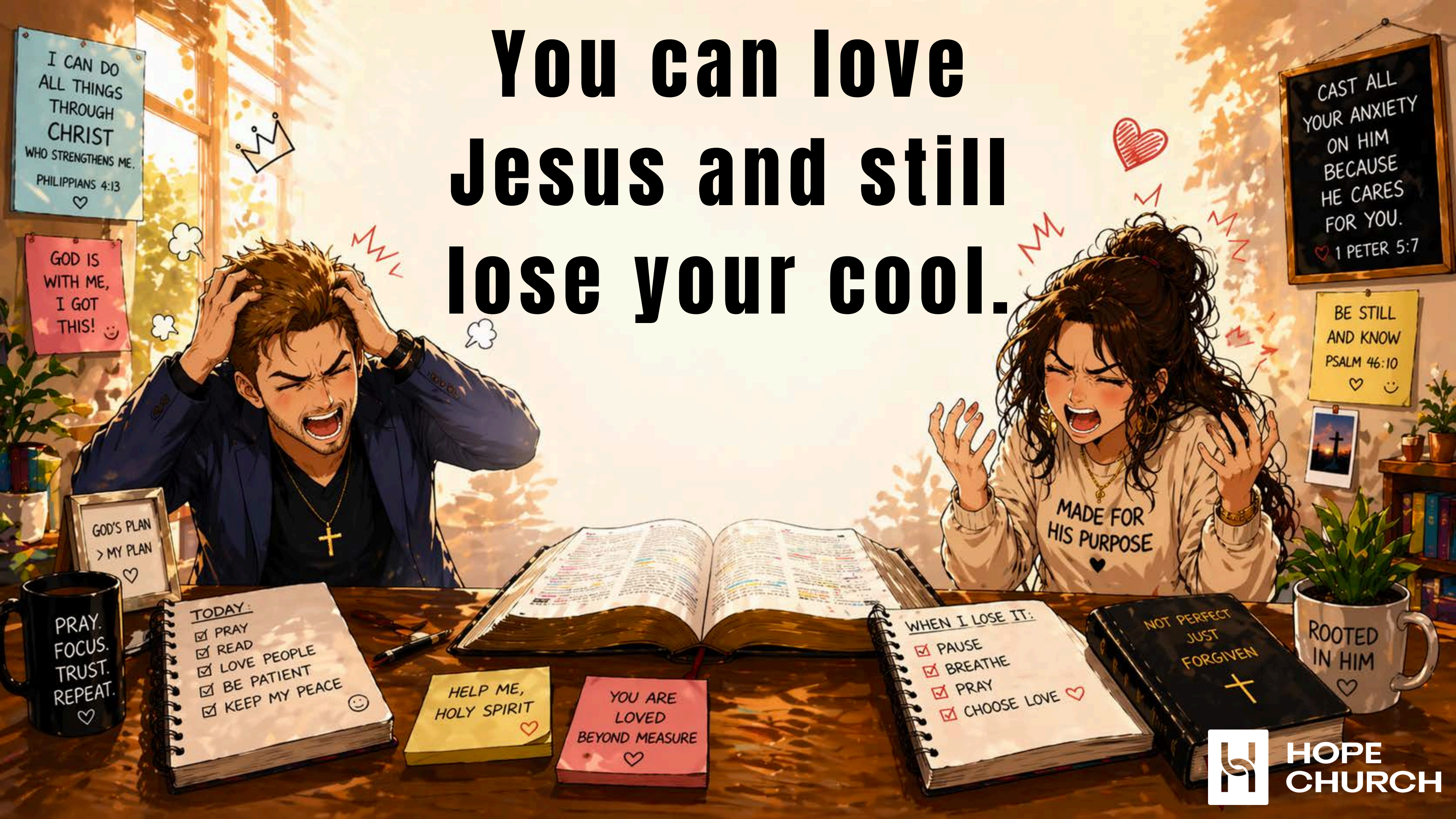
HELP ME, HOLY SPIRIT

WHEN I LOSE IT:
 PAUSE
 BREATHE
 PRAY
 CHOOSE LOVE

NOT PERFECT JUST FORGIVEN

ROOTED IN HIM

You can love Jesus and still lose your cool.



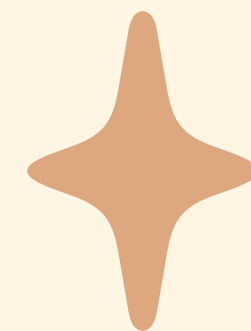


Following Jesus DOES NOT
remove your emotions,

BUT

Following Jesus DOES
transform your relationship
with them.

FOLLOWING JESUS



EPHESIANS 4:26-27

“In your anger do not sin’: Do not let the sun go down while you are still angry, and do not give the devil a foothold.”



PSALMS 4:4-5 (BSB)

“Be angry, yet do not sin; on your bed, search your heart and be still. Selah. Offer the sacrifices of the righteous and trust in the LORD.”

**Feel The Feels
But Don't Sin**

**Search Your Heart,
Be Still, and Selah**

Be Grateful

Choose Trust

THE PATHWAY

EPHESIANS 4:26-27

“In your anger do not sin’: Do not let the sun go down while you are still angry, and do not give the devil a foothold.”

Don't Sin

**Don't Let
Unresolved
Emotion Linger**

**Don't Give The
Enemy a
Foothold**

THE URGENCY

EPHESIANS 4:26-27

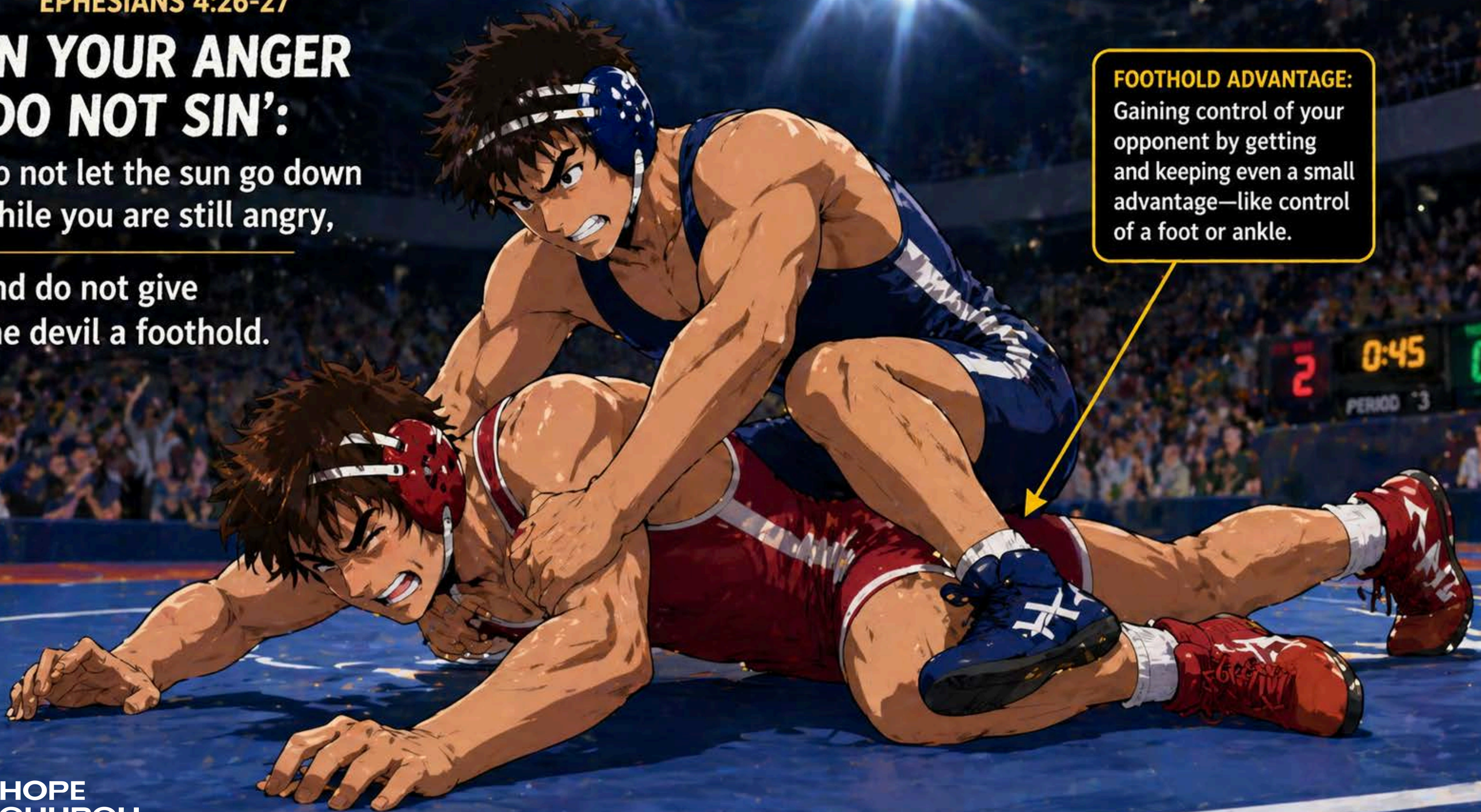
“IN YOUR ANGER DO NOT SIN”:

Do not let the sun go down
while you are still angry,

and do not give
the devil a foothold.

FOOTHOLD ADVANTAGE:

Gaining control of your
opponent by getting
and keeping even a small
advantage—like control
of a foot or ankle.




YOUR EMOTIONS DON'T COME OUT OF NOWHERE.

They are shaped by four key influences that come together to form your **interpretation**—and your interpretation drives your **emotion**.



THEN THE CYCLE CONTINUES...
Your emotions influence your thoughts, which influence your future beliefs, choices, and actions—shaping the next round of the cycle.

 **AWARENESS CREATES FREEDOM.**
When you understand this cycle, you can choose better how you think, how you respond, and how you live.

ONE SITUATION. MANY INTERPRETATIONS.

EXAMPLE: YOU WALK INTO THE OFFICE AND SOMEONE IS JUST SITTING THERE, AND DOESN'T GET UP TO SAY HELLO OR ACKNOWLEDGE YOU...



1 BELIEFS SHAPE IT

(What do I believe is true?)

- "People don't respect me."
- "I'm not important."
- "This always happens to me."

"They don't like me."

YOUR BELIEFS FILL IN THE MEANING.

2 BIOLOGY SHAPES IT

(What is my body doing?)

- If you're stressed, tired, or already on edge...
- Your nervous system is activated faster.
- Your brain goes: "Threat detected."

SAME MOMENT... BUT YOUR BODY IS ALREADY REACTING.

3 PERSONALITY SHAPES IT

(How do I tend to process?)

- More sensitive? → "That hurt."
- More assertive? → "That's rude."
- More avoidant? → "I'll just ignore it."

YOUR PERSONALITY BECOMES THE LENS.

4 CONTEXT SHAPES IT

(What else is going on?)

- Just had a bad meeting → "Here we go again."
- Already overwhelmed → "I can't deal with this."
- Feeling confident → "They're probably just busy."

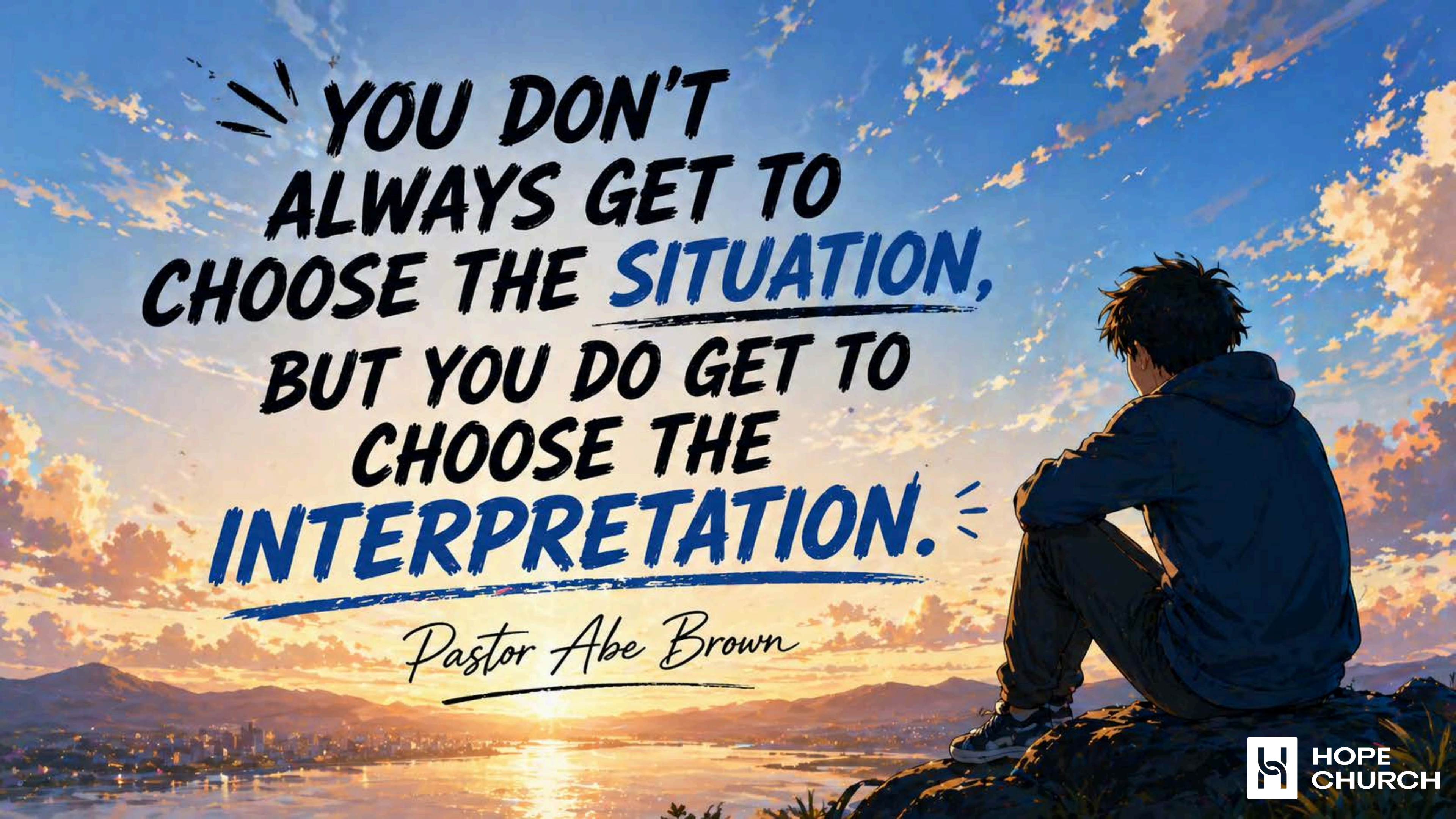
CONTEXT AMPLIFIES OR SOFTENS THE MOMENT.

THE RESULT:



KEY TRUTH:
It's not just what happened... it's what you made it mean.

YOU DON'T ALWAYS GET TO CHOOSE THE SITUATION— BUT YOU DO GET TO CHOOSE THE INTERPRETATION.

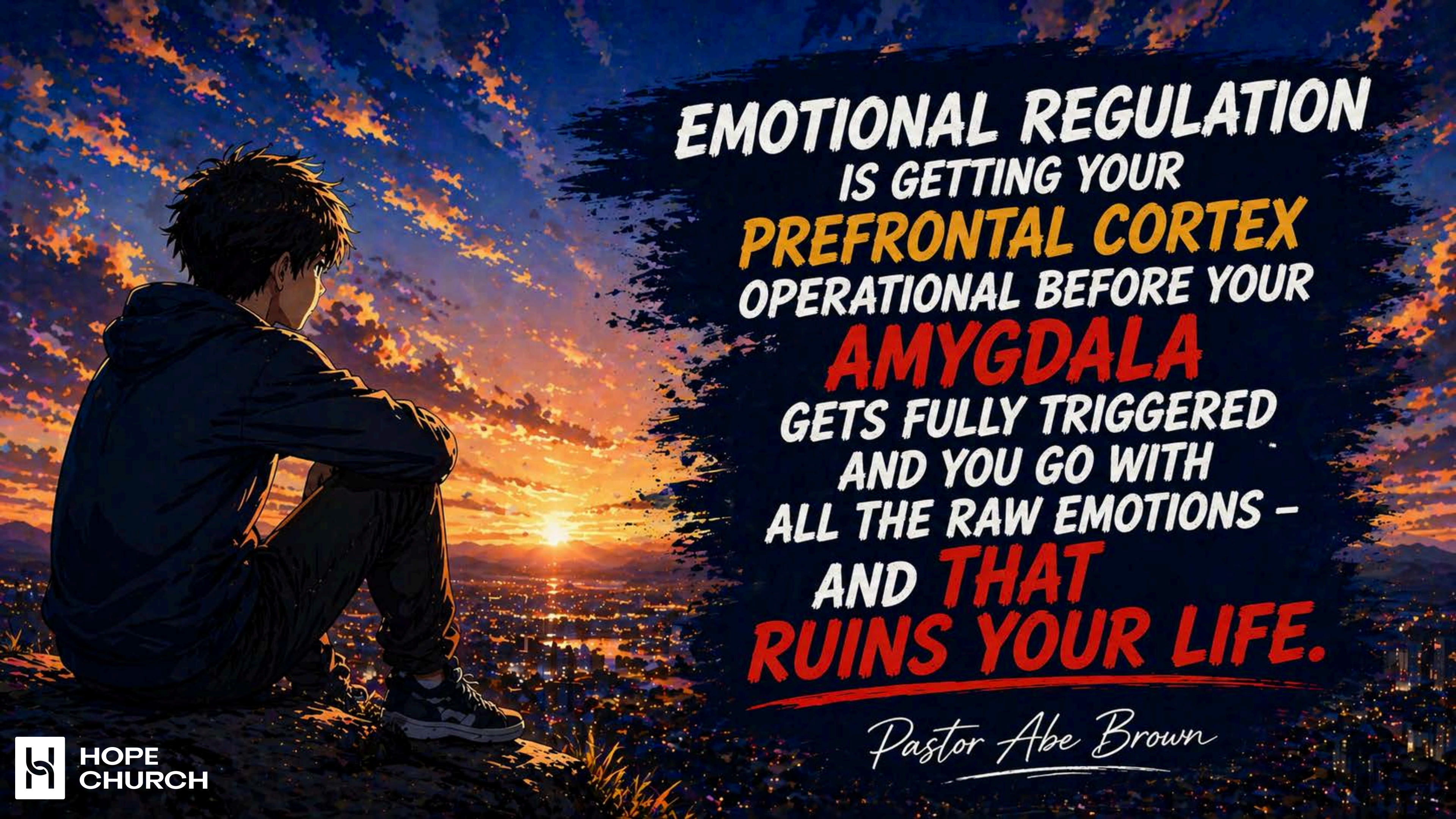
A person with dark hair, wearing a blue hoodie and dark pants, is sitting on a rocky ledge. They are looking out over a city at sunset. The sky is a mix of blue and orange, with scattered clouds. The city lights are visible in the distance, and the sun is low on the horizon, reflecting on the water in the foreground.

**YOU DON'T
ALWAYS GET TO
CHOOSE THE SITUATION,
BUT YOU DO GET TO
CHOOSE THE
INTERPRETATION.**

Pastor Abe Brown



HOPE
CHURCH

A person with dark, spiky hair, wearing a dark hoodie and pants, is sitting on a rocky ledge. They are looking out over a city at sunset. The sky is a mix of deep blue and vibrant orange, with the sun low on the horizon. The city lights are visible in the distance, creating a warm glow. The overall mood is contemplative and serene.

EMOTIONAL REGULATION
IS GETTING YOUR
PREFRONTAL CORTEX
OPERATIONAL BEFORE YOUR
AMYGDALA
GETS FULLY TRIGGERED
AND YOU GO WITH
ALL THE RAW EMOTIONS –
AND **THAT**
RUINS YOUR LIFE.

Pastor Abe Brown



HOPE
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WHAT IS EMOTIONAL REGULATION?

Emotional regulation is not about eliminating emotions.
It's about your **relationship** with your emotions.

And it lives in the middle of two extremes:

1

2

EMOTIONALLY CONTROLLED (RUMINATION)

This is when your emotions **control** you.



- You ruminate
- You replay
- You get stuck
- You feel overwhelmed

OUTCOMES:

Self-pity • Self-loathing • Self-centeredness
Self-sabotage • Anxiety • Burnout

THE MIDDLE GROUND

EMOTIONAL REGULATION

= FEELING + FILTERING + FAITH



FEELING

I feel it.
I acknowledge my emotions without shame.



FILTERING

I filter it.
I pause, process, and choose what I will focus on.



FAITH

I trust God.
I surrender it and choose to respond in faith.



OUTCOME:

Clarity • Peace • Self-control • Wise choices
Alignment with God's will

EMOTIONAL CONTROL (SUPPRESSION)

This is when you try to **control** your emotions.



- You push it down
- You ignore it
- You pretend it's not there
- You bottle it up

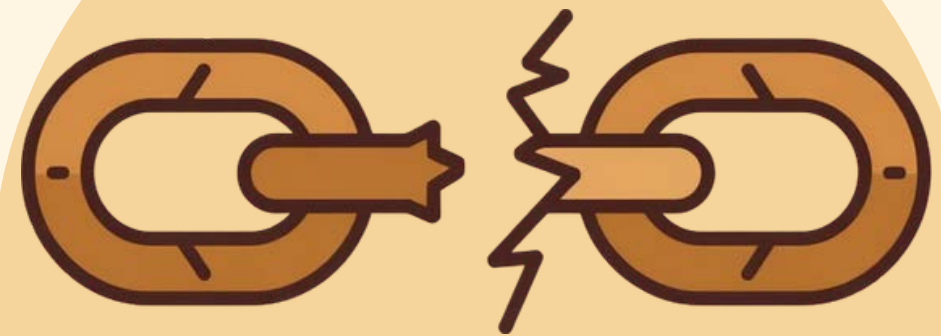
OUTCOMES:

Emotional numbness • Inner tension
Explosions • Physical symptoms
Distance from others



THE GOAL: Not to get rid of emotions, **but to steward** them well.
Feel deeply. Filter wisely. Follow faithfully.

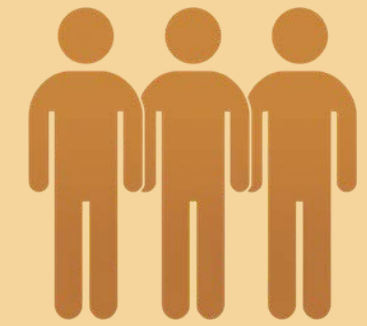
3 THINGS YOU NEED TO KNOW ABOUT EMOTIONS:



**Emotions Are
Signals, Not
Commands**



**Suppressed
Emotions Don't
Heal—They Hide**



**Regulated
Emotions Create
Spirit-Led
Responses**

GALATIANS 5:22-25

“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ’s have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit.”

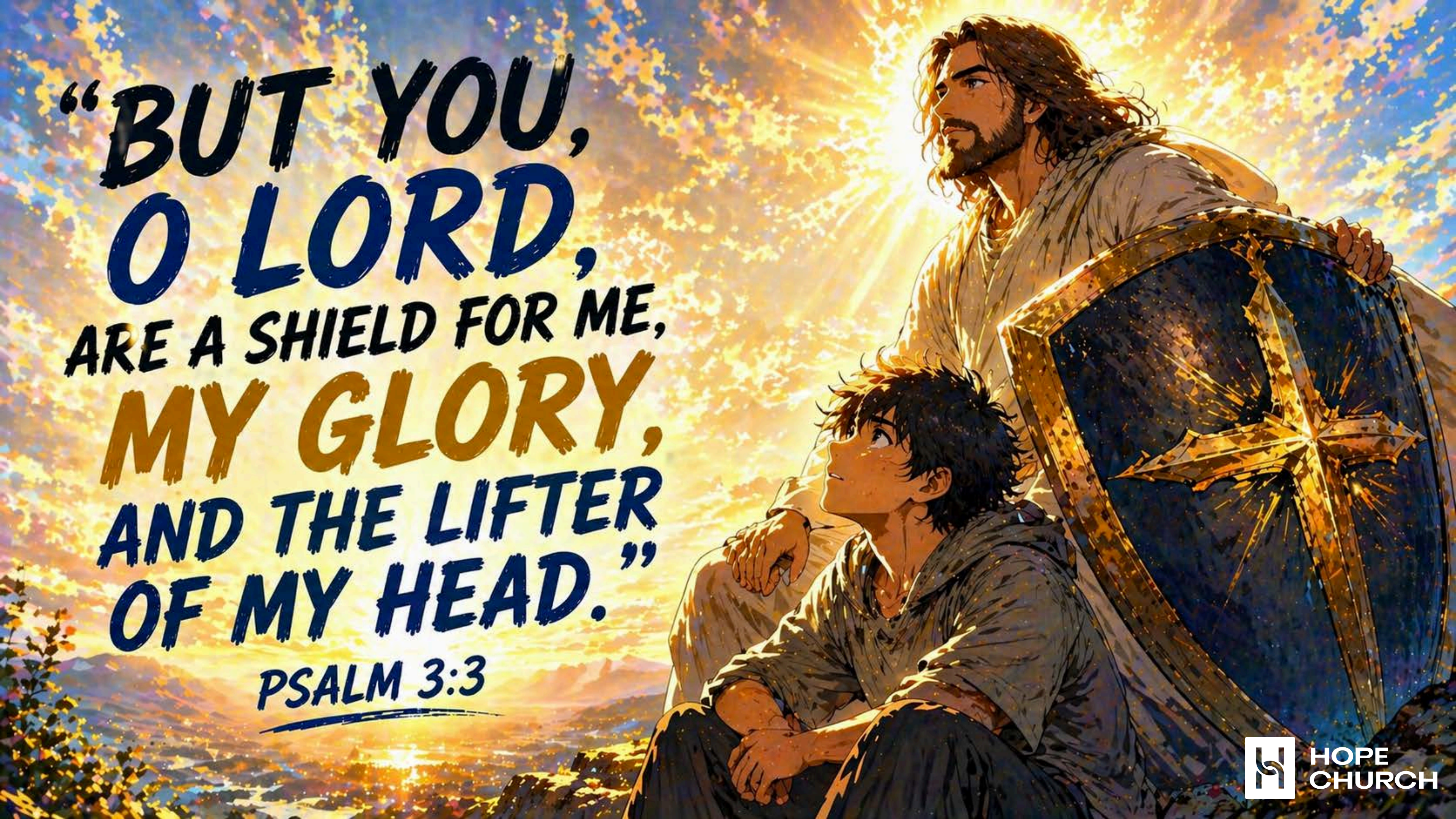


DAVID'S MASTERCLASS IN EMOTIONAL REGULATION



PSALM 3

“LORD, how many are my foes! How many rise up against me! Many are saying of me, “God will not deliver him.” But you, LORD, are a shield around me, my glory, the One who lifts my head high. I call out to the LORD, and He answers me from His holy mountain. I lie down and sleep; I wake again, because the LORD sustains me. I will not fear though tens of thousands assail me on every side. Arise, LORD! Deliver me, my God! Strike all my enemies on the jaw; break the teeth of the wicked. From the LORD comes deliverance. May your blessing be on your people.”



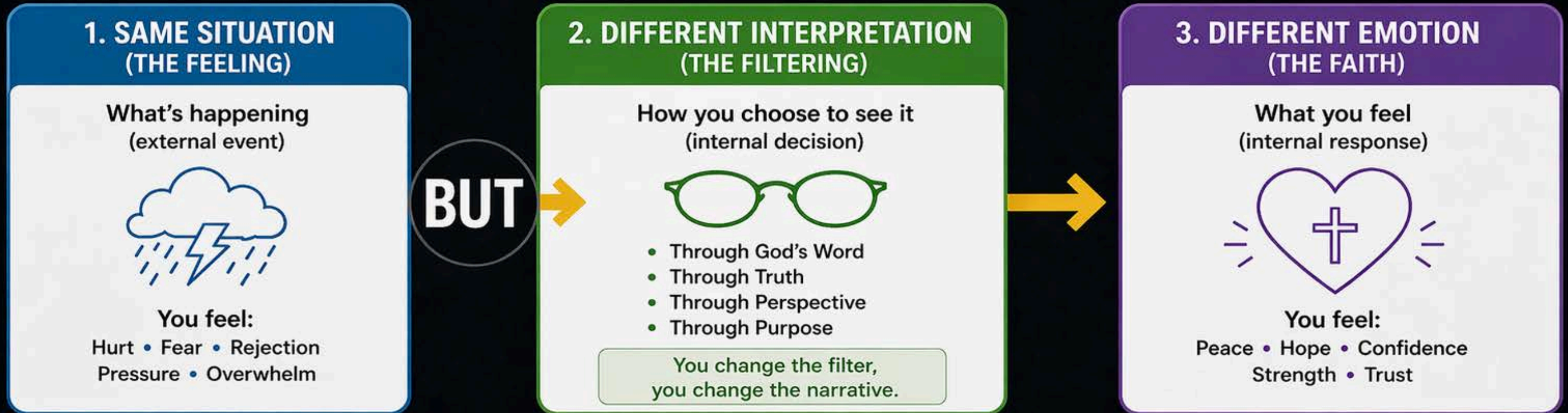
**“BUT YOU,
O LORD,
ARE A SHIELD FOR ME,
MY GLORY,
AND THE LIFTER
OF MY HEAD.”**

PSALM 3:3

THE POWER OF A BUT

But allows for **emotional regulation**.

You have the same situation (**feeling**). → But a different interpretation (**filtering**). → This leads to a different emotion (**faith**).



THE SAME SITUATION DOESN'T HAVE TO CREATE THE SAME EMOTION.
A BUT CAN SHIFT EVERYTHING.

EXAMPLES:



They didn't text me back.

BUT

I choose to believe they're busy, not that I'm unimportant.



I feel secure, not rejected.



I didn't get the job.

BUT

I trust God has something better aligned for me.



I feel hope, not defeat.



This is too much right now.

BUT

God is with me, and He'll give me what I need.



I feel peace, not panic.

KEY TRUTH

Feelings are real, but your interpretation determines your emotional destination.

**SAME SITUATION.
DIFFERENT STORY.
DIFFERENT EMOTION.
DIFFERENT OUTCOME.**



DAVID'S PROCESS FOR EMOTIONAL REGULATION



1.

He Feels — *What do I feel?*



“LORD, how many are my foes!
How many rise up against me!
Many are saying of me,
“God will not deliver him.”

2.

He Filters — *What do I see?*



“But you, LORD, are a shield around me,
my glory, the One who lifts my head high.
I call out to the LORD, and He answers me
from His holy mountain.”

3.

He Chooses Faith — *What do I believe?*



“I lie down and sleep; I wake again,
because the LORD sustains me.
I will not fear though tens of thousands
assail me on every side.”



FEEL IT
Don't deny it.



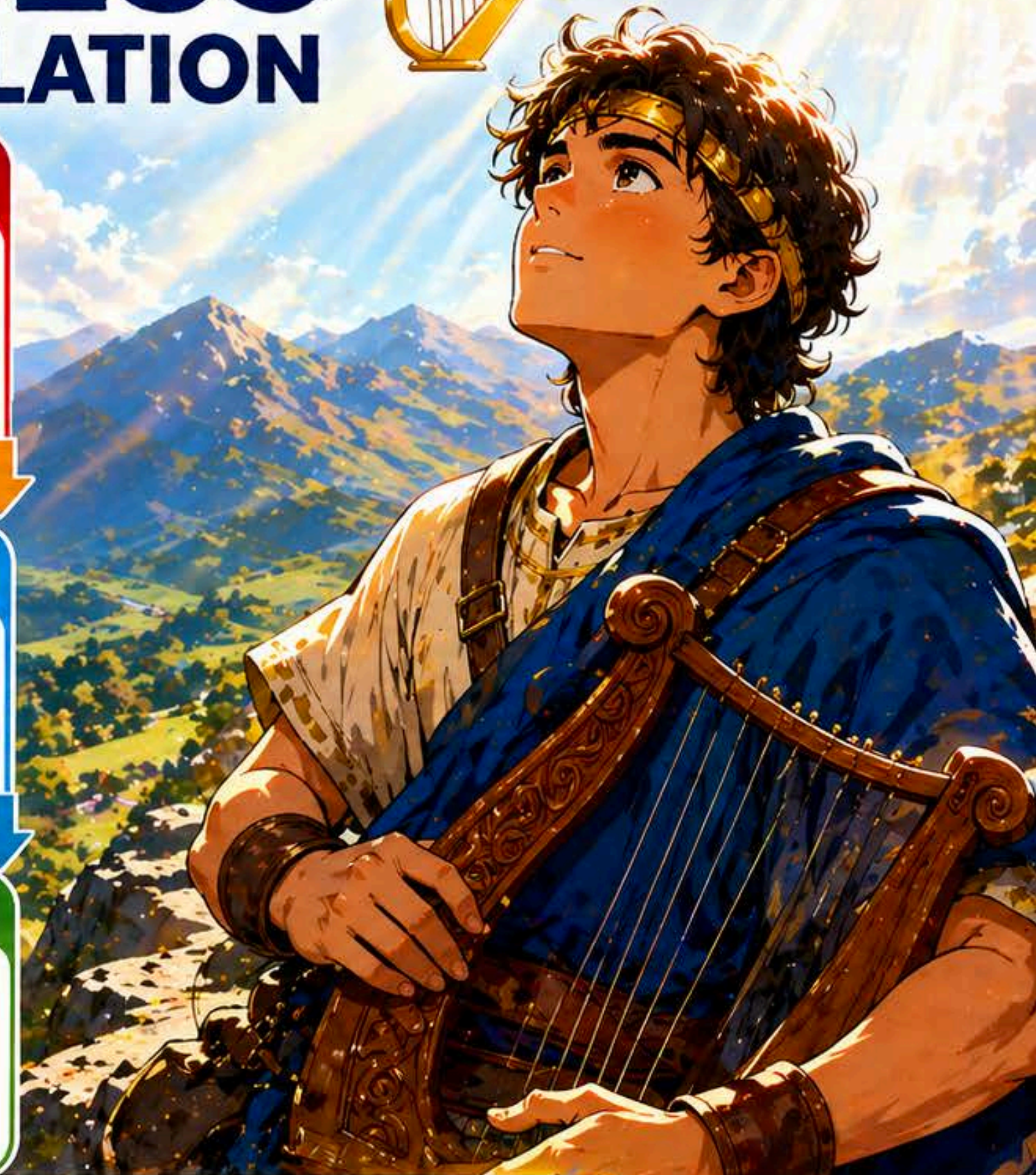
FILTER IT
Look through God's truth.



CHOOSE FAITH
Trust and rest in Him.



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5 BIBLICAL STRATEGIES FOR EMOTIONAL REGULATION



1

GOD'S WORD

Meditation



I have hidden your word in my heart that I might not sin against you.

PSALM 119:11



2

GOD'S PRESENCE

Praise & Worship



I will praise God's name in song and glorify him with thanksgiving.

PSALM 69:30



3

GOD'S PEOPLE

Community



Do not forsake meeting together... but encourage one another.

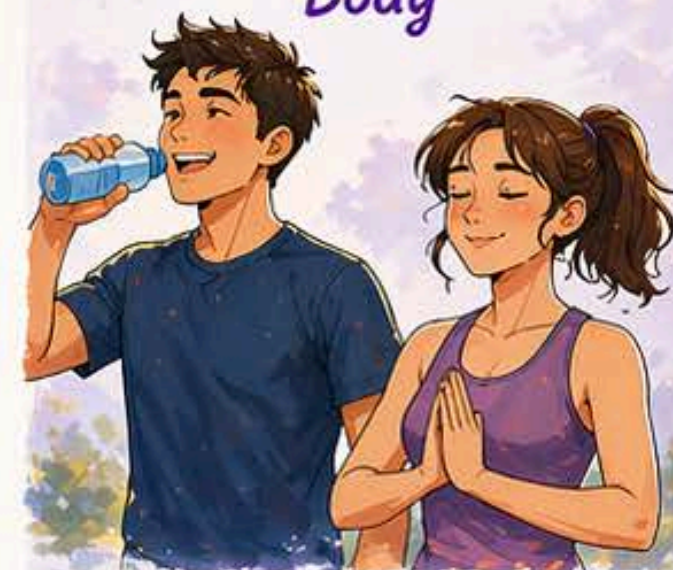
HEBREWS 10:25



4

GOD'S DESIGN

Body



Do you not know that your bodies are temples of the Holy Spirit?

1 CORINTHIANS 6:19



5

GOD'S WORK

Purpose



For we are God's handiwork, created in Christ Jesus to do good works.

EPHESIANS 2:10



♥ Your mind matters. Your feelings matter. And God's ways work. ✨

ROMANS 12:2

“Be transformed
by the renewing
of your mind...”



JOSHUA 1:7-8

“Only be strong and very courageous, that you may observe to do according to all the law which Moses My servant commanded you; do not turn from it to the right hand or to the left, that you may prosper wherever you go. This Book of the Law shall not depart from your mouth, but you shall **meditate in it day and night**, ***that you may observe to do*** according to all that is written in it. **For then** you will make your way prosperous, and then you will have good success.”

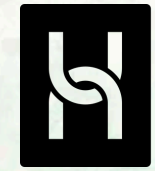


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2 CORINTHIANS 10:3-5

“For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.”



HOPE
CHURCH



Takeaway:

What you meditate on, you become.



I CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS ME. PHILIPPIANS 4:13

GOD IS WITH ME, I GOT THIS!

CAST ALL YOUR ANXIETY ON HIM BECAUSE HE CARES FOR YOU. 1 PETER 5:7

BE STILL AND KNOW PSALM 46:10

GOD'S PLAN > MY PLAN

PRAY. FOCUS. TRUST. REPEAT.

TODAY:
 PRAY
 READ
 LOVE PEOPLE
 BE PATIENT
 KEEP MY PEACE

THANK YOU, JESUS!

YOU ARE SO LOVED

WHEN I LOSE IT:
 PAUSE
 BREATHE
 PRAY
 CHOOSE LOVE

NOT PERFECT! JUST FORGIVEN

ROOTED IN HIM

Loving Jesus and Yet Losing Your Cool

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- TODAY:
- PRAY
 - READ
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HELP ME,
HOLY SPIRIT

WHEN I LOSE IT:

- PAUSE
- BREATHE
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