

Loving Jesus and Yet Losing Your Cool

Chapter 2

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 😊

HELP ME,
HOLY SPIRIT ♥

WHEN I LOSE IT:

- PAUSE
- BREATHE
- PRAY
- CHOOSE LOVE ♥

NOT PERFECT
JUST
FORGIVEN
+

ROOTED
IN HIM
♥

☺ YOU WILL BE ☺



enriched

IN EVERY WAY

SO THAT YOU CAN ALWAYS BE

generous.



AND WHEN WE TAKE YOUR GIFTS
TO THOSE WHO NEED THEM,

they will thank God.

2 CORINTHIANS 9:11





**HOPE
CHURCH
YYC**

LEADERSHIP RETREAT

MAY 8-9, 2026



www.hopechurchoyyc.com



**REGISTER
TODAY!**





EUNIZ
BROWN

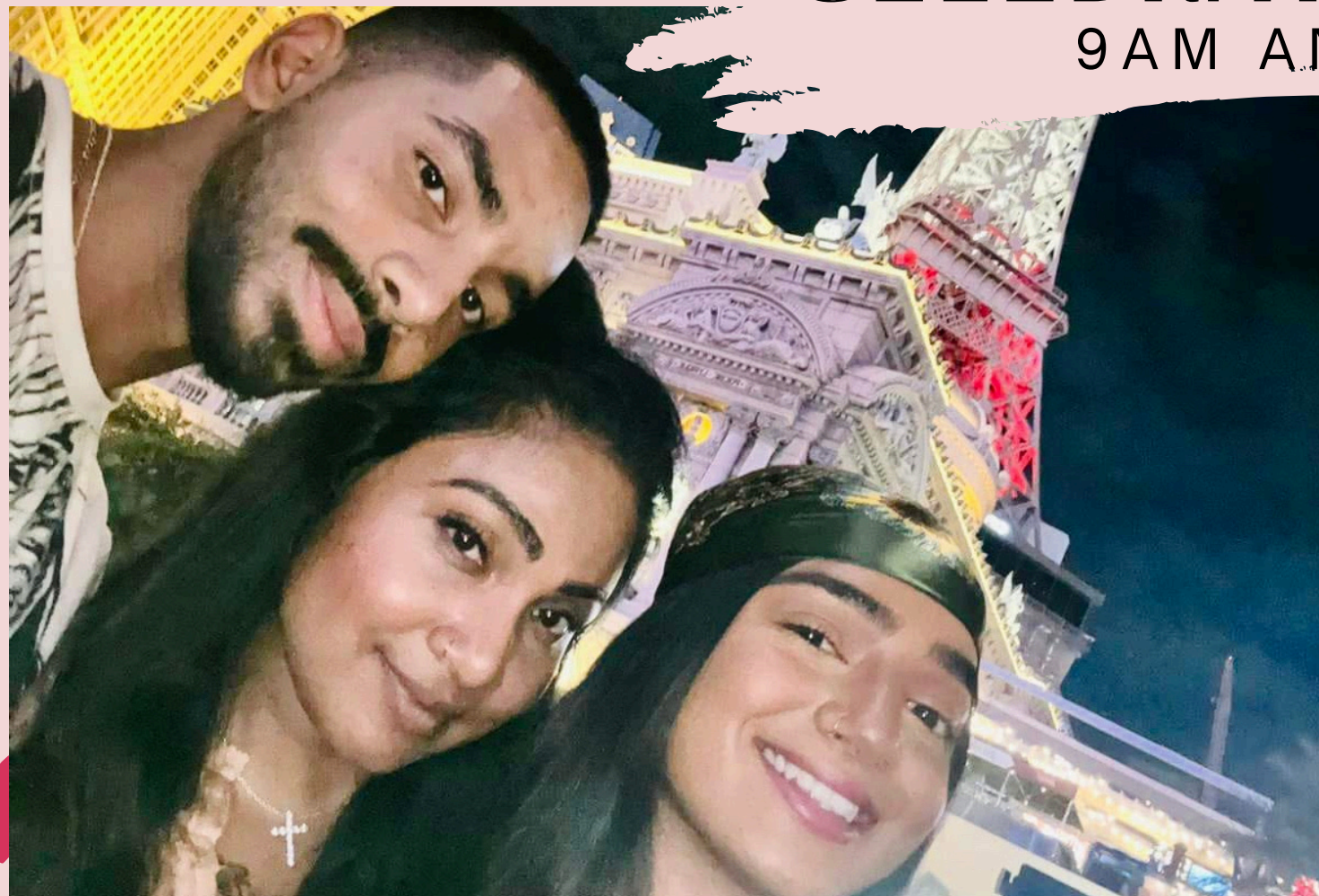


LENIE
ZUNIGA

MOTHERS' S DAY 2026
CELEBRATING MOMS
9AM AND 11AM



TEENA
NESSA



CYNTHIA
CHAU-
HOANG



WHAT ARE YOU DOING?!

Deerfoot Trail
↓

HOPE CHURCH

10:30
PRAY
TRUST
REPEAT

Be angry and sin not
Ephesians 4:26-27



PASTOR ABE
FAITH. FAMILY. FITNESS.

PRAY
TRUST
REPEAT



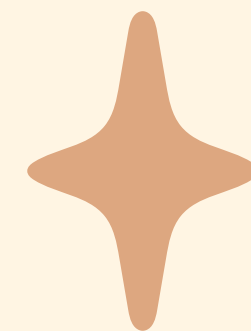


Following Jesus DOES NOT
remove your emotions,

BUT

Following Jesus DOES
transform your relationship
with them.

FOLLOWING JESUS



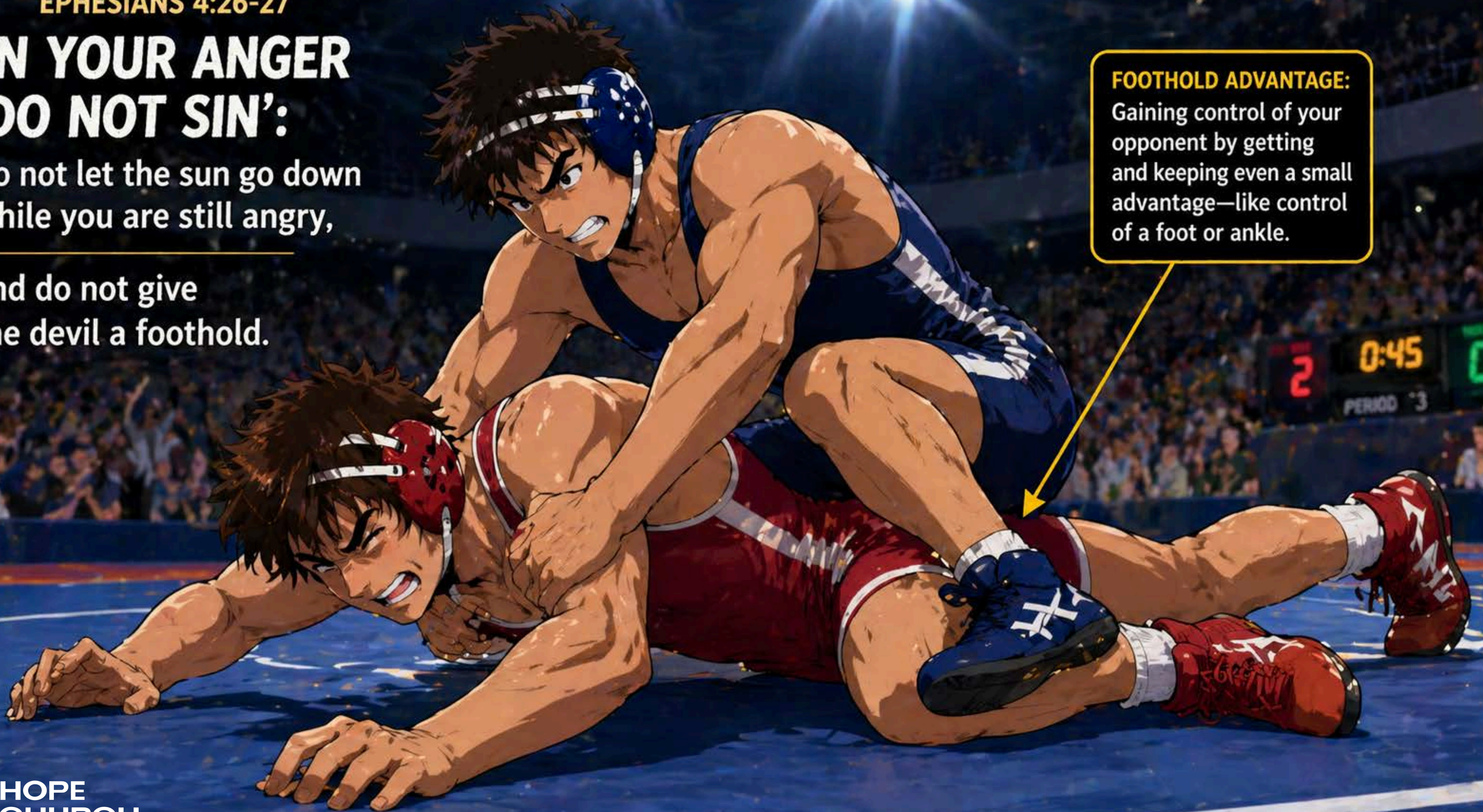
EPHESIANS 4:26-27

“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.

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




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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.

GIVE AN EXAMPLE:

YOU CALL YOUR PARTNER AND **NO ANSWER...**
 YOU CALL AGAIN AND **NO ANSWER...**
 YOU CALL A THIRD TIME AND **NO ANSWER...**



SAME SITUATION. DIFFERENT INTERPRETATIONS. DIFFERENT EMOTIONS.

THE PROBLEM ISN'T ALWAYS THE SILENCE...
 IT'S THE STORY YOU ATTACH TO IT.

1 BELIEFS SHAPE IT

What do I believe is true?

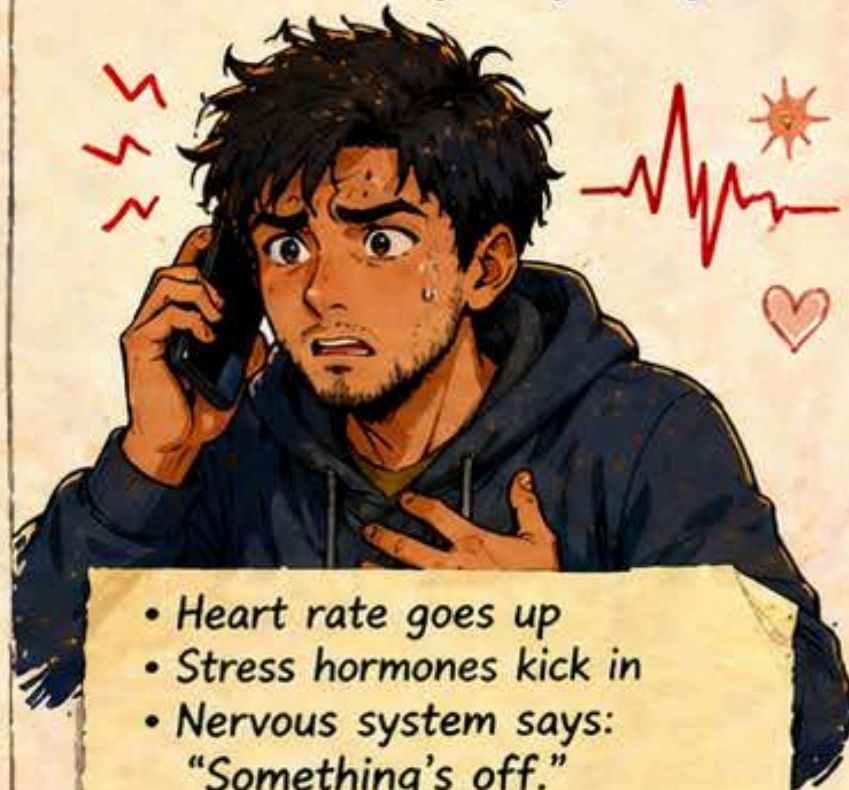


- "They don't care about me."
- "I'm not a priority."
- "Something must be wrong."

YOUR BELIEFS START WRITING THE STORY BEFORE YOU HAVE THE FACTS.

2 BIOLOGY SHAPES IT

What is my body doing?



- Heart rate goes up
- Stress hormones kick in
- Nervous system says: "Something's off."

YOUR BODY TREATS UNCERTAINTY LIKE A THREAT.

3 PERSONALITY SHAPES IT

How do I tend to respond?



- ANXIOUS**
"Why aren't they answering?!"
- AVOIDANT**
"Whatever, I don't care."
- DIRECT**
"I'll say something when I see them."

YOUR PERSONALITY FILTERS THE REACTION.

4 CONTEXT SHAPES IT

What else is going on?

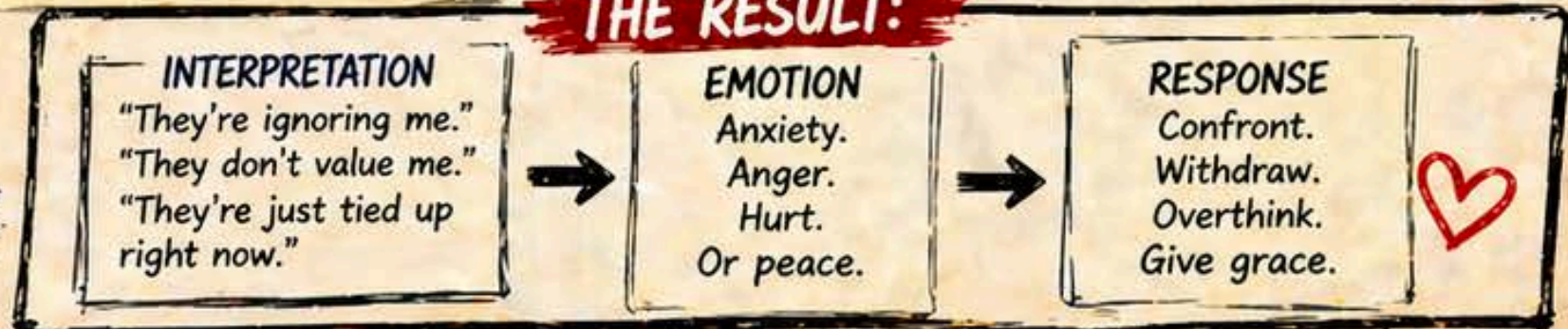


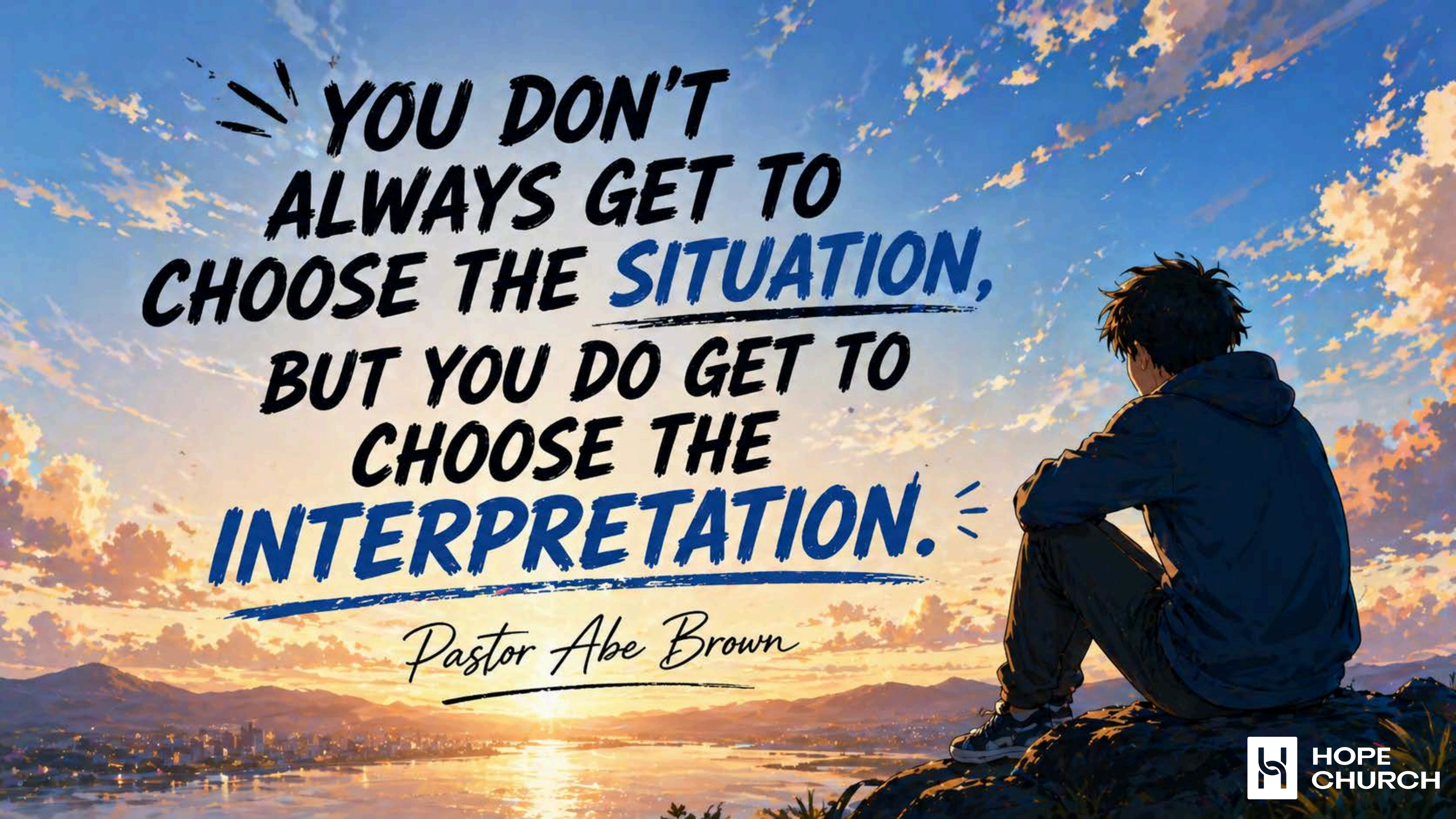
- If you've been feeling disconnected → "This confirms it."
- If you just had a great week → "They're probably busy."
- If there's been tension → "Here we go again."

CONTEXT EITHER AMPLIFIES OR SOFTENS THE MOMENT.

ALL OF THAT FORMS YOUR **INTERPRETATION**... WHICH DRIVES YOUR **EMOTION** AND YOUR **RESPONSE**.

THE RESULT:



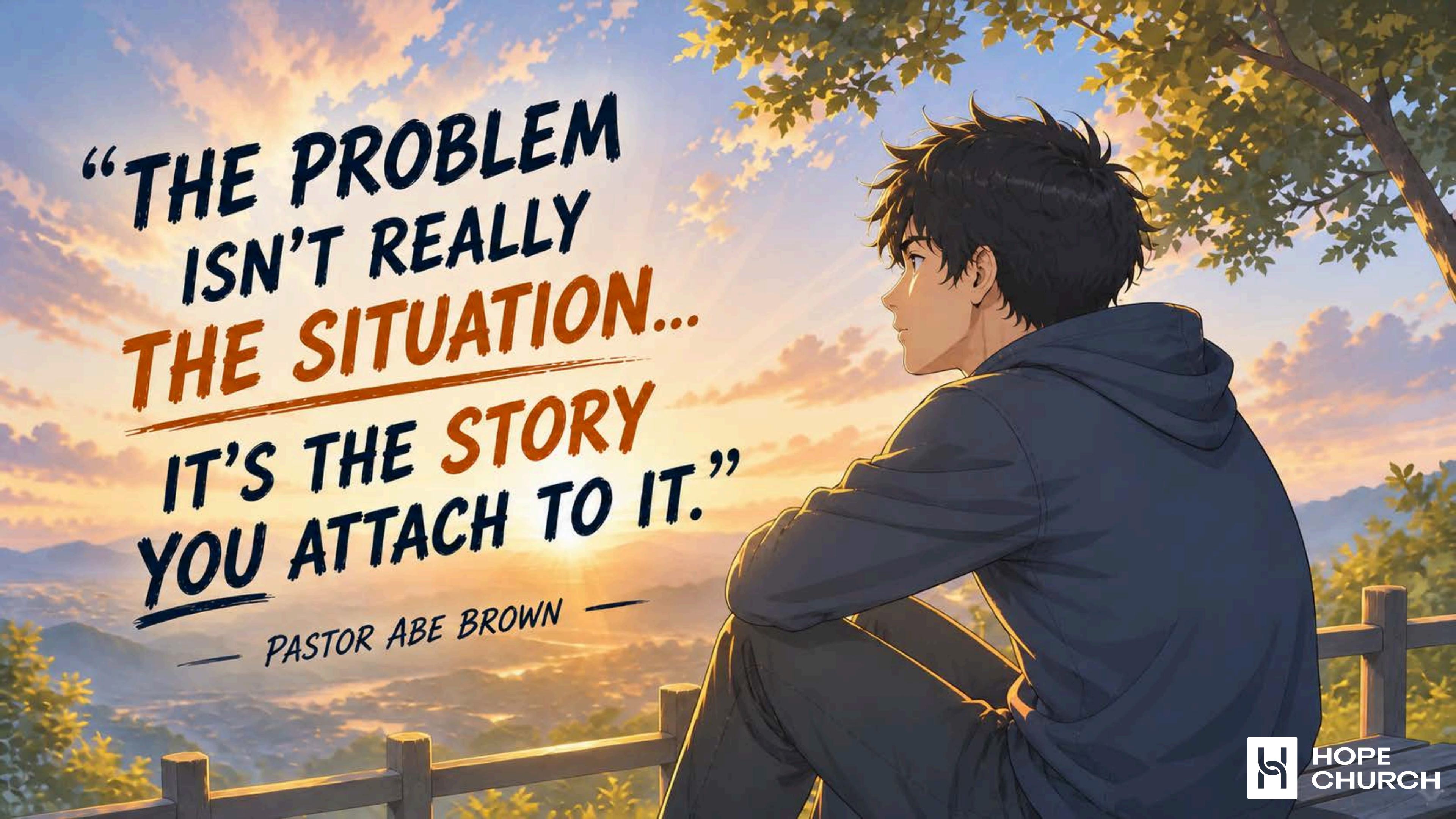
A person with dark hair, wearing a dark blue hoodie and dark pants, is sitting on a rocky ledge. They are looking out over a city at sunset. The sky is a mix of blue and orange, with scattered clouds. The city lights are visible in the distance, and the sun is low on the horizon, reflecting on the water.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

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

Pastor Abe Brown



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**“THE PROBLEM
ISN'T REALLY
THE SITUATION...
IT'S THE STORY
YOU ATTACH TO IT.”**

PASTOR ABE BROWN



**HOPE
CHURCH**



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



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≡ BUT THE ≡
Holy Spirit 

**PRODUCES THIS KIND
OF FRUIT IN OUR LIVES:**

love • joy • peace • patience • kindness
goodness • faithfulness • gentleness
and self-control...

IF WE LIVE IN THE SPIRIT,
let us also walk in the Spirit.

GALATIANS 5:22-25



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6 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.

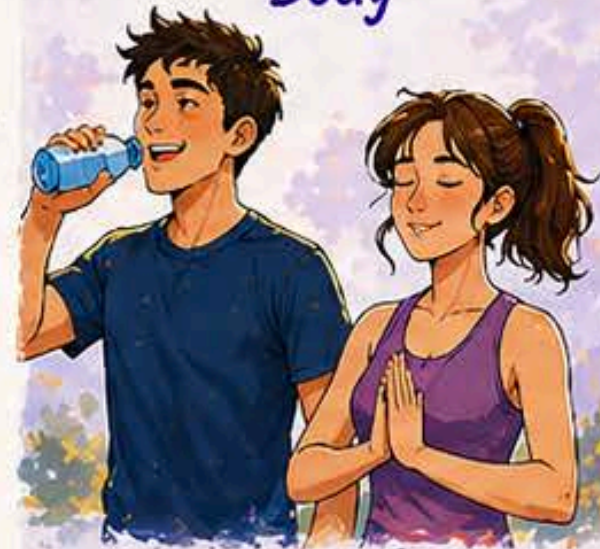
HEBREWS 10:25



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



6

GOD'S PEACE

Prayer



Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

PHILIPPIANS 4:6-7



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

ROMANS 12:2

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



2 CORINTHIANS 10:5

**WE TAKE
CAPTIVE
EVERY THOUGHT
TO MAKE IT
OBEDIENT TO
CHRIST.**



Takeaway:

What you meditate on, you become.



GRATEFUL
FOCUSED
FAITHFUL
EVERY DAY

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
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NOT PERFECT!
JUST
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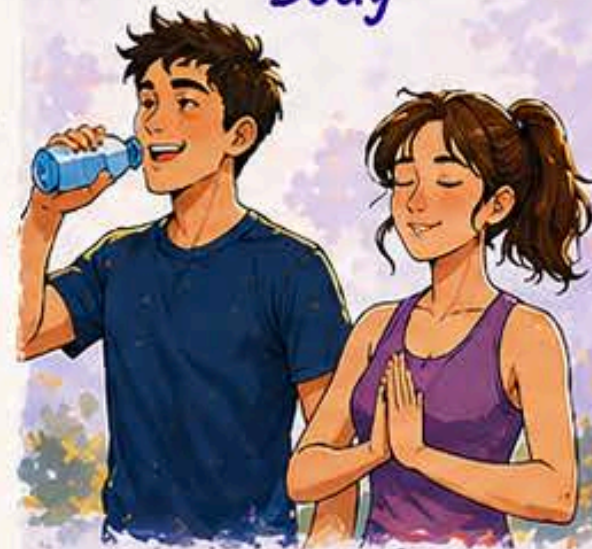
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PSALM 22:3

“You are holy,
enthroned on
the praises of
Israel.”

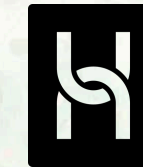


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ISAIAH 61:3

“To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness...”

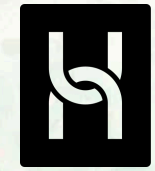


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ACTS 16:25-26

“At midnight Paul and Silas were praying and singing hymns... and suddenly there was a violent earthquake...”



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Takeaway:

***Worship doesn't always
change your situation,
but it always changes
your state.***



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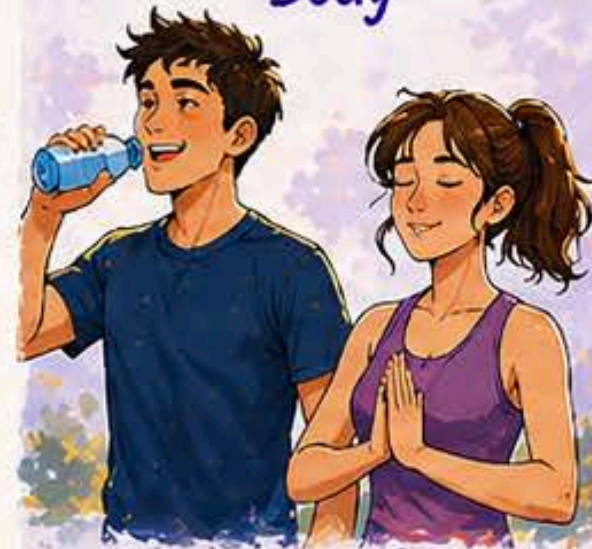
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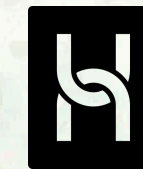


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ECCLESIASTES 4:9-12

“Two are better than one... If either of them falls down, one can help the other up... A cord of three strands is not quickly broken.”



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COMMUNITY HEALS

WE ARE BETTER **TOGETHER.**





**BLESSINEY
UMAHARAN**

BIO 330

Brain & Behaviour

Why being left out actually hurts

Audience: High School Students

Blessiney Umaharan

*April 10,
2026*



What actually happens?

Ever tried to fit in but felt left out?

- That sharp pain from rejection isn't just emotional it's more than that.
- It involves brain processes making it feel like physical pain.



What happens in the BRAIN ?

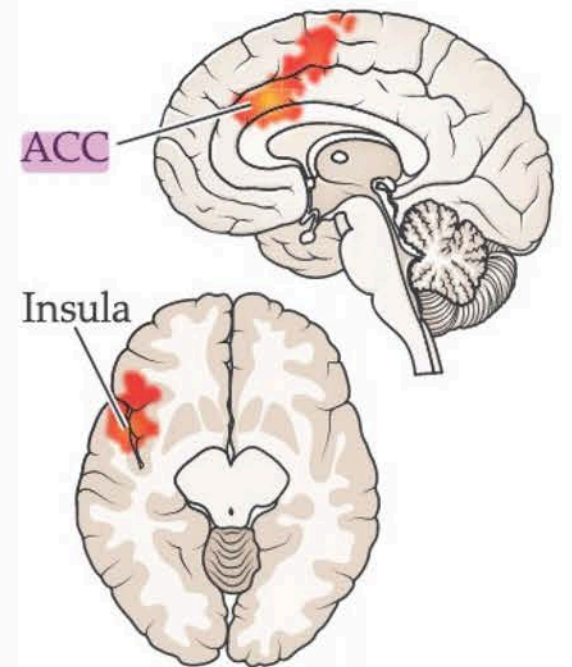
Social rejection → treated as a threat by the brain.

The ACC (anterior cingulate cortex) → alarm system

ACC system gets activated → physical pain.

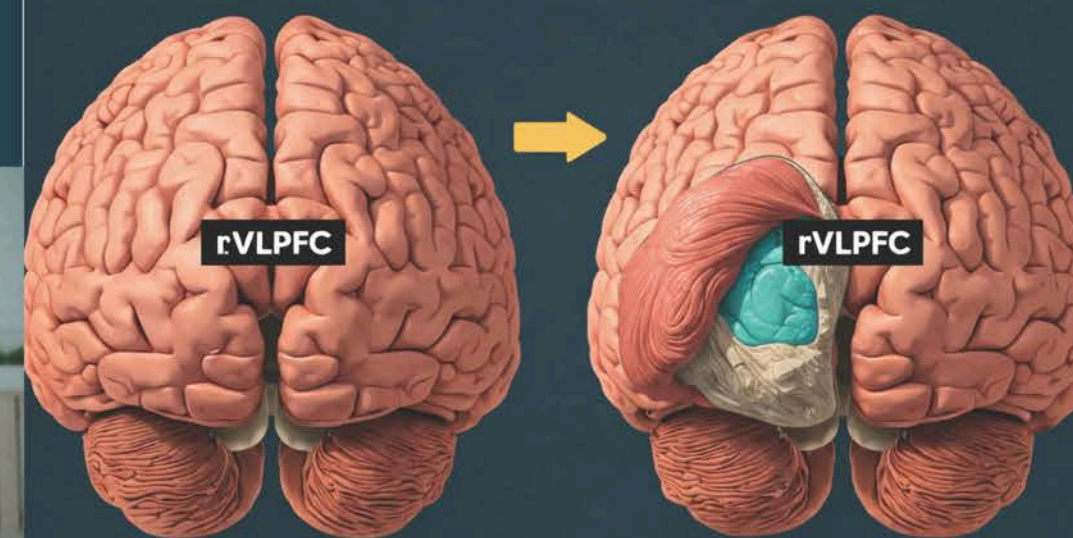
Insula links emotional distress → sensation of pain

The rVLPFC (control) → reduces pain response by ↓ the ACC activity



Brain activations in anticipation of pain

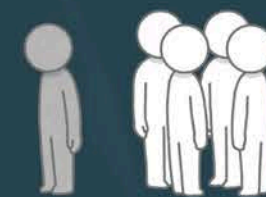
WHAT IS THE rVLPFC?



COULD IT HELP ME FEEL BETTER?

What scientists found?

People were excluded from a game unexpectedly by other players

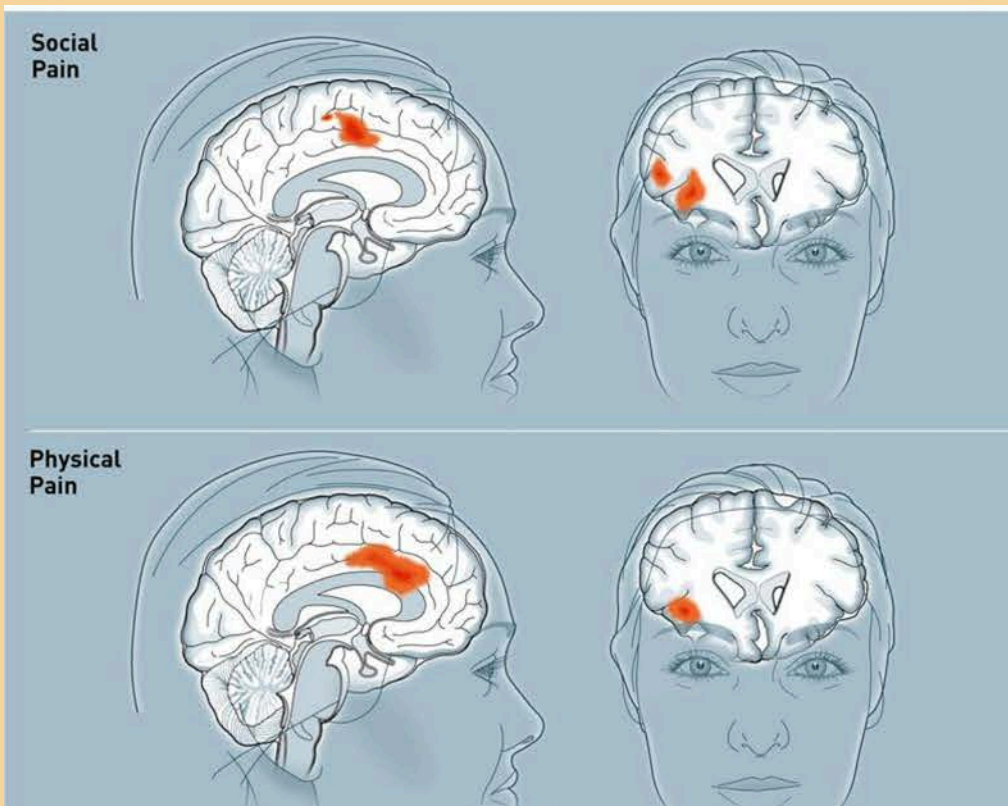


REJECTED

- Brain scans → showed increased ACC activity
- ↑ACC = stronger feelings of rejection



BLESSINEY UMAHARAN



HOW IT WORKS (MECHANISM)

Rejection → ACC → Insula → Pain
 Support → rVLPFC → Reduced pain

when an individual gets rejected, ACC gets activated, Insula links the emotional pain to physical pain and causes sharp pain

Meanwhile when comforted by others, rVLPFC gets activated and reduces ACC activation and the pain

Real life relevance

- Being left out of a group
 - Social media exclusion or bullying
 - Feeling ignored
- These situations activates the pain system in the brain

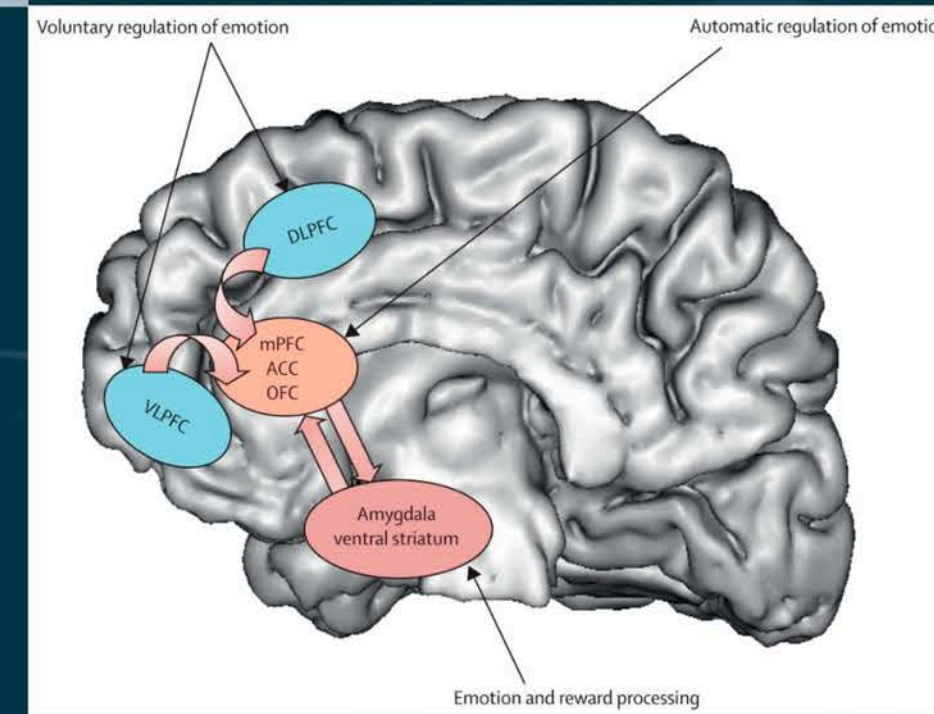
WHY SOCIAL SUPPORT HELPS

Social support changes threat → safety



Decreases ACC & activates the brain's control system.

Lowers emotional & physical pain.



Misconceptions

- It is “just in your head.”
- They are exaggerated feelings
- They can be easily overcome

The next time you or a friend feels rejected or excluded, remember that the pain you feel is not an overreaction. It is your brain responding to the threat of social connection.

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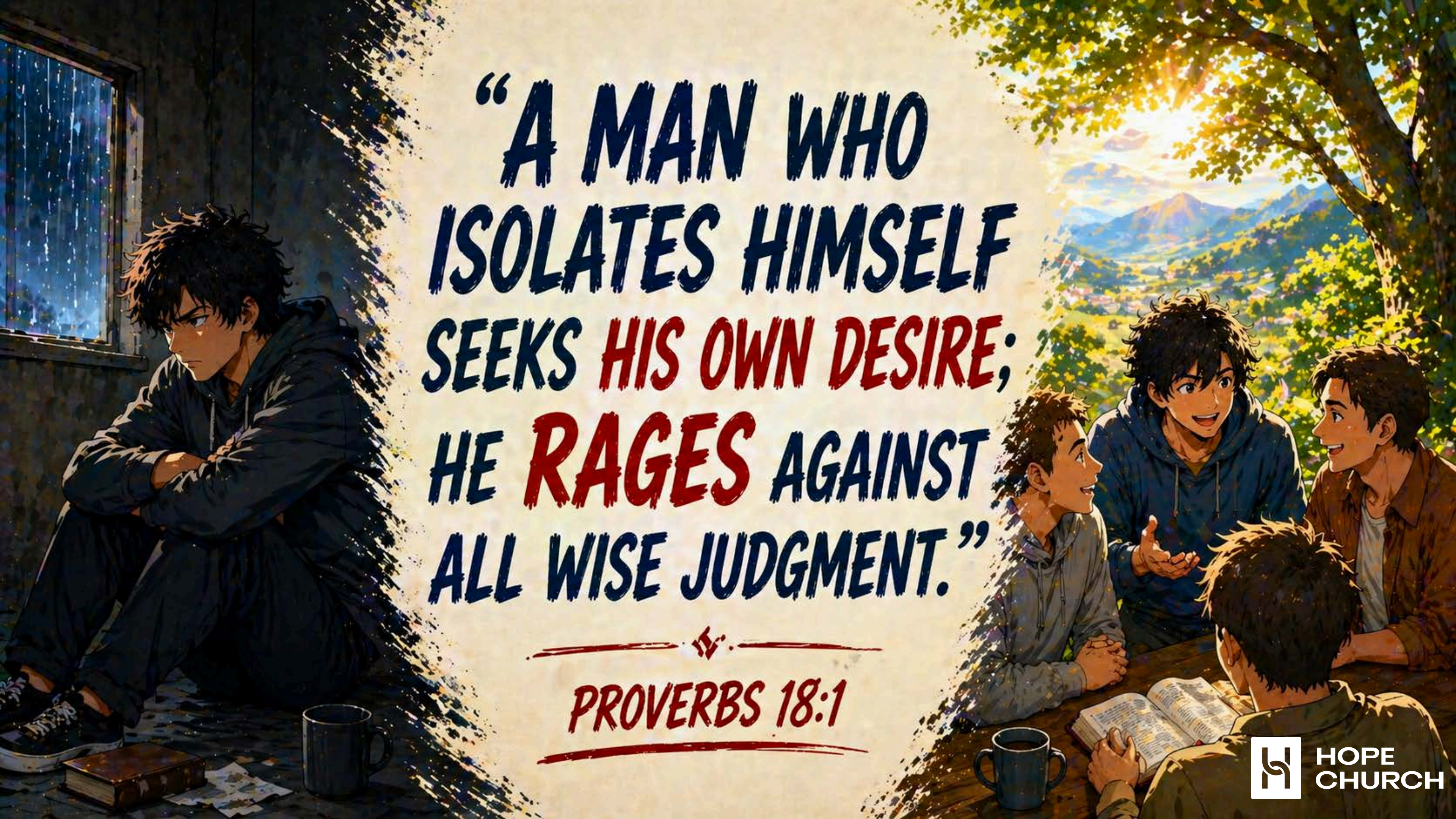
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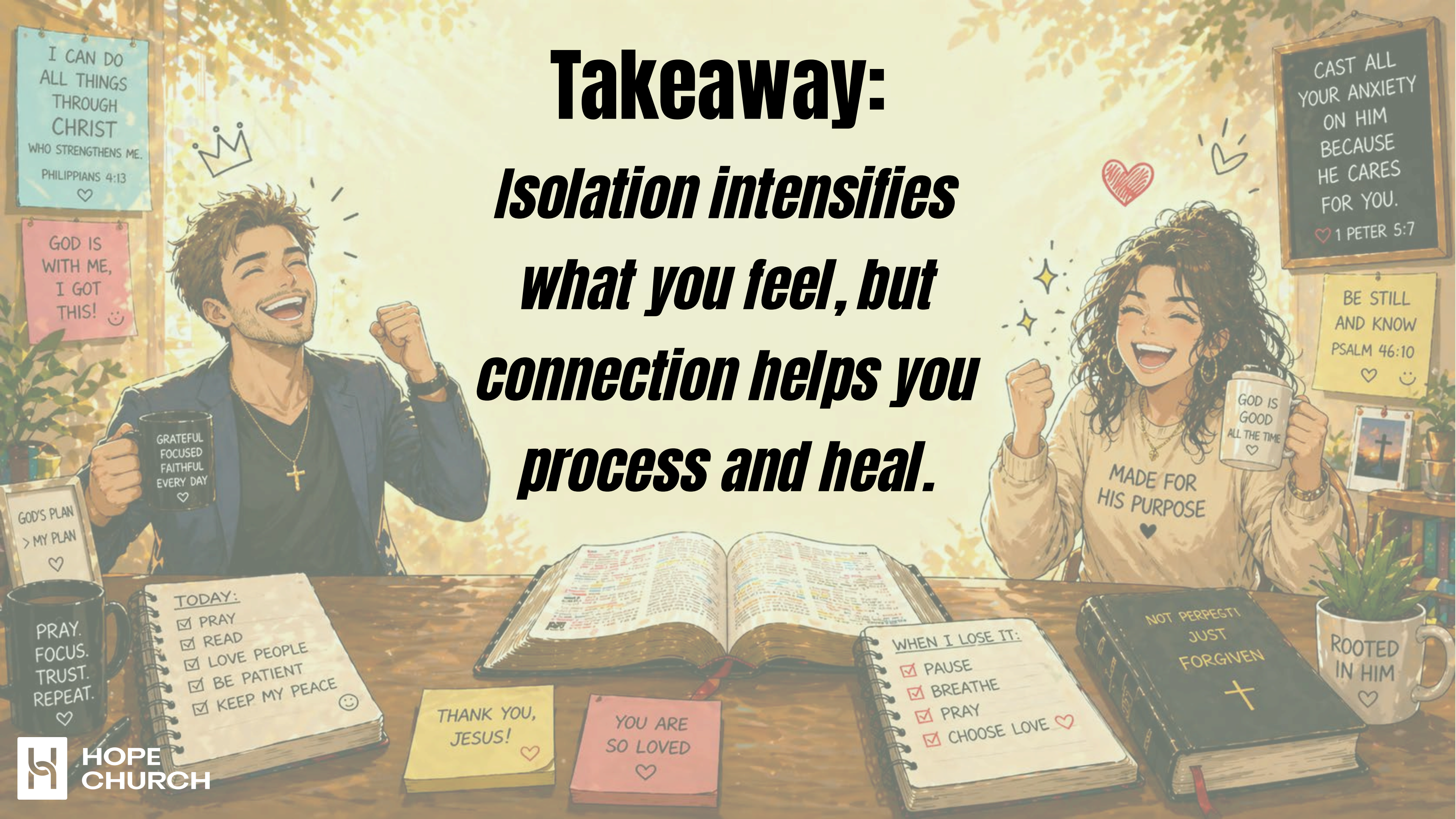
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**“A MAN WHO
ISOLATES HIMSELF
SEEKS HIS OWN DESIRE;
HE RAGES AGAINST
ALL WISE JUDGMENT.”**

PROVERBS 18:1

Takeaway:
*Isolation intensifies
what you feel, but
connection helps you
process and heal.*



6 BIBLICAL STRATEGIES FOR EMOTIONAL REGULATION



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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



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GOD'S PEOPLE

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

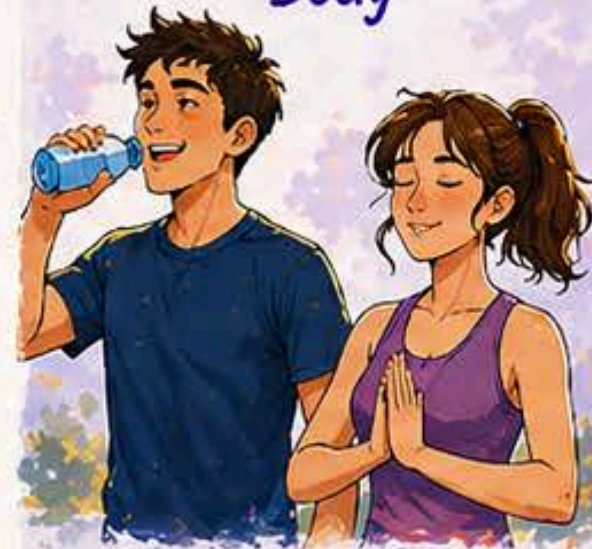
HEBREWS 10:25



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GOD'S DESIGN

Body



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

1 CORINTHIANS 6:19



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GOD'S WORK

Purpose



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

EPHESIANS 2:10



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PHILIPPIANS 4:6-7



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



GOD'S DESIGN (BODY)



1

SLEEP



Rest restores
what stress
depletes.



2

BREATHING



Breathe deep.
Calm your body.
Clear your mind.



3

EXERCISE



Move your body.
Boost your mood.
Build resilience.



4

NUTRITION



Fuel your body.
Nourish to flourish.
Good food, good life.

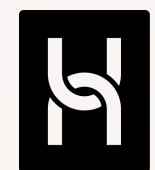


Your body and spirit are connected.

Your body is directly connected to emotional and spiritual health.



There are foundational.



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Takeaway:

God designed you as a whole person, where body and spirit work together.



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CHURCH

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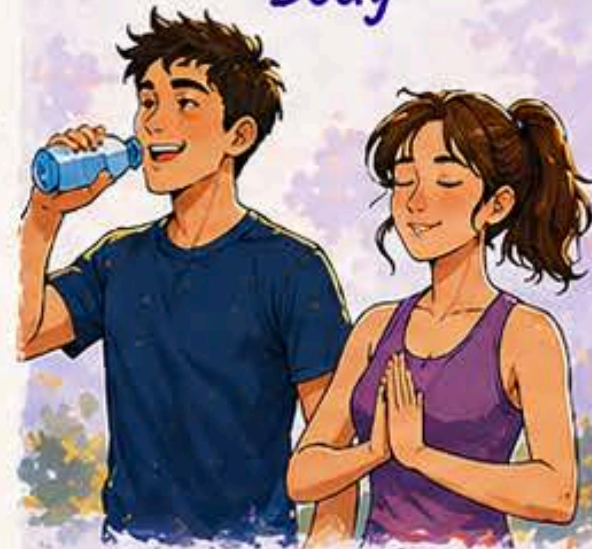
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**“STIR UP THE
GIFT OF GOD
WHICH IS IN YOU...**

**FOR GOD HAS NOT GIVEN US
A SPIRIT OF FEAR,
BUT OF POWER
AND OF LOVE
AND OF A SOUND MIND.”**

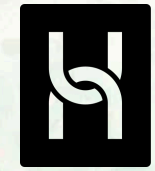
2 TIMOTHY 1:6-7



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EPHESIANS 2:10

“We are God’s handiwork, created in Christ Jesus to do good works...”

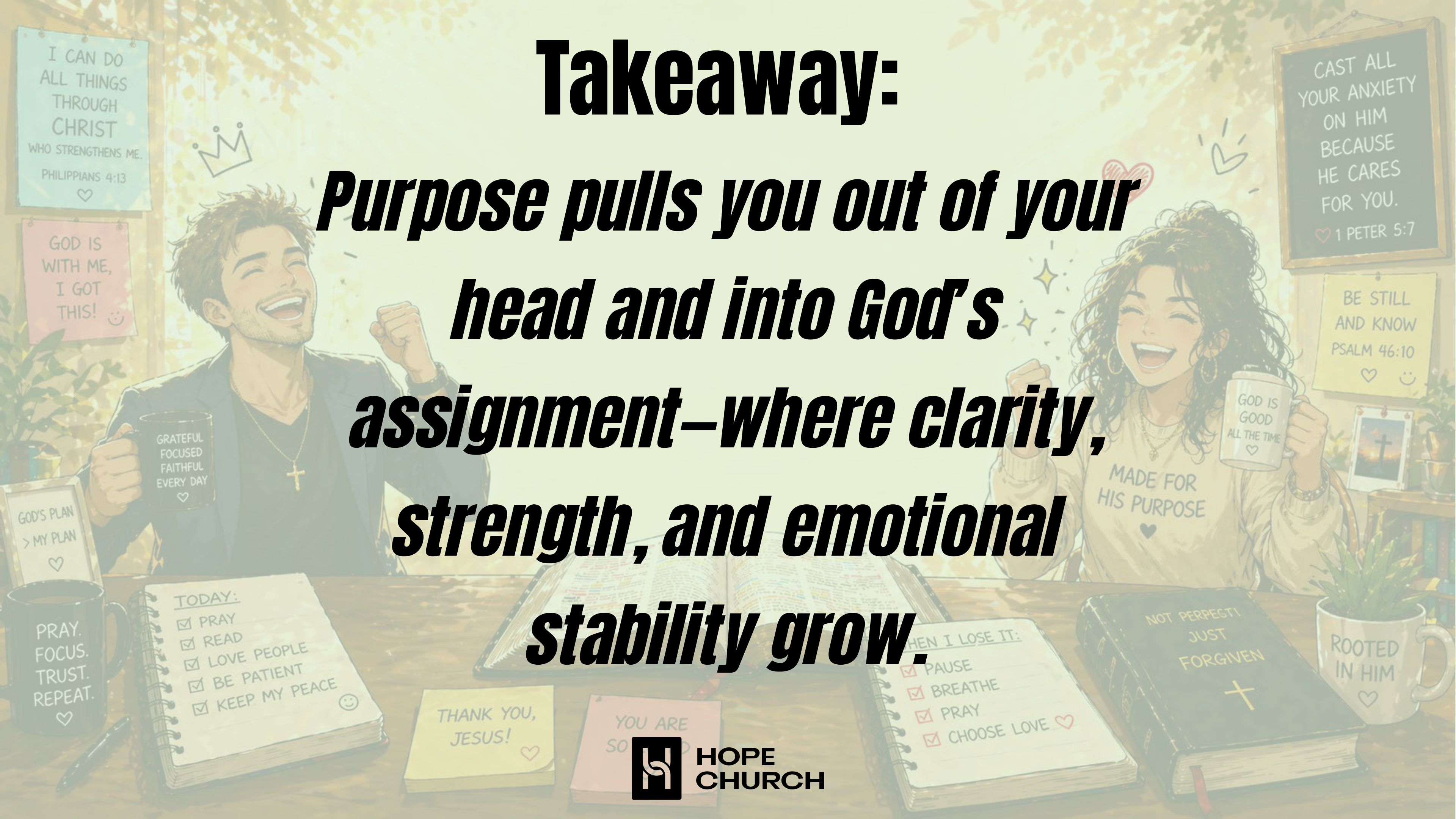


HOPE CHURCH



Takeaway:

Purpose pulls you out of your head and into God's assignment—where clarity, strength, and emotional stability grow.



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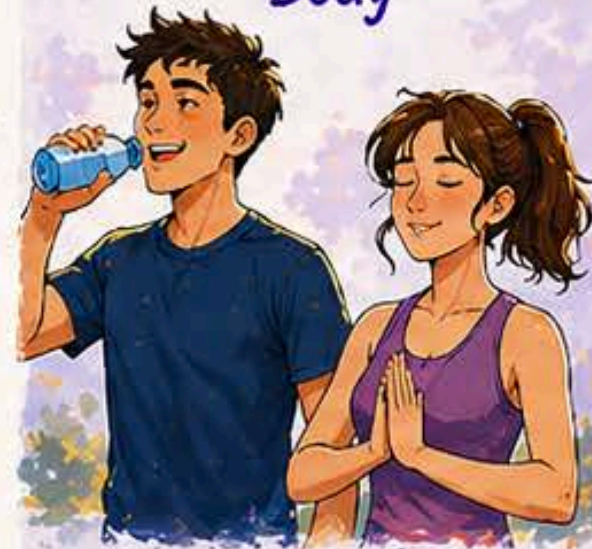
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6TH BIBLICAL STRATEGY FOR EMOTIONAL REGULATION

GOD'S PEACE (Prayer)

PRAYER CHANGES EVERYTHING.

It releases pressure. It reframes thinking. It restores peace.

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

THE PROBLEM ISN'T ALWAYS THE SILENCE... IT'S THE STORY YOU ATTACH TO IT.

BE STILL AND KNOW PSALM 46:10

GOD IS WITH ME, I GOT THIS!



1 PHILIPPIANS 4:6-7 KEY TEXT

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

TRUTH: Prayer → Peace → Protection (heart + mind)

NEUROSCIENCE: Prayer + gratitude lowers anxiety, activates the prefrontal cortex, and calms the amygdala.

2 ISAIAH 26:3

"You will keep in perfect peace those whose minds are steadfast, because they trust in you."



TRUTH: Focused mind + trust in God = sustained peace

NEUROSCIENCE: Attention + trust reduces mental noise and stabilizes emotional reactivity.

3 1 PETER 5:7

"Cast all your anxiety on Him because He cares for you."



TRUTH: Release leads to relief

NEUROSCIENCE: Externalizing worries (through prayer) reduces internal stress load.

4 PSALM 4:4-5, 8

"Tremble and do not sin... be still... trust in the LORD... In peace I will lie down and sleep..."



TRUTH: Stillness + trust = emotional settling

NEUROSCIENCE: Quieting the mind before rest lowers cortisol and supports regulation.

5 MATTHEW 11:28-29

"Come to me, all you who are weary and burdened, and I will give you rest... you will find rest for your souls."



TRUTH: Coming to Jesus (relational prayer) produces deep inner rest

NEUROSCIENCE: Relational safety calms the nervous system and restores emotional balance.

PRAY. FOCUS. TRUST. REPEAT.

PRAYER IS:
 TALKING TO GOD
 TRUSTING GOD
 LEANING ON GOD
 FINDING PEACE IN GOD

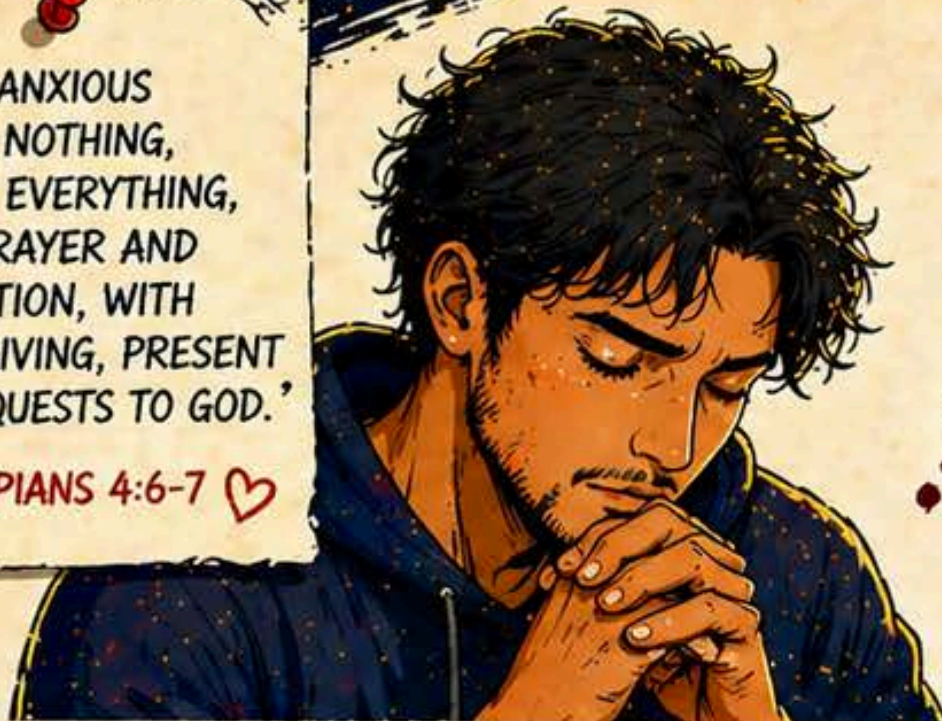
WHEN YOU PRAY, YOU'RE NOT JUST TALKING TO GOD— YOU'RE TRAINING YOUR BRAIN TO LIVE IN PEACE.

THE RESULT:



BE ANXIOUS FOR NOTHING, BUT IN EVERYTHING, BY PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD.

PHILIPPIANS 4:6-7 



THE RESEARCH LINK:

PRAYER & EMOTIONAL REGULATION.

SCIENCE CONFIRMS WHAT SCRIPTURE TEACHES:
Prayer connects your heart to God and your brain to peace. 


PRAYER IS NOT JUST SPIRITUAL...
IT'S PRACTICAL,
POWERFUL, AND
BACKED BY
SCIENCE. 

1 ACTIVATES THE PREFRONTAL CORTEX



Improves decision-making, self-control, and wise emotional responses.

2 CALMS THE AMYGDALA



Reduces fear, anxiety, and emotional reactivity.

3 REDUCES STRESS HORMONES



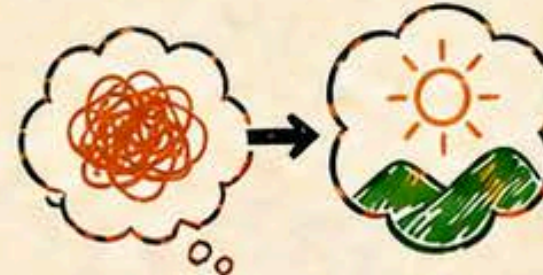
Lowers cortisol and helps your body shift from stress to rest.

4 ENHANCES EMOTIONAL AWARENESS



Creates space for reflection and increases awareness of emotions.

5 STRENGTHENS COGNITIVE REFRAMING



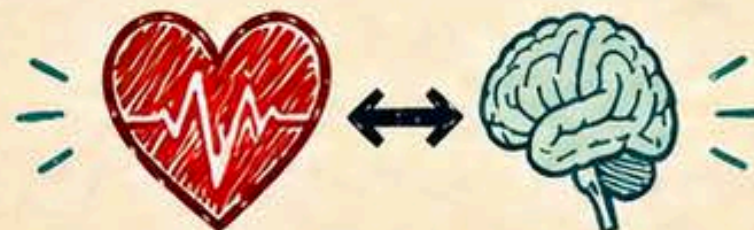
Helps shift perspective (problem → purpose) for greater peace.

6 BUILDS ATTACHMENT SECURITY



Experiencing God's care creates emotional safety and stability.

7 IMPROVES HEART-BRAIN COHERENCE



Prayer with gratitude promotes physiological coherence, leading to calm, clarity, and resilience.

THE BOTTOM LINE:



PRAYER DOESN'T JUST CHANGE YOUR SITUATION—IT CHANGES YOUR NERVOUS SYSTEM.



PRAYER ISN'T ESCAPING REALITY—IT'S PARTNERING WITH THE ONE WHO CAN CARRY IT WITH YOU. 

Takeaway:

When you pray, you're not just talking to God—you're training your brain to live in peace.



HOPE
CHURCH

THE LORD'S PRAYER

AS EMOTIONAL REGULATION



“
“In this manner,
therefore, pray:
Our Father in heaven...”

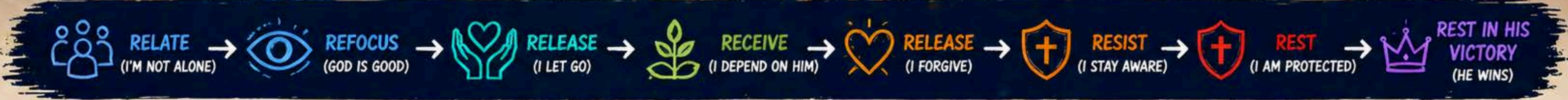
MATTHEW 6:9



A STEP-BY-STEP PRAYER GUIDE TO PEACE

MATTHEW 6:9-13

| | | | | | | | |
|--|--|---|--|---|---|--|--|
| <p>1</p> <p>OUR FATHER IN HEAVEN</p> <p>REGULATE THROUGH RELATIONSHIP (Identity + Safety)</p> <p>“Father, I come to You. I belong to You. I’m not alone in this.”</p> <p>CONNECTION CALMS THE NERVOUS SYSTEM</p> | <p>2</p> <p>HALLOWED BE YOUR NAME</p> <p>REGULATE THROUGH REVERENCE (Shift Focus)</p> <p>“God, You are good, You are faithful, You are in control.”</p> <p>ATTENTION SHIFT REDUCES ANXIETY</p> | <p>3</p> <p>YOUR KINGDOM COME, YOUR WILL BE DONE</p> <p>REGULATE THROUGH SURRENDER (Release Control)</p> <p>“Not my way—Your way. I trust You with this.”</p> <p>SURRENDER REDUCES INTERNAL TENSION</p> | <p>4</p> <p>GIVE US THIS DAY OUR DAILY BREAD</p> <p>REGULATE THROUGH DEPENDENCE (Present Focus)</p> <p>“God, give me—what I need for today—nothing more, nothing less.”</p> <p>PRESENT FOCUS REDUCES OVERWHELM</p> | <p>5</p> <p>FORGIVE US... AS WE FORGIVE...</p> <p>REGULATE THROUGH RELEASE (Let Go of Offense)</p> <p>“God, forgive me... and help me release those I’m holding onto.”</p> <p>FORGIVENESS LOWERS EMOTIONAL LOAD</p> | <p>6</p> <p>LEAD US NOT INTO TEMPTATION</p> <p>REGULATE THROUGH AWARENESS (Know Your Triggers)</p> <p>“God, guide me away from what pulls me down.”</p> <p>AWARENESS STRENGTHENS SELF-CONTROL</p> | <p>7</p> <p>DELIVER US FROM THE EVIL ONE</p> <p>REGULATE THROUGH PROTECTION (Spiritual Authority)</p> <p>“God, protect my mind, my heart, and my decisions.”</p> <p>SAFETY REDUCES FEAR RESPONSE</p> | <p>8</p> <p>FOR YOURS IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER. AMEN.</p> <p>REGULATE THROUGH PERSPECTIVE (Big Picture)</p> <p>“God, You are in control. You have the final word.”</p> <p>MEANING REDUCES STRESS INTENSITY</p> |
|--|--|---|--|---|---|--|--|



♥ JESUS DIDN'T JUST GIVE US A PRAYER—HE GAVE US A PATHWAY TO PEACE. ♥

“And forgive us
our debts,
as we forgive
our debtors.”

MATTHEW 6:12



Forgiveness
sets you free.
Bitterness
keeps you
trapped.



ANGER SUPPRESSED BECOMES DEPRESSION.



Emotions buried
don't disappear.



They drain your
energy and hope.



Leads to sadness,
helplessness, and
emotional numbness.



ANGER EXPRESSED BECOMES AGGRESSION, BE IT PASSIVE OR ACTIVE.



Passive aggression:
sarcasm, silence,
manipulation.



Active aggression:
anger outbursts,
verbal or physical harm.



Damages relationships,
creates conflict, and
keeps you in bondage.



**FORGIVENESS
HEALS YOUR MIND.**



**FORGIVENESS FREES
YOUR HEART.**



Loving Jesus and Yet Losing Your Cool

Chapter 2

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 😊

HELP ME,
HOLY SPIRIT ♥

WHEN I LOSE IT:

- PAUSE
- BREATHE
- PRAY
- CHOOSE LOVE ♥

NOT PERFECT
JUST
FORGIVEN
+

ROOTED
IN HIM
♥