



# *THE STRUGGLE IS REAL*

PART V

## *Week One...*

*Understand The Voices That Affect The Mind, Body, and Soul*

*Failure To Utilize Weapons, Causes Us To Lose Focus*

*Failure To Utilize Weapons, Causes Us To Become Fatigued*

*Failure To Utilize Weapons, Causes Us To Abandon Fellowship*

*Failure To Utilize Weapons, Causes Us To Rely On Feelings*

*God Gives Relief Through Ordinary Resources*

*Week Two.....*

*HOPE IS HAVING A "CONFIDENT EXPECTATION"*

*HOPE IS THE ANCHOR OF THE SOUL*

*HOPE IS ROOTED IN THE FAITHFULNESS OF GOD*

*HOPE ANTICIPATES THE OUTCOME*

*HOPE REQUIRES ENDURANCE*

*RESILIENT PEOPLE SPEAK A DIFFERENT LANGUAGE*

*In Week 3*

*The Soul Is The Control Center of  
The Will, The Mind, and The Emotions*

*There Is A Battle For Your Soul  
Whoever **Controls The Soul**, Rules The Man*

*There Is A Struggle Between Faith and Feelings*

*God Promises Rest and Restoration For The Soul*

# *Last Week*

*Taking Control Of Your Mental Health*

*An Awareness Of The Reality Of The Struggle*

*An Awareness of The Resources Available*

*An Awareness of Our Personal Responsibility*

*An Awareness That The Resources Bring Restoration*



The background is a blue gradient with decorative white circuit-like lines in the corners. The lines consist of straight segments and small circles, resembling a stylized electronic circuit.

*Tonight*

***Look At Emotional Triggers***

# Introduction

Have you ever had **an instance** where you are in a **great mood** until you encounter **something—or someone** that makes you **react emotionally**? Perhaps it is a reminder of a **traumatic event** that happened **in the past**, or maybe it is **an object** that makes you **FEEL IRRATIONALLY UPSET**. These are called **EMOTIONAL TRIGGERS**, and they can be **extremely challenging** to cope with on a **DAILY BASIS**.

Common triggers that create an emotional response could be anything from hearing a certain song, being in an unsafe environment, or remembering back to a traumatic event

**AN EMOTIONAL TRIGGER** is something that **leads to distress**. Simply put, **EMOTIONAL TRIGGERS** are events, things, experiences, or potentially even people who **CAUSE THE MIND AND BODY TO REACT**.

Emotional triggers stem from many different factors and they affect people in a variety of ways. Emotional reactions to triggers can **LOOK LIKE crying**, unexplained anger, **increased anxiety**, **feelings of panic**, **physical symptoms**, and more.

What's important to note is that **EMOTIONAL TRIGGERS** are **UNIQUE TO EACH PERSON**. Everybody has their own emotional triggers...

# Introduction

On any given day, you probably experience a range of emotions —excitement, unease, frustration, joy, disappointment. Your response to these events can vary based on **YOUR FRAME OF MIND**.

Triggers **DO NOT CAUSE THEIR RESPONSE**. The “trigger” is **a reminder that tempts them** toward a well-worn **DESTRUCTIVE THOUGHT PATTERN**. **THE REMINDER** is often associated with pain: previous failures, past hurts, or current broken relationships.

Triggers are **CONNECTED TO OUR THOUGHTS, EXPERIENCES AND MEMORIES**. We connect **A PREVIOUS INTERACTION** with a similar emotional trigger to the current situation at hand. Our memories and past experiences **INFLUENCE OUR THOUGHTS**

## Judges 6:1-6 (NLT)

*1 The Israelites did evil in the LORD’s sight. So the LORD handed them over to the Midianites for seven years. 2 The Midianites were so cruel that the Israelites made hiding places for themselves in the mountains, caves, and strongholds. 3 Whenever the Israelites planted their crops, marauders from Midian, Amalek, and the people of the east would attack Israel, 4 camping in the land and destroying crops as far away as Gaza. They left the Israelites with nothing to eat, taking all the sheep, goats, cattle, and donkeys. 5 These enemy hordes, coming with their livestock and tents, were as thick as locusts; they arrived on droves of camels too numerous to count. And they stayed until the land was stripped bare. 6 So Israel was reduced to starvation by the Midianites. Then the Israelites cried out to the LORD for help.*

## Judges 6:13 (NLT)

*13 “Sir,” Gideon replied, “if the LORD is with us, why has all this happened to us? And where are all the miracles our ancestors told us about? Didn’t they say, ‘The LORD brought us up out of Egypt’? But now the LORD has abandoned us and handed us over to the Midianites.”*



# Identify Your Triggers

Knowing what your **emotional triggers** are (**and how to deal with them**) is a key component of good **EMOTIONAL HEALTH**. When we identify **which thoughts trigger** our emotional reactions, we can change them and **CHOOSE A MORE HELPFUL RESPONSE**... Everyone has some emotional triggers, though these might **look a little different from person to person**.

When you **notice these signs**, **stop to consider what just happened** and **the response it activated**.

When we **label someone or something** a “**TRIGGER**,”  
**we shift the place of emotional control from our own heart to an external object.**

## **Don't Relinquish Control To An Event, An Emotion, or An Object**

You Have Been Given **Power Over Your Peace**

You Have Been Given **Power Over Your Joy**

You Have Been Given **Power Over Your Well-Being**

**John 8:30-32, 36 (NKJV)**

30 As He spoke these words, **many believed in Him**. 31 Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed.

32 And **you shall know the truth, and the truth shall make you FREE.**"

36 Therefore if the Son makes you **FREE**, you shall be **FREE** indeed.

# Identify Your Triggers

Once you've *identified your most frequent emotional triggers* and *explored the thoughts or memories you relate to that trigger*, you're ready **TO CHOOSE YOUR REACTION.**

Rather than *giving into the trigger*, recognize that **YOU CAN CONTROL** *your thoughts and memories*. You can then look objectively at the current situation and **CHOOSE A HEALTHIER OR MORE APPROPRIATE REACTION.**

*John 14:27 (NKJV)*

*27 Peace I leave with you, My peace I give to you; not as the world gives do I give to you.  
Let not your heart be troubled, neither let it be afraid.*

*James 1:2 (NKJV)*

*2 My brethren, count it all joy when you fall into various trials,*

*Colossians 3:15 (NKJV)*

*15 And let the peace of God rule in your hearts, to which also you were called in one body;  
and be thankful.*

*Remember That You Are In Control Of Your Thoughts and Your Response*

**TRAUMA ~ TRIGGER ~ THINKING ~**

# Triggers And Truth

Sometimes our *emotions are grounded in truth*, and sometimes they are *based upon false premises*. For example, if we falsely believe that **GOD IS NOT IN CONTROL** of the circumstances of our lives, we may experience the emotions of fear or despair or anger based on that **FALSE BELIEF**.

Our emotions are always the outcome of **HOW WE ARE INTERPRETING THE MOMENT** *no matter what is going on around us*. Our situation is not **PRODUCING WHAT WE FEEL**.

## **Luke 15:25-32 (NKJV)**

25 Now his older son was in the field. And as he came and drew near to the house, *he heard music and dancing*. 26 *So he called one of the servants and asked what these things meant*. 27 And he said to him, 'Your brother has come, and because he has received him safe and sound, your father has killed the fatted calf.' 28 **BUT HE WAS ANGRY AND WOULD NOT GO IN**. Therefore his father came out and pleaded with him. 29 So he answered and said to his father, 'Lo, *these many years I have been serving you; I never transgressed your commandment at any time; and yet you never gave me a young goat, that I might make merry with my friends*. 30 *But as soon as this son of yours came, who has devoured your livelihood with harlots, you killed the fatted calf for him*.' 31 And he said to him, 'Son, you are always with me, and all that I have is yours. 32 It was right that we should make merry and be glad, for your brother was dead and is alive again, and was lost and is found.' “

## *Emotional Triggers Were A Sign Of A Deeper Issue*



# Ammunition Against The Triggers

*EMOTIONAL INTELLIGENCE* includes *the ability to separate* our  
*AUTOMATIC EMOTIONAL REACTIONS FROM OUR ACTIONS.*

*Emotional Triggers reveal to us which parts of ourselves WE STILL NEED TO HEAL OR MEND*  
*Triggers are happening FOR us and not TO us. In other words, triggers are gifts.*

*You can't avoid or escape from every difficult situation* life throws at you. And it's pretty much *a guarantee*  
*that unpleasant emotions will come up* occasionally.

*You must take back control and actively choose another response...*

*ALLOWING* our emotions to control us *IS NOT GODLY.* Denying our emotions is not godly, either.

*The way to MANAGE OUR EMOTIONS is to GROW IN OUR WALK WITH GOD.*  
*We are transformed through the renewal of our minds and the power of the Holy Spirit*

*Romans 12:2 (ESV)*

*2 Do not be conformed to this world, but be transformed by the renewal of your mind...*

*Galatians 5:16 (ESV)*

*16 But I say, walk by the Spirit, and you will not gratify the desires of the flesh.*



# Ammunition Against The Triggers

## 2 Corinthians 10:3-5 (NIV)

3 For though we live in the world, **we do not wage war as the world does.**

4 The weapons we fight with are not the weapons of the world. On the contrary, they have **divine power to demolish strongholds.** 5 **We demolish arguments and every pretension that sets itself up against the knowledge of God, and WE TAKE CAPTIVE EVERY THOUGHT TO MAKE IT OBEDIENT TO CHRIST.**

**Our Weapons Have DIVINE POWER ~ To Demolish The Strongholds...**

*Trauma Is A Stronghold*

*Depression Is A Stronghold*

*Anxiety Is A Stronghold*

**They Set Themselves Against The Knowledge of God**

*I can do all things through Christ vs. You will never change, never get out of this*  
*We know that All things works together for the good vs. Remember how it turned out last time*  
*God is a very Present Help In A Time Of Trouble vs. There is No Help For You This Time*

**Take Those Negative Thoughts Captive and Replace With The Word of God**

*Develop simple statements that can be easily memorized and repeated.*

# Ammunition Against The Triggers

## Philippians 4:6-8 (NIV)

6 *Do not be anxious about anything*, but *in everything, by prayer and petition, with thanksgiving, present your requests to God*. 7 And the peace of God, which transcends all understanding,  
**WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS.**

8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy—  
**THINK ABOUT SUCH THINGS.**

TRAUMA ~ TRIGGER ~ THINKING ~ TESTING ~ TESTIMONY

## Biblical Example

God allowed Joseph to go through trials and tests on his way to Purpose...

His brothers threw him in a pit and sold him into slavery

When He Saw his brothers years later...Something triggered his mind... He began to think...

Genesis 43:29-31 (NLT)

29 Then Joseph looked at his brother Benjamin, the son of his own mother. “Is this your youngest brother, the one you told me about?” Joseph asked. “May God be gracious to you, my son.”

30 *Then Joseph hurried from the room because he was overcome with emotion for his brother.*  
*He went into his private room, where he broke down and wept.*

31 After washing his face, *he came back out, keeping himself under control.*

# Ammunition Against The Triggers

*Genesis 50:19-21 (NASB)*

19 But Joseph said to them, "**Do not be afraid**, for am I in God's place?

20 "As for you, **you meant evil against me, but God meant it for good** in order to bring about this present result, to preserve many people alive.

21 "So therefore, **do not be afraid**; I will provide for you and your little ones."  
So he comforted them and spoke kindly to them.

## Dealing With Triggers

- *Replace Guilt and Despair with Forgiveness and Hope*
- *Turn Failures into Stepping Stones for Growth and Development*
- *Evaluate the Place of Pain in Current Struggle and Find Hope in the Midst of the Process*
  - *Be Prepared To Help Others Who Are Struggling With The Past*

# *In Conclusion*

*Take Control Of Your Thoughts And Actions*

*Awareness Of Emotional Triggers*

*Identify Your Emotional Triggers*

*Utilize The Ammunition You Have In The Battle*

*Understand You Have The Control Of Your Actions*