

## **Regulating myself before responding.**

**(July 24, 2025)**

Jesus' teachings in the Gospels provide significant insight into response regulation. At one point He said, "A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks." (Luke 6:45) Jesus is clear that good communication is not the result of learning a few modern speaking hacks, but rather it is the conclusion of a transformed heart and mind.

If I regulate responses without first regulating myself, I will be experienced by others as disingenuous, insincere, or just shallow. Regulating myself first, and then also regulating my responses, will fill me with a peace and strength that will be felt by others.

It is far more difficult to hear and obey God's voice clearly and objectively when I am stressed, insecure, pressured, frustrated, prideful, and angry. Being good before doing good is the key. Jesus' teaching in Luke 6 makes it clear that the order is important.

But for some reason, many often forget to maintain personal regulation when they start to address reactions and behavior. Let's remember to do both...and in the proper order.