

EMPOWER



TABLE OF CONTENTS

SESSION 1

Ground Zero

SESSION 2

Dealing with Disaster

SESSION 3

Brace for Impact

SESSION 4

Healthy Foundations

SESSION 5

Emotional Alarm Bells

SESSION 6

Snakes and Ladders

SESSION 7

Thought Court

SESSION 8

Cross Examined

SESSION 9

Meaning Making

SESSION 10

Purpose from Pain

SESSION 11

Reconciliation to the
Rescue

SESSION 12

Certainty Amid
Uncertainty

Emotional Alarm Bells

ACTIVITY SHEET



In the same way a hurricane leaves a trail of destruction, when we've encountered critical incidents and high impact life events, we are left with a trail of emotional debris. It's only natural to experience raw emotions. However, if we don't effectively deal with our feelings, over time they can trip us up.



SESSION OBJECTIVES

This session is designed to help you understand:

- (a)** the impact tragic circumstances can have on your emotions
- (b)** how God wants to help you grow through your tragic circumstance
- (c)** the importance of developing an emotional-emergency-response plan

Heightened Emotions

Heightened negative emotions are a powerful indicator that you're suffering. Your heart is like the smoke detector that sounds the alarm when recognising not all is well with your mind and mood. It's important that you listen to the alarm, but at the same time, know how to appropriately respond.



Rate the intensity of following the feelings from 1 (low) - 10 (severe)

Shock

Sorrow

Anger

Shame

Hopelessness

Regret

Q: From the list above, identify the strongest emotional reaction you are having. Why is it challenging?



If this heightened emotional state is not resolved, what other areas could it start to impact?

Work / Career

Family Dynamic

Physical Health

Friends / Relatives

Spiritual Life

Financial Standing

Marriage Stability

Mental Health

When negative emotions become overwhelming, your 'thinking brain' shuts down and your 'feeling brain' takes over. As a result, you'll struggle to think clearly about what to do next, leaving you vulnerable to making choices you may later regret.

Emergency Response Plan

When you're wrestling with feelings of shock, shame, sorrow, hopelessness, anger or regret, trying to improve your mood won't help you, because 'feeling good' is not the antidote to 'feeling bad'. The pathway out of feeling bad is not a feeling, it's an action. Feelings come as a result of the action you take.



Identify the kinds of **ACTION STEPS** that you might take to restore emotional stability:

Talk to a trusted friend or Pastor		Exercise	
Spend time in prayer		Journal your thoughts	
Slow controlled breathing		Prepare a gift for someone	
Listen to worship music		Cook a family meal	
Take a bath		Do something nice for someone	
Write in a gratitude journal		Go for a walk out in nature	
Light a candle and diffuse essential oils		Read or listen to the Psalms	
Do something nice for someone else		Conduct a Body-Scan	
Play, sing or listen to uplifting music		Enjoy a cup of herbal tea	
Professional therapy consultation		Other (specify):	

Q: When emotions seem overwhelming, my plan of action is to:

First, I will:

Then, I will:

Lastly, I will:

PRINCIPLE: It's easier to act your way into feelings than it is to feel your way into action.

Rejoice in the Lord

'Rejoicing' is NOT an emotional state of being, it's an activity. Even if you don't feel like it, making a choice to exalt the Lord with praise, lifting up your voice in song and extend thanksgiving, will by default, change the way you feel. When you come into the presence of God, you can't help but be impacted. But if you wait for the feeling to arrive before taking action, you might be waiting forever. Therefore, despite the way you feel, rejoice in the Lord, and your feelings will follow.



Q: Despite your situation or emotional state, list 5 things you're grateful to God for:

- 1.
- 2.
- 3.
- 4.
- 5.

Q: What's a request you'd like to make of God (with thanksgiving instead of anxiety)?

God doesn't always answer prayers in the way you want and in the timeline you demand. But if God is not doing something for you, maybe He wants to do something IN YOU.

