



THE PASSIONATE REACTOR

FROM REACTION TO REFLECTION



CHECK YOURSELF

You care deeply, and that passion matters. But when emotions lead, it's easy to respond in ways that don't fully reflect Christ.

You don't need to become less passionate, but you may need to become more anchored.

CHALLENGE YOURSELF



Try this: Practice the pause

Pause before responding. Even a few seconds can shift your posture from reaction to intention.

ASK YOURSELF



What am I feeling right now?

Why am I feeling this way?

Would I say this the same way if Jesus were in the room?

Am I trying to win, or to represent Him well?

ANCHOR YOURSELF



James Chapter 1

- Everyone should be quick to listen, slow to speak and slow to become angry
- whoever looks intently into the perfect law that gives freedom will be blessed in what they do
- Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves



THE PEACEMAKER

FROM PEACEKEEPING TO PURPOSEFUL INFLUENCE



CHECK YOURSELF

The world needs the way you value peace, humility, and conduct. You're thoughtful about not getting pulled into unnecessary conflict, and your presence often brings calm into tense situations. But following Jesus doesn't always mean staying neutral. There are moments when truth needs to be spoken, even if it risks discomfort. God may be inviting you to step forward; not just to keep peace, but to stand for what's right with both courage and grace.

CHALLENGE YOURSELF



Try this: Choose courage over comfort

Speak up once in a conversation where you would normally stay quiet.

ASK YOURSELF



Am I avoiding this out of fear or avoidance?

What could it look like to speak truth gently here?

Am I prioritizing comfort over God's truth?

ANCHOR YOURSELF



Ephesians Chapter 4

- Speaking the truth in love, we will grow to become like Christ.
- God desires that we reach unity in the faith and in the knowledge of Jesus to become mature
- It is a blessing and a responsibility to use Scripture to equip God's people



THE TRUTH DEFENDER

FROM WINNING ARGUMENTS TO WINNING HEARTS



CHECK YOURSELF

You care deeply about truth, and you're not afraid to stand firm in your convictions. That boldness is important because truth matters, and it's worth defending. But truth, when not carried with love, can push people away from the very message you're trying to uphold.

Jesus never compromised truth, but He also never lost compassion. God may be calling you to not just speak truth clearly, but to carry it in a way that reflects His heart.

CHALLENGE YOURSELF



Try this: Lead with grace, not just accuracy.

Slow down your response and prioritize understanding before replying.

ASK YOURSELF



Am I trying to win this conversation, or represent Christ?

How might this person receive what I'm saying?

Does my tone reflect patience and humility?

ANCHOR YOURSELF



James Chapter 3

- There is a lot of weight to teaching the Scriptures
- God does not approve of us praising Him and cursing men with the same tongue
- Wisdom and understanding are shown through a life of good deeds and humility



THE SILENT BYSTANDER

FROM SILENCE TO SPIRIT-LED COURAGE



CHECK YOURSELF

You may not feel called to engage deeply in politics, and that's okay- the Bible is about salvation, not government. But it does speak clearly about truth, righteousness, and the reality of sin. It can feel easier to stay out of difficult conversations, especially when things get tense. But following Jesus sometimes means stepping forward when His Word is being misrepresented. Your voice matters because of the truth you carry.

CHALLENGE YOURSELF



Try this: Speak with quiet confidence.
Share your perspective once, even if it feels uncomfortable.

ASK YOURSELF



What am I afraid might happen if I speak up?

Do I trust God to use my voice?

What would bold, Christ-like courage look like here?

ANCHOR YOURSELF



James Chapter 3

- The Holy Spirit gives us power
- We are to be unashamed of the testimony of the Lord
- The Holy Spirit will help us guard the pattern of sound teaching that Paul gave us