

## Issue 39 – Choosing a Different Response in the Moment

### Messy story of the week

It happened fast.

A comment was made... something small, maybe even neutral.  
But it *landed wrong*.

The thought came instantly:  
*“Here we go again.”*

The feeling followed right behind it... tight chest, rising heat, that familiar urge to respond quickly, sharply, *defensively*.

And for a split second, it felt automatic.  
Like the reaction was already in motion.

But then... a pause.

Not a long one. Just enough to notice:  
*“I’ve been here before.”*

And instead of saying what was about to come out...  
there was a breath, a softening, and a different response.

Not perfect.  
But different.

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### Faithful God Then and Now

**Key Verse:** *“Everyone should be quick to listen, slow to speak and slow to become angry.”* — James 1:19

God’s instruction here isn’t about suppressing emotion.

It’s about creating space.

Throughout Scripture, we see that wisdom often lives in the pause.  
The moment between what we feel... and what we choose to do next.

That space is where transformation begins.

Not because the situation changes instantly,  
but because we are no longer reacting automatically.

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## What we can learn

- There is often a small window between feeling and reacting
  - That pause, even if brief, creates the opportunity for a different choice
  - We don't have to follow every thought or emotion to its natural conclusion
  - Practicing a different response starts with interrupting the automatic pattern
  - Growth happens in small, repeated moments... not one perfect reaction
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## Behind the curtain

In coaching, this is where people often feel both encouraged... and challenged.

They start to see that change doesn't require a completely different personality or perfect self-control.

It requires learning to recognize the moment when a reaction is forming.

At first, that awareness comes *after* the reaction.

Then it starts to show up *during*.

And eventually... sometimes even *before*.

That's the work.

Not eliminating emotion, but learning how to stay present without being pulled into the same patterns over and over again.

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## Faithful family tools

If you're ready to practice this in a more intentional way, this is exactly what I walk through step-by-step in my free course.

👉 [Start here with my free audio course](#)

*A simple, practical way to begin understanding your reactions and responding with clarity in your home.*

Or, if you'd like support applying this in real time with your family:

👉 On Facebook: [Faithful Families | Christian Marriage and Parenting Help](#)

👉 Work with me – [Start the application process](#)

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## Faith Step for the Week

This week, don't aim for perfect responses.

Aim for one pause.

Just one moment where you notice what's happening before you respond.

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## Bible passage

James 1:19–20

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## 2-minute practice

When you feel a reaction rising, try this simple pattern:

- Pause
- Take one slow breath
- Ask: *"What am I about to say or do?"*

Then choose your response, even if it's just slightly different than usual.

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## Prayer

Lord,

In the moments when my reactions feel quick and strong, help me slow down.

Give me awareness in the middle of my emotions and wisdom to choose a response that reflects Your truth. Teach me to create space between what I feel and what I do.

Thank You for growing me, one small moment at a time.

Amen.

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## Coming Next

Next week, we're going to talk about what happens after the reaction...

Because even with growth, we will still have moments we wish we could take back.

The good news is this: those moments don't have to create distance.

They can actually become the starting point for repair, connection, and deeper understanding.

Did you miss an issue? Check out the archive:

<https://faithfulfamilycoaching.com/archive>