

Before You React... Check Your HEART

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Have you ever said something you immediately wished you could take back?
Or found yourself becoming irritated over something that normally wouldn't bother you?

Maybe you assumed the worst, lost your patience, or felt emotionally overwhelmed—and later wondered, "Why did I react that way?"

The answer may not be found in the situation itself.

It may be found in your HEART.

This week, we're introducing a simple awareness tool called the HEART Check. Before reacting, making an important decision, or assuming the worst, pause and ask yourself these five questions:

H – Hungry: Have I nourished my body?

E – Exhausted: Have I given myself permission to rest?

A – Angry: Am I carrying unresolved hurt, frustration, or anxiety?

R – Relationships: Am I connected to people who strengthen me?

T – Time with God: Have I slowed down long enough to hear His voice?

God created us as whole people. Our physical health, emotional well-being, relationships, and spiritual lives are beautifully connected. When one area is neglected, the others begin to feel the strain. What appears to be an emotional problem is often an unmet need that has gone unnoticed for far too long.

One of my favorite stories in Scripture is found in 1 Kings 19. Elijah had just experienced one of the greatest victories of his life, yet only days later he found himself exhausted, discouraged, and ready to quit. God's first response wasn't correction—it was compassion. He gave Elijah food. He gave him rest. Then He spoke.

What if we learned to do the same?

What if, before reacting, we paused long enough to become aware of what was really happening inside us?

The HEART Check isn't about judging yourself. It's about understanding yourself so you can respond the way God designed you to respond.

This week, I want to challenge you to pause before your next emotional reaction. Instead of asking, "What's wrong with me?" ask, "What is my heart trying to tell me?"

You may discover that what feels like an emotional crisis is actually an invitation to care for the person God created you to be.

This Week's Scripture

"Search me, God, and know my heart... See if there is any offensive way in me, and lead me in the way everlasting."

Psalms 139:23–24 (NIV)

Takeaway Truth

Emotional regulation begins with awareness. Before you react... check your HEART.

Want to Go Deeper?

This week's study explores the HEART Check in greater detail, including:

- Why Elijah's greatest emotional collapse came after his greatest spiritual victory.
- What neuroscience teaches us about sleep, stress, and emotional regulation.
- The five HEART questions that can help you respond instead of react.
- Scriptures and practical exercises you can begin using immediately.

[Download this week's study notes by clicking here.](#)

— Pastor Cindy H. Carr

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