



REFLECTIONS FOR THE RESCUE

CHAPTER 24: SWIM AGAINST THE CURRENT ACTION PLAN

RESPOND:

- The next time you are experiencing a strong emotion, hold it in the light of truth. Ask yourself the five W's - who, what, when, why, and where - and evaluate how you feel in light of God's Word. Then act on truth.

REFLECT:

Has your heart ever led you astray? Did you know the truth, or did you ignore it?

Are you an emotional "sharer" or an emotional "stuffer"? What could be helpful and hurtful about each?

How best do you process your emotions? Alone or with a friend? Talking it out or writing it down? Slow and easy or fast and furious?