

WARRIOR IN CHRIST™

EMOTIONAL REGULATION

THE FIRST BATTLE IS WITHIN

WORKBOOK

Emotional regulation is the skill of noticing your emotional state, calming your nervous system, and choosing a response that aligns with truth instead of reacting from survival mode.

> *You do not need to be ruled by your reactions.*
> *You can learn to return to peace.*

NAME: _____ DATE: _____

01

LESSON FOCUS

WARRIOR IN CHRIST™
WORKBOOK

Emotional regulation is the skill of noticing your emotional state, calming your nervous system, and choosing a response that aligns with truth instead of reacting from survival mode.

KEY TRUTH:

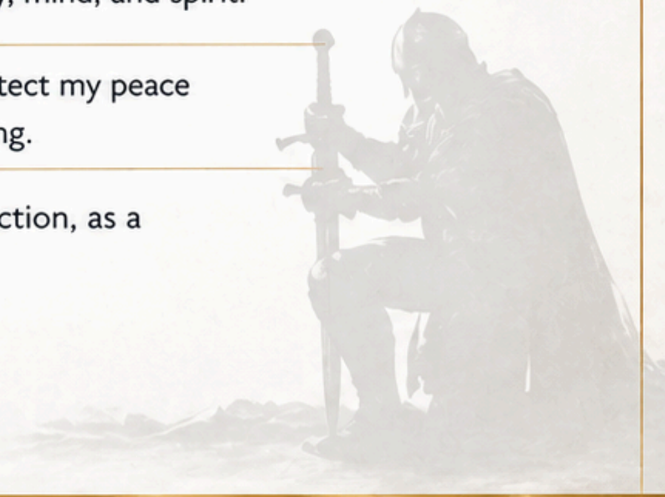
You do not need to be ruled by your reactions. You can learn to return to peace.

SCRIPTURE ANCHOR

"The Lord will fight for you; you need only to be still."
EXODUS 14:14

WHAT THIS LESSON WILL HELP ME DO:

- Understand how my nervous system impacts my emotions and decisions.
- Recognize my stress response patterns.
- Learn practical tools to calm and reset.
- Build safety in my body, mind, and spirit.
- Use boundaries to protect my peace and support my healing.
- Walk in truth, not reaction, as a Warrior in Christ.



YOU DON'T NEED MORE MOTIVATION.
YOU NEED REGULATION, TRUTH, AND DISCIPLINED ACTION.
THAT'S HOW YOU BECOME A WARRIOR IN CHRIST.

MY INTENTION FOR THIS LESSON:

_____

_____

SELF-ASSESSMENT CHECK-IN

HOW HAVE I BEEN FEELING LATELY?

(Choose all that apply)

- ☐ Overwhelmed
- ☐ Irritable
- ☐ Numb
- ☐ Anxious
- ☐ Disconnected
- ☐ Easily triggered
- ☐ Peaceful
- ☐ Calm and steady
- ☐ Tired but wired
- ☐ Restless
- ☐ Other: _____

MY BODY HAS BEEN SHOWING STRESS THROUGH:

- ☐ Tight jaw
- ☐ Headaches
- ☐ Shallow breathing
- ☐ Stomach tension
- ☐ Racing heart
- ☐ Fatigue
- ☐ Brain fog
- ☐ Trouble sleeping
- ☐ Muscle tension
- ☐ Other:

_____

_____

NOTES / OBSERVATIONS

_____

_____

_____

_____

TODAY I CHOOSE TO:

- ✕ Be honest about where I am
- ✕ Learn tools that create safety in my body
- ✕ Respond with wisdom, not impulse
- ✕ Grow in self-control and spiritual maturity
- ✕ Trust God in the process

"The Lord will fight for you; you need only to be still."

EXODUS 14:14

03

SURVIVAL MODE REFLECTION

WARRIOR IN CHRIST™ WORKBOOK

Your nervous system is always scanning for danger or safety.
When stress becomes constant, your body may get stuck in survival mode.

AWARENESS IS THE FIRST STEP TO FREEDOM.

WHICH STRESS RESPONSE DO I GO INTO MOST OFTEN?

(Choose one that fits you best)

FIGHT

(Anger, control, irritation)

I feel the need to defend, argue, or take control.

☐

FLIGHT

(Overthinking, anxiety, busyness)

I try to escape through worry, overthinking, or staying busy.

☐

FREEZE

(Shutdown, procrastination, numbness)

I shut down, feel numb, or struggle to take action.

☐

FAWN

(People pleasing, losing myself)

I abandon my needs to keep peace or please others.

☐

THE TRUTH:

Your reactions are not who you are.

You can learn to respond, not react.

WHAT USUALLY TRIGGERS THIS RESPONSE?

_____

_____

_____

WHEN THIS HAPPENS, WHAT DO I TYPICALLY DO?

_____

_____

_____



WHAT IS ONE PATTERN I AM READY TO CHANGE?

_____

_____

_____

TODAY I CHOOSE TO BREAK THE CYCLE BY:

_____

_____

_____

YOU ARE NOT YOUR REACTIONS.
YOU ARE A WARRIOR IN CHRIST. YOU CAN CHOOSE A NEW RESPONSE.

"Be strong and courageous. Do not be afraid;
do not be discouraged, for the Lord your God will be with you wherever you go."
JOSHUA 1:9

04
LESSON

REGULATION RESET PLAN

YOU CAN'T POUR FROM AN EMPTY CUP. REGULATE TO RESTORE.

Regulation is a practiced skill. These tools help calm your nervous system, restore safety in your body, and bring you back to center.

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> "Be still, and know that I am God."
> PSALM 46:10

WHAT HELPS ME FEEL SAFE, GROUNDED, AND CLEAR?

(Choose all that apply)

- ☐ Prayer / Quiet Time
- ☐ Deep Breathing
- ☐ Walking / Movement
- ☐ Worship Music
- ☐ Silence / Stillness
- ☐ Journaling
- ☐ Stretching / Yoga
- ☐ Talking to Someone Safe
- ☐ Nature / Fresh Air
- ☐ Hot Tea / Comfort Drink
- ☐ Shower / Cold Water
- ☐ Candles / Aromatherapy
- ☐ Time Alone
- ☐ Exercise / Strength Training
- ☐ Other: _____

MY TOP 3 RESET TOOLS THIS WEEK

1. _____
2. _____
3. _____

WHY THESE TOOLS ARE IMPORTANT FOR ME:

_____

_____

_____

_____

WHEN I FEEL...

HYPER-AROUSED (OVERWHELMED, ANXIOUS, ON EDGE)

What helps calm my body and mind?

_____

_____

_____

_____

HYPO-AROUSED (NUMB, SHUT DOWN, DISCONNECTED)

What helps gently activate me?

_____

_____

_____

_____

MY COMMITMENT

I commit to practicing regulation daily so I can lead my life from peace, not reaction.



SIGNED: _____

DATE: _____

CALM YOUR BODY. | CLEAR YOUR MIND. | ALIGN YOUR SPIRIT. | BECOME A WARRIOR IN CHRIST.

05
LESSON

IN THE MOMENT RESET PRACTICE

PAUSE. BREATHE. CHOOSE TRUTH.

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— WORKBOOK —

You can't always control what happens, but you can control how you respond. This practice helps you reset your body, clear your mind, and align your spirit in any moment.

> "Be still, and know that I am God."
> PSALM 46:10

THE RESET PROCESS (60–120 SECONDS)

1. PAUSE & BECOME AWARE

Stop what you're doing. Notice what's happening inside you.

Awareness creates choice.

WHAT AM I FEELING?

_____

_____

_____

2. BREATHE & CALM YOUR BODY

Take 4 slow breaths in through your nose and out through your mouth.

Calm your body, calm your mind.

RATE MY STRESS

1 (LOW) 2 3 4 5 (HIGH)

3. CONNECT TO TRUTH

Speak truth over your situation and your identity.

Truth interrupts fear and restores clarity.

TRUTH I NEED RIGHT NOW:

_____

_____

4. SURRENDER & ALIGN

Release what you can't control. Invite God to lead your next response.

Surrender creates strength.

I SURRENDER:

_____

_____

5. CHOOSE YOUR RESPONSE

Choose a response that is aligned, wise, and honoring to God.

Discipline is freedom in action.

MY NEXT RIGHT ACTION:

_____

_____

WHEN I FEEL TRIGGERED, I CAN USE THIS RESET.

COMMON TRIGGERS FOR ME:

_____ _____

_____ _____

_____ _____

MY IN THE MOMENT RESET PLAN

- I WILL NOTICE: _____
- I WILL BREATHE: _____
- I WILL SPEAK TRUTH: _____
- I WILL SURRENDER: _____
- I WILL CHOOSE: _____

TODAY'S COMMITMENT

I commit to practicing this reset every day so I can respond with wisdom, not reaction. I choose to walk in peace, truth, and discipline as a Warrior in Christ.

SIGNED: _____

DATE: _____

YOU DON'T NEED PERFECT CONTROL.
YOU NEED PRACTICED SELF-CONTROL.
THAT'S HOW YOU BECOME A WARRIOR IN CHRIST.

REGULATE. RENEW. ALIGN. EXECUTE.
THAT'S THE PATH OF TRANSFORMATION.

06
LESSON

TRUTH OVER REACTION

YOUR IDENTITY IS STRONGER THAN YOUR EMOTIONS.

Reactions are automatic. Truth is a choice.
When you choose truth, you break old patterns and walk in freedom.

> *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*
> ROMANS 12:2

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REACTION VS. TRUTH

RECOGNIZE THE DIFFERENCE. CHOOSE THE BETTER PATH.

REACTION (OLD PATTERN)		TRUTH (NEW PATTERN)
AUTOMATIC It happens before I think.	VS.	**INTENTIONAL** I pause, breathe, and choose.
EMOTIONAL It's driven by my feelings, not truth.		**GROUNDED IN TRUTH** It's based on God's Word, not my emotions.
SHORT-TERM RELIEF It may feel good now but hurts later.		**LONG-TERM FREEDOM** It brings peace now and freedom later.
DISCONNECTS It moves me away from God and others.		**BUILDS CONNECTION** It draws me closer to God and others.
KEEPS THE CYCLE It reinforces old habits and strongholds.		**BREAKS THE CYCLE** It creates a new pattern and freedom.

PAUSE BEFORE YOU RESPOND

USE THIS 5-STEP TRUTH FILTER

1. **PAUSE**
   Stop. Don't react. Breathe. _____
2. **IDENTIFY**
   What am I feeling right now? _____
3. **INTERROGATE**
   What story am I believing? _____
4. **ANCHOR IN TRUTH**
   What does God's Word say? _____
5. **CHOOSE OBEDIENCE**
   What is the truth-filled response? _____

SCRIPTURE ANCHOR

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace."
COLOSSIANS 3:15

REFLECTION

JOURNAL YOUR TRUTH

What triggers me most often?

_____

_____

What is the lie I believe in that moment?

_____

_____

What is the truth I need to believe instead?

_____

_____

How will I respond in alignment with truth next time?

_____

_____

I AM A WARRIOR, NOT A REACTOR.
I CHOOSE TRUTH. I WALK IN FREEDOM.
I LET GOD LEAD MY RESPONSE.

TODAY I CHOOSE TRUTH OVER REACTION BY:

_____

_____

_____

TODAY'S DECLARATION

I choose to walk in truth, not reaction.
I am being transformed by the renewing of my mind. I am a Warrior in Christ.

07
LESSON

BOUNDARY BUILDER

HEALTHY BOUNDARIES PROTECT YOUR PURPOSE.

Boundaries are not walling people out.
They are guarding what God has called you to.
You can love people and still set limits.

> "A fool gives full vent to his anger,
> but a wise person keeps himself under control."
> PROVERBS 29:11

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— WORKBOOK —



WHY BOUNDARIES MATTER

Boundaries help you...

PROTECT YOUR PEACE
You guard your mind, emotions, and time.

PROTECT YOUR PURPOSE
You stay focused on what God called you to do.

PROTECT YOUR PURITY
You set limits that align with your values and faith.

IMPROVE RELATIONSHIPS
Clear boundaries create respect and clarity.

PREVENT BURNOUT
You stop overextending and people-pleasing.

HONOR GOD
Your body, time, and calling belong to Him.

SIGNS I NEED STRONGER BOUNDARIES

- I feel resentful, drained, or overwhelmed.
- I say "yes" when I want to say "no."
- I overexplain or apologize for my limits.
- I ignore red flags to keep the peace.
- I feel guilty for choosing me.
- I lose sight of my priorities and calling.

TRUTH REMINDER

People may not like your boundary,
but that does not mean it is wrong.
The right people will respect it.
The wrong people will reveal themselves.
BOTH ARE PROTECTION.

BOUNDARY BUILDER FRAMEWORK

Use this to identify and create a healthy boundary.

1. **IDENTIFY**
   What am I struggling with right now? _____
2. **RECOGNIZE**
   What is this costing me mentally, emotionally, spiritually, or physically? _____
3. **DECLARE**
   What boundary do I need to set? _____
4. **COMMUNICATE**
   How will I communicate this boundary clearly and respectfully? _____
5. **MAINTAIN**
   How will I hold this boundary with love and consistency? _____

BOUNDARY DECLARATION

I have the right to set boundaries.
I do not need permission to protect my peace.
I will honor God by honoring the boundaries I set.

TYPES OF BOUNDARIES

TIME BOUNDARIES
How I protect my time and schedule.

EMOTIONAL BOUNDARIES
How I protect my feelings and energy.

PHYSICAL BOUNDARIES
How I protect my body and space.

SPIRITUAL BOUNDARIES
How I protect my faith and values.

BOUNDARY CHECK-IN

Circle your current focus:

TIME | EMOTIONAL | PHYSICAL | SPIRITUAL

What is one area I need to strengthen?

_____

_____

TODAY I WILL...

- ☑ SET THE BOUNDARY _____
- ☑ SPEAK THE BOUNDARY _____
- ☑ KEEP THE BOUNDARY _____

A BOUNDARY IS NOT REJECTION.
IT IS WISE PROTECTION.
YOU CAN LOVE THEM AND STILL SAY NO.

HEALTHY BOUNDARIES.
STRONGER IDENTITY.
GREATER PURPOSE.

I AM A WARRIOR IN CHRIST.
I PROTECT WHAT GOD HAS
PLACED IN MY HANDS.

TODAY'S COMMITMENT

I choose wisdom over approval.
I build boundaries that
protect my peace and purpose.

SIGNED: _____
DATE:

08
LESSON

PRAYER PROMPT

YOUR CONVERSATION SHAPES YOUR TRANSFORMATION.

Prayer is not just asking—it's alignment.
Use these prompts to go deeper with God, build faith, and strengthen your identity as a Warrior in Christ.

> "Call to Me, and I will answer you, and show you great and mighty things, which you do not know."
> JEREMIAH 33:3

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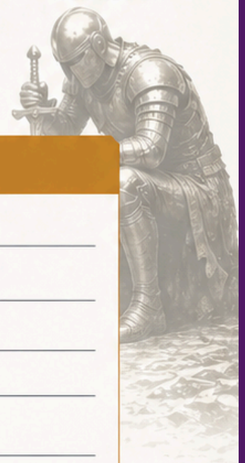

8 POWERFUL PRAYER PROMPTS

Use these to guide your time with God.

1. LORD, REVEAL TRUTH TO ME TODAY.
   Psalm 25:4-5
2. LORD, HEAL WHAT IS STILL HURTING IN ME.
   Psalm 147:3
3. LORD, RENEW MY MIND AND MY IDENTITY IN YOU.
   Romans 12:2
4. LORD, SHOW ME WHERE I NEED TO CHANGE.
   Proverbs 3:5-6
5. LORD, STRENGTHEN ME TO WALK IN OBEDIENCE.
   Philippians 2:13
6. LORD, PROTECT ME WITH YOUR ARMOR TODAY.
   Ephesians 6:10-18
7. LORD, GIVE ME WISDOM FOR MY DECISIONS.
   James 1:5
8. LORD, USE ME TO BRING YOUR KINGDOM HERE.
   Matthew 6:10

MY HEART'S PRAYER TODAY:



PRAYER THROUGH THE ARMOR OF GOD

Ephesians 6:10-18

BELT OF TRUTH	Protect me from lies.
BREASTPLATE OF RIGHTEOUSNESS	Guard my heart.
SHOES OF PEACE	Establish Your peace in me.
SHIELD OF FAITH	Extinguish doubt and fear.
HELMET OF SALVATION	Renew my mind daily.
SWORD OF THE SPIRIT	Help me speak and live Your Word.

LORD, CLOTHE ME IN YOUR FULL ARMOR TODAY.
I CHOOSE TO STAND AS A WARRIOR IN CHRIST.

DECLARE FAITH. SPEAK TRUTH.

Write 3 declarations of truth over your life today.

1. _____
2. _____
3. _____

GRATITUDE FIRST

What I am thankful for today:

- _____
- _____
- _____

What God has already provided:

- _____
- _____
- _____

What I recognize as blessings:

- _____
- _____
- _____

WAIT ON THE LORD

Take a moment to be still and listen.
What is God speaking to my heart?

_____
_____
_____
_____
_____
_____

Be still, and know that I am God.
PSALM 46:10

REFLECTION

What did I feel God's presence in today?

_____
_____
_____

What is God asking me to do?

_____
_____

How will I walk this out?

_____
_____
_____

PRAYER CHANGES ME.
PRAYER CHANGES MY DAY.
PRAYER CHANGES MY WORLD.

I AM A WARRIOR IN CHRIST.
I PRAY. I LISTEN. I OBEY.

STRONG IN PRAYER.
STRONG IN FAITH.
STRONG IN PURPOSE.

08
LESSON

PRAYER FOR REGULATION

LORD, CALM MY BODY. RENEW MY MIND. ALIGN MY SPIRIT.

WARRIOR IN CHRIST™
— WORKBOOK —

Regulation is not just a goal—it's a daily practice.
This prayer helps you invite God into your body, mind, and spirit to bring peace, balance, and clarity.

> *He makes me lie down in green pastures.*
> *He leads me beside still waters.*
> *He restores my soul.*
> PSALM 23:2-3



PRAYER FOR REGULATION

Speak this prayer out loud. Slow down. Mean every word.

1. **GOD, YOU ARE MY SOURCE.**
   I acknowledge You as my Creator, my Healer, and my Peace.
   You are in control, not me.
2. **CALM MY BODY.**
   I invite Your peace into my nervous system.
   Release the tension, fear, and stress I carry.
   I breathe in Your peace. I breathe out fear.
3. **RENEW MY MIND.**
   Replace lies with truth. Quiet the noise.
   Help me think clearly and respond with wisdom.
   My mind is being renewed by Your Word.
4. **HEAL MY HEART.**
   Heal every wound, every hurt, every place I've tried to survive on my own.
   You restore what pain tried to take.
5. **ALIGN MY SPIRIT.**
   Align my will with Yours. Help me walk in obedience, not just good intentions.
   I choose alignment over my own way.
6. **STRENGTHEN ME, LORD.**
   Strengthen my body, mind, and spirit to carry out the purpose You have for me.
   I am becoming a Warrior in Christ.
7. **I SURRENDER AND TRUST YOU.**
   I give You today. I give You my control.
   I trust You with what I can't see yet.
   Your plan is greater than my plan.

NERVOUS SYSTEM CHECK-IN

WHAT IS HAPPENING IN MY BODY RIGHT NOW?

_____

_____

_____

WHERE DO I FEEL TENSION, TIGHTNESS, OR DISCOMFORT?

_____

_____

_____

WHAT DOES MY BODY NEED MOST RIGHT NOW?

_____

_____

☑ **MY BODY IS NOT MY ENEMY. IT IS GIVING ME INFORMATION.**

PUT ON THE ARMOR OF GOD

Ephesians 6:10-18

BELT OF TRUTH	I stand in truth.	_____
BREASTPLATE OF RIGHTEOUSNESS	My heart is protected.	_____
SHOES OF PEACE	I walk in peace.	_____
SHIELD OF FAITH	I trust and take my stand.	_____
HELMET OF SALVATION	I have clarity and hope.	_____
SWORD OF THE SPIRIT	I speak God's Word.	_____

I AM EQUIPPED. I AM PROTECTED. I AM A WARRIOR IN CHRIST.

THANKFUL FOR

- _____
- _____
- _____

DECLARATION

Today will be great because God is already working in what I cannot yet see.

_____

_____

_____

REFLECTION

What shifted in me today? _____

What did I learn about myself? _____

Where did I see God moving? _____

I DON'T NEED MORE MOTIVATION. I NEED REGULATION, TRUTH, AND DISCIPLINED ACTION.

THAT'S HOW I BECOME A WARRIOR IN CHRIST.

REGULATE. RENEW. ALIGN. EXECUTE.

08

PRAYER PROMPT

A Prayer for Regulation

WARRIOR IN CHRIST™
WORKBOOK

A Prayer for Regulation

God, show me where I've been living in stress and reaction. Teach my body safety, my mind clarity, and my spirit peace. Help me respond with wisdom and strength. Restore calm to my nervous system and align me to Your truth. I surrender control and choose to trust You in every moment. Amen.

TODAY I CHOOSE TO:

SURRENDER – I release what I cannot control and rest in God's control.

BREATHE – I breathe in peace, and breathe out fear.

BE STILL – I calm my body and quiet my mind. God is with me.

RECEIVE – I receive strength, clarity, and restoration from God.

REFOCUS – I refocus on truth, not pressure.



I AM A WARRIOR IN CHRIST.
I CHOOSE REGULATION, TRUTH, AND PEACE TODAY.

09

IDENTITY DECLARATION

LESSON FOCUS: I Declare Who God Says I Am.

WARRIOR IN CHRIST™ — WORKBOOK —

I DECLARE:

- I am not controlled by chaos.
- I am renewed in Christ.
- I am growing in self-control.
- I am safe, grounded, and led by truth.
- I respond with wisdom, not impulse.
- I am becoming the Warrior God created me to be.

I AM A WARRIOR IN CHRIST!
MY IDENTITY IS SECURE. MY FUTURE IS HIS.

TRUTH CHECK

I don't have to react to everything.
I can choose who I become.

SCRIPTURE ANCHOR

"For we are God's masterpiece.
He has created us anew in Christ Jesus,
so we can do the good things
he planned for us long ago."

EPHESIANS 2:10 (NLT)

TODAY I CHOOSE TO:

- ☑ Walk in my true identity
- ☑ Speak truth over my life
- ☑ Reject the old story
- ☑ Stand firm in who God says I am

TODAY'S DECLARATION:

I AM NO LONGER WHO I WAS.
I AM WHO GOD SAYS I AM.
I DECLARE IT. I RECEIVE IT. I LIVE IT.

10

LESSON 10

DAILY CHECK-IN

WARRIOR IN CHRIST™ — WORKBOOK —

TODAY MY NERVOUS SYSTEM HELPS:

☐ Calm ☐ Focused ☐ Do Hard Things ☐ Heal

WHAT HELPED ME MOST TODAY?

WHAT DID I HEAL TODAY?

WHAT DO I NEED TOMORROW?

TODAY I AM CHOOSING:

- Calm over chaos
- Focus over distraction
- Discipline over comfort
- Faith over fear
- Truth over lies
- Obedience over impulse

HOW I SAW GOD MOVE THIS WEEK:



SCRIPTURE ANCHOR

"Commit to the Lord whatever you do, and He will establish your plans."

PROVERBS 16:3

TODAY'S DECLARATION

I am not driven by my emotions.
I am led by truth.
I choose alignment, discipline, and obedience.
I am becoming the Warrior
God created me to be.

I AM A WARRIOR IN CHRIST.



EVERY DAY IS AN OPPORTUNITY
TO REST, REGULATE, AND RISE STRONGER.

You don't have to be perfect.
You just have to be present.



11
LESSON

GROWTH OVER COMFORT

WARRIOR IN CHRIST™
— WORKBOOK —

LESSON FOCUS: I CHOOSE GROWTH, EVEN WHEN IT'S HARD.



> *"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousnoss and peace for those who have been trained by it."*
>
> HEBREWS 12:11 (NIV)

TODAY'S TRUTH

Comfort keeps you safe, but growth takes you where God is calling you. Discipline is the bridge between who you are and who God is building you to be.

MINDSET SHIFT

I will stop avoiding what is necessary for my next level.

I will embrace the process because I trust the promise.

TODAY I CHOOSE TO:

- ☑ Embrace challenge
- ☑ Stay consistent
- ☑ Keep showing up
- ☑ Learn and improve
- ☑ Trust the process
- ☑ Grow in obedience

SHADOW WORK

Where am I choosing comfort instead of growth?

What am I avoiding that I know God is asking me to do?

What fear tries to keep me small?

NERVOUS SYSTEM CHECK-IN

What do I feel in my body right now?

Where do I feel tension, resistance, or fear?

I breathe in courage.
I breathe out fear.
I choose growth.

SCRIPTURE ANCHOR

"I can do all this through him who gives me strength."

PHILIPPIANS 4:13 (NIV)

TRUTH TO REMEMBER

Growth is not a threat.
It's a calling.
I don't rise by accident.
I rise by decision.

TODAY'S COMMITMENT

What is one hard thing I will do today that moves me toward my next level?

DECLARE IT

As a Warrior in Christ™,
I choose growth over comfort.
I embrace discipline.
I trust the process.
I am becoming who God created me to be.

I WILL NOT QUIT.
I WILL GROW.

TOMORROW I WILL

Choose:

Release:

Trust God With:

I AM BEING TRANSFORMED.
I AM BEING TRAINED.
I AM BECOMING A
WARRIOR IN CHRIST.

DISCIPLINE TODAY.
FREEDOM TOMORROW.
PURPOSE FOREVER.

REGULATE.
RENEW.
ALIGN.
EXECUTE.

11

LESSON

EMOTIONAL RESET

I CHOOSE PEACE OVER PRESSURE.

WARRIOR IN CHRIST™ — WORKBOOK —

Emotions are real, but they do not rule me.
I feel it, I name it, I release it, and I return to truth.
I am not my emotions. I am a Warrior in Christ.

> "You will keep in perfect peace those whose minds are steadfast, because they trust in You."
> ISAIAH 26:3



TRUTH I CHOOSE TODAY

Speak this truth over your emotions.

I FEEL IT, BUT I DON'T FEED IT.
I acknowledge my emotion,
but I will not be controlled by it.

I RENEW MY MIND.
I replace every emotional lie
with God's truth.

I CHOOSE PEACE.
I will not allow my past, people,
or circumstances to steal my peace.

I STAY GROUNDED IN TRUTH.
I return to my breath,
my body, and God's Word.

I AM IN CONTROL OF MY RESPONSE.
My reaction does not define me.
My response does.

I AM A WARRIOR.
I rise above emotion and live
in discipline, faith, and obedience.

EMOTIONAL CHECK-IN

WHAT AM I FEELING RIGHT NOW?

WHAT TRIGGERED THIS FEELING?

WHAT STORY AM I BELIEVING?

WHAT TRUTH CAN I CHOOSE INSTEAD?

RESET ROUTINE

My 5-Step Emotional Reset

1. **PAUSE** – Stop and breathe.
2. **NAME IT** – Identify the emotion.
3. **RELEASE IT** – Give it to God.
4. **REPLACE IT** – Speak truth over my mind.
5. **RETURN** – Take aligned action.

JOURNAL PROMPT

Go deeper. Be honest. Get free.

Where do I struggle most with emotional regulation?

How do I usually react instead of respond?

What will I do differently the next time I feel this way?

PRAYER

Lord, help me feel without being controlled. Teach me to respond with wisdom and walk in Your peace. Amen.

SCRIPTURE ANCHOR

"A gentle answer turns away wrath, but a harsh word stirs up anger."
PROVERBS 15:1

DECLARATION

I am not my emotions.
I am led by truth.
I choose peace today.

I CHOOSE TRUTH.
I WALK IN DISCIPLINE.
I LIVE IN PEACE.

THAT'S HOW
I BECOME A
WARRIOR IN CHRIST.

REGULATE.
RENEW.
ALIGN. EXECUTE.

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WEEKLY REFLECTION

WARRIOR IN CHRIST™ — WORKBOOK —

THIS WEEK, I NOTICED:

WHAT I LEARNED ABOUT MYSELF:

WHERE I SAW GOD MOVE:

HOW I SAW GOD WORK THIS WEEK:

VICTORIES TO CELEBRATE:

God is faithful.

1.
2.
3.

CHALLENGES TO SURRENDER:

I release what I can't control.

1.
2.
3.

TRUTH I WANT TO CARRY INTO NEXT WEEK:

I choose truth over feelings.



I WILL CHOOSE:

Intentional daily choice.

-
-
-

I WILL RELEASE:

Let go to grow.

-
-
-

I WILL TRUST GOD WITH:

He is bigger than my worries.

-
-
-

I AM A WARRIOR IN CHRIST.

REGULATED. RENEWED. ALIGNED. READY TO EXECUTE.

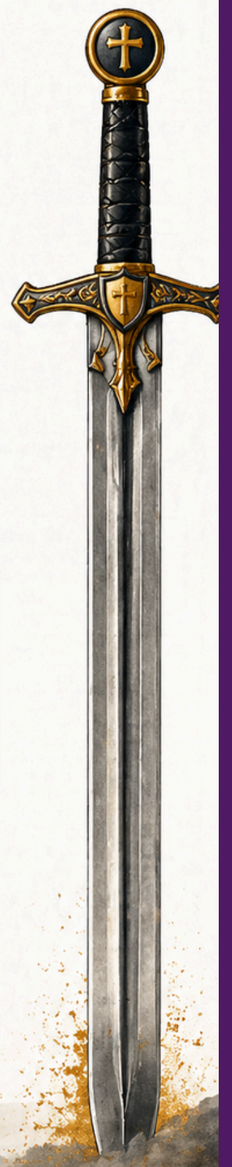
God is with me. I am not alone. I was built for this.

12
FINAL WORD

FINAL WORD

THE JOURNEY CONTINUES.

WARRIOR IN CHRIST™
WORKBOOK



**Emotional regulation is not perfection—
it is progress.**

You are learning to become steady in a world
that is constantly trying to shake you.

KEEP GOING.

God is with you in the process.

"Be strong and courageous. Do not be afraid;
do not be discouraged, for the Lord your God
will be with you wherever you go."

JOSHUA 1:9

REMEMBER:
You are not alone.
You are not behind.
You are being transformed.

YOU ARE BECOMING A WARRIOR IN CHRIST.