



Following is filled with Highs and Lows

*Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

*1 Thessalonians 5:16-18 (NIV)*

Cortisol

Fight Flight

FIGHT

- I externalize everything and I am seeking an enemy
- Anyone who disagrees with me becomes my enemy
- Reason and rationality is thrown out the window

FLIGHT

- I internalize everything. The enemy can be myself or other people
- I run from the problem instead of facing it
- When the enemy is others I secretly despise you.
- When the enemy is me, it turns into depression and self hate

FIGHT AND FLIGHT

- I relive the issue over in my head, experiencing the emotions as if it just happened
- I am incapable of listening to any point of view except my own
- I do not operate in the character of God which is (Love, Joy, Peace, Longsuffering, Gentleness, Goodness, Faith, Meekness, and Temperance)

The only thing I can ever see is what's wrong when the will of God wants me to focus on what's right

*During those days another large crowd gathered. Since they had nothing to eat, Jesus called his disciples to him and said, "I have compassion for these people; they have already been with me three days and have nothing to eat. If I send them home hungry, they will collapse on the way, because some of them have come a long distance."*

*His disciples answered, "But where in this remote place can anyone get enough bread to feed them?"*

*"How many loaves do you have?" Jesus asked.*

*"Seven," they replied.*

*He told the crowd to sit down on the ground. When he had taken the seven loaves and given thanks, he broke them and gave them to his disciples to distribute to the people, and they did so. They had a few small fish as well; he gave thanks for them also and told the disciples to distribute them. The people ate and were satisfied. Afterward the disciples picked up seven basketfuls of broken pieces that were left over. About four thousand were present.*

*Mark 8:1-9 (NIV)*