BIBLE STUDY WORKSHEET

Responding Instead of Reacting

A sacred pause can make room for wisdom, truth, and self-control.

Prepared by Vanessa

"Everyone should be quick to listen, slow to speak and slow to become angry."
James 1:19

OPENING PRAYER

Holy Spirit, meet me in the moment between feeling and action. Help me notice what is happening inside, slow my words, choose wisdom, and repair quickly when I cause harm. Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

This study helps us understand emotional triggers, create a pause, communicate clearly, repair harm, and practice Spirit-led self-control.

[ ] Notice triggers [ ] Create a pause [ ] Speak clearly [ ] Repair quickly

PART 1

Emotions Carry Information

Anger, fear, and frustration can signal hurt, threat, exhaustion, injustice, or an unmet need.

> **In your anger do not sin.**
>
> Ephesians 4:26

TRUTH TO CARRY

Emotions deserve attention, but they do not have to control behavior.

REFLECT AND DISCUSS

Which emotion rises fastest for you?

What often sits underneath it?

What physical signal appears first?

> **Feelings are messengers, not masters.**

PART 2

The Pause Is Powerful

A pause can include breathing, prayer, water, movement, silence, or requesting time before continuing.

> **A gentle answer turns away wrath.**
>
> Proverbs 15:1

TRUTH TO CARRY

Stepping away responsibly is different from punishing silence or avoidance.

REFLECT AND DISCUSS

What helps your body settle?

What phrase could request a pause respectfully?

How will you commit to returning?

> **A pause protects the conversation from preventable harm.**

PART 3

Speak From Ownership

Clear communication names facts, feelings, needs, and requests without insults, mind-reading, or exaggeration.

Speak truthfully to your neighbor.

Ephesians 4:25

TRUTH TO CARRY

Ownership sounds like: I felt, I need, I observed, I am asking.

REFLECT AND DISCUSS

Which phrase do you use when activated?

How could you state the fact without judgment?

What request would be clear and respectful?

Clarity is stronger than accusation.

PART 4

Repair Builds Trust

When reactions cause harm, repair includes naming the behavior, acknowledging impact, apologizing, and changing the pattern.

> **Confess your sins to each other.**
>
> James 5:16

TRUTH TO CARRY

A sincere apology does not defend intention over impact.

REFLECT AND DISCUSS

What reaction needs repair?

What impact should you acknowledge?

What change will make the apology visible?

> **Repair is a practice, not a single sentence.**

PRACTICE

My Pause-and-Respond Plan

Prepare for one recurring trigger before it happens again.

My common trigger:

The first signal in my body:

The pause I will take:

The calm sentence I want to use:

The repair step if I react poorly:

THIS WEEK I WILL

[ ] Breathe slowly
[ ] Lower my voice
[ ] Ask for time
[ ] Return as promised
[ ] Avoid absolute words
[ ] Apologize without excuses

MY ANCHOR PRAYER

Spirit of God, slow me enough to choose wisdom.

CLOSING TOGETHER

Peace Can Be Practiced

Self-control is not the absence of strong emotion; it is wise action in its presence.

CLOSING PRAYER

God, train our words and reactions. Help us listen well, tell the truth calmly, and repair harm with humility. Amen.

A WORD OF ENCOURAGEMENT

Every pause is a new opportunity to interrupt an old pattern.

CLOSING CIRCLE

One trigger I am learning to recognize:

One response I want this group to help me practice:

MY DECLARATION

I will notice, pause, pray, and respond with truth and self-control.

Signature

Date