

The New True you STAR

Don't let go of the gift of peace:

- Isaiah 9:6 John 14:27, Colossians 3:15

When you are overwhelmed the upstairs brain loses connection from the downstairs brain

Upstairs Brain

Allows us to think before we act
Decision-making
Control over emotions & body
Focus/concentration
Empathy
Self awareness



Downstairs Brain

Allows us to act before we think
Fight/Flight response
Emotional reactions
Bodily functions

Source: Siegel & Bryson "The Whole Brain Child"

Acts 7:54

STAR

STOP – don't immediately fix the problem, person or situation.

- John 5:19

Take – a deep breather and remind yourself of the presence of God.

- "God is right here"
- Psalm 46:10, Psalm 131:2

Appreciate & Connect with Jesus

- Isaiah 26:3 Philippians 4:6-9 Philippians 2:5

Respond – in faith & love, do the right thing, obey the direction you receive from the Lord.

- 2 Corinthians 10:5 Romans 12:2
- 1 Peter 5:5

STAR exercise

STOP – don't immediately fix the problem, person or situation.

- Think about something that is causing you fear, anxiety or a sense of being overwhelmed.

Take – a deep breather and remind yourself of the presence of God.

- "God is right here"
- Any anxious or distracted thoughts you have, or tasks that need to get done... prayerfully give them and surrender them to Jesus.

Appreciate & Connect with Jesus

- Think about how Jesus has blessed you: forgiveness, love, grace, always present, amazing future...
- Tell Jesus why you are thankful for Him – be specific.

Respond – in faith & love, do the right thing, obey the direction you receive from the Lord.

- Picture again your anxious situation. Picture Jesus with you in that situation.
- Ask: Where is Jesus in this anxious moment? What is He doing?
- Respond – in faith & love, do the right thing, obey the direction you receive from the Lord.
- Ask Jesus how He sees the situation you are facing
- Ask Jesus how He wants you to respond in the situation
- Ask Jesus to give you the courage to do the right thing