

Discussion Questions:

- 1) Have you ever experienced the feeling of having lost control of what's happening?
 - a. How did it make you feel
 - b. How did you respond
 - c. What helped you turn the corner
- 2) What areas of my life do I find difficult to “deny myself and take my cross”?
- 3) What are some of the lessons I've learned through challenges and difficulties
 - a. Have they drawn me closer to God? If no, why? Is so, how?
- 4) What is the most difficult part of the text (Psalms 23:4) for me to align with
- 5) What are some times that the rod and staff have been there for me?
- 6) What is ahead that I need to be reminded of David's encouragement?

Other notes:

What Happens to Your Body During the Fight or Flight Response?

- Your heart rate and blood pressure increases. ...
- You're pale or have flushed skin. ...
- Blunt pain response is compromised. ...
- Dilated **pupils**. ...
- You're on edge. ...
- Memories can be affected. ...
- You're tense or trembling. ...

Warning Signs that you are feeling a loss of control

1. Your concentration levels are lower than normal.
2. You work more hours.
3. You feel less enthusiastic when you get up.
4. You check your email inbox more than usual.
5. You find yourself more tired.
6. You are not confident that you are doing the right things.
7. You have a lack of consistency.
8. You are very irritable.
9. You find yourself complaining.

How to deal with loss of control:

1) Allow yourself to feel

- Pastor Will gave us a chart last week to help us identify our emotions

2) Take deep breaths. When we get overwhelmed, our breathing becomes shallow, which spikes our stress. Practicing deep breathing helps to calm us. It's also a reminder that you can control your breath

3) Don't try to figure out the reason.

4) Remind yourself it's not permanent.

5) Turn to trustworthy people. Sometimes, when we're feeling out of control, we disconnect from loved ones. We isolate. We withdraw.

6) Seek a more compelling and larger picture of God