

REIMAGINE RESILIENCE



mercy
commons

A wooden frame containing a black letterboard with white text on a dark blue textured background.

REIMAGINING
EMOTIONAL
REGULATION

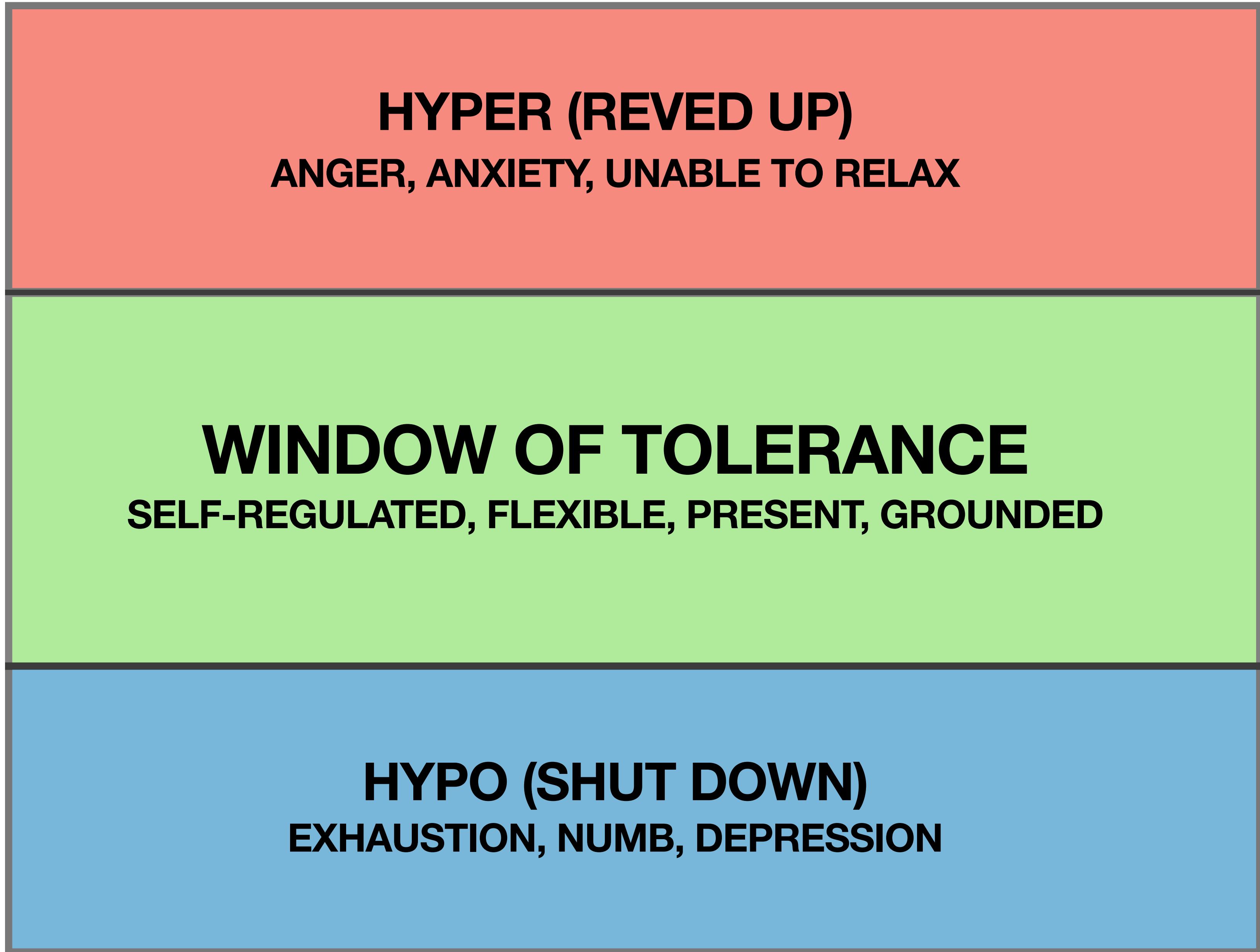
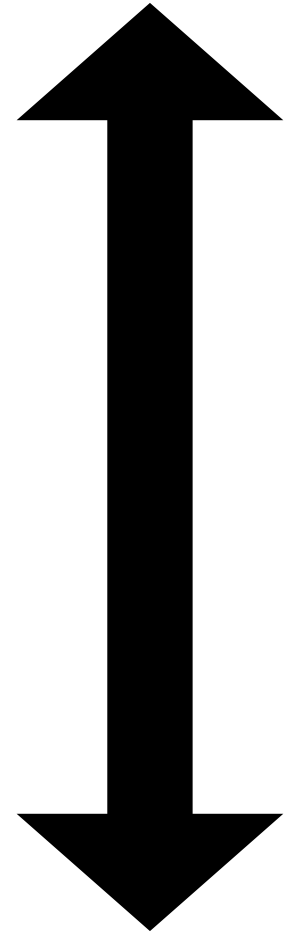
¹⁵ For we do not have a High Priest who is unable to sympathize and understand our weaknesses and temptations, but One who has been tempted [knowing exactly how it feels to be human] in every respect as we are, yet without [committing any] sin.”

Hebrews 4:15 (AMP)

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1

Elijah - the shutdown prophet
Moses - the revved up deliverer



HYPER (REVED UP)

ANGER, ANXIETY, UNABLE TO RELAX

WINDOW OF TOLERANCE

SELF-REGULATED, FLEXIBLE, PRESENT, GROUNDED

HYPO (SHUT DOWN)

EXHAUSTION, NUMB, DEPRESSION



Ahab reported to Jezebel everything that Elijah had done, including the massacre of the prophets. Jezebel immediately sent a messenger to Elijah with her threat: “The gods will get you for this and I’ll get even with you! By this time tomorrow you’ll be as dead as any one of those prophets.” When Elijah saw how things were, he ran for dear life to Beersheba, far in the south of Judah.

He left his young servant there and then went on into the desert another day's journey. He came to a lone broom bush and collapsed in its shade, wanting in the worst way to be done with it all—to just die: “Enough of this, God! Take my life—I’m ready to join my ancestors in the grave!”

Exhausted, he fell asleep under the lone broom bush.” Suddenly an angel shook him awake and said, “Get up and eat!” He looked around and, to his surprise, right by his head were a loaf of bread baked on some coals and a jug of water. He ate the meal and went back to sleep.

The angel of God came back, shook him awake again, and said, “Get up and eat some more — you’ve got a long journey ahead of you.” He got up, ate and drank his fill, and set out. Nourished by that meal, he walked forty days and nights, all the way to the mountain of God, to Horeb.

When he got there, he crawled into a cave and went to sleep. Then the word of God came to him: “So Elijah, what are you doing here?” “I’ve been working my heart out for the God-of-the-Angel-Armies,” said Elijah.

“The people of Israel have abandoned your covenant, destroyed the places of worship, and murdered your prophets. I’m the only one left, and now they’re trying to kill me.” Then he was told, “Go, stand on the mountain at attention before God. God will pass by.”

A hurricane wind ripped through the mountains and shattered the rocks before God, but God wasn't to be found in the wind; after the wind an earthquake, but God wasn't in the earthquake; and after the earthquake fire, but God wasn't in the fire; and after the fire **a gentle and quiet whisper.**

When Elijah heard the quiet voice, he muffled his face with his great cloak, went to the mouth of the cave, and stood there. A quiet voice asked, “So Elijah, now tell me, what are you doing here?” Elijah said it again, “I’ve been working my heart out for God, the God-of-the-Angel-Armies ...

because the people of Israel have abandoned your covenant, destroyed your places of worship, and murdered your prophets. I'm the only one left, and now they're trying to kill me." God said, "Go back the way you came through the desert to Damascus. When you get there anoint Hazael;

make him king over Aram. Then anoint Jehu son of Nimshi; make him king over Israel. Finally, anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. Anyone who escapes death by Hazael will be killed by Jehu; and anyone who escapes death by Jehu will be killed by Elisha.

Meanwhile, I'm preserving for myself seven thousand souls: the knees that haven't bowed to the god Baal, the mouths that haven't kissed his image. Elijah went straight out and found Elisha son of Shaphat in a field where there were twelve pairs of yoked oxen at work plowing; Elisha was in charge of the twelfth pair. Elijah went up to him and threw his cloak over him."

2

Obey, but let go of outcomes.

“Having a secure attachment figure is the basis of emotion regulation. If you have that, your capacity to regulate your emotions is going to be much greater.”

DR. RUTH LANIUS

3

Turn toward God with honesty.



Then Moses turned to the Lord and said, “O Lord, why have you done evil to this people? Why did you ever send me? For since I came to Pharaoh to speak in your name, he has done evil to this people, and **you have not delivered your people at all.**”

4

We find a personalized response

“But the Lord said to Moses, “Now you shall see what **I will do** to Pharaoh; for with a strong hand he will send them out, and with a strong hand he will drive them out of his land.” God spoke to Moses and said to him, “I am the LORD. I appeared to Abraham, to Isaac, and to Jacob, as God Almighty, but by my name the LORD I did not make myself known to them.

Exodus 6:1-8 (ESV)

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I also established my covenant with them to give them the land of Canaan, the land in which they lived as sojourners. Moreover, I have heard the groaning of the people of Israel whom the Egyptians hold as slaves, and I have remembered my covenant. Say therefore to the people of Israel,

Exodus 6:1-8 (ESV)

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'I am the LORD, and **I will** bring you out from under the burdens of the Egyptians, and **I will** deliver you from slavery to them, and **I will** redeem you with an outstretched arm and with great acts of judgment. **I will** take you to be my people, and **I will** be your God, and you shall know that I am the LORD your God, who has brought you out from under the burdens of the Egyptians

Exodus 6:1-8 (ESV)

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'I will bring you into the land that I swore to give to Abraham, to Isaac, and to Jacob. **I will** give it to you for a possession. I am the LORD.'

Exodus 6:1-8 (ESV)

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