



SUMMIT HEIGHTS

METHODIST CHURCH

FIVE-DAY DEVOTIONAL

The Emotional Rollercoaster: Highs & Lows

Ecclesiastes 3:1,4

Pastor Chris Howlett

April 27, 2025

Day 1: Name It, Don't Numb It

Scripture:

"Trust in him at all times, you people; pour out your hearts to him, for God is our refuge." — Psalm 62:8 (NIV)

Devotional Thought:

Emotions are not sins—they are signals. When we suppress what we feel, we don't eliminate it; we simply shove it deeper where it can fester and grow. God invites us to bring every emotion—joy, sadness, anger, fear—to him openly and honestly. Jesus himself wept and expressed anger with righteousness. Naming what we feel before God creates space for healing.

Life Application Questions:

- What emotions have you recently tried to numb instead of naming?
- Why do you think it's easier sometimes to conceal rather than reveal your feelings?
- How could you make a daily habit of pouring out your heart to God?
- What do you fear might happen if you fully acknowledged certain feelings before God?
- Who could you invite to walk alongside you as you learn to name your emotions?

Day 2: Reframe Your Reaction

Scripture:

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."
— 2 Corinthians 10:5 (NIV)

Devotional Thought:

Our emotions often rise from the way we interpret life events. Sometimes we need to pause and ask whether our reactions are based on God's truth or our own assumptions. A storm that frightens one person brings awe to another. In the same way, reframing our thinking through the lens of Christ can transform fear into faith, and despair into hope.

Life Application Questions:

- Think of a recent strong emotional reaction. What story were you telling yourself about that situation?
- How can you invite God's truth to reinterpret your circumstances?
- What Scriptures help you reframe moments of fear, anger, or disappointment?
- How does reframing your reaction lead to a different emotional outcome?
- In what situation today could you practice "taking every thought captive" to Christ?

Day 3: Stay Anchored in Christ, Not Circumstances**Scripture:**

"For you died, and your life is now hidden with Christ in God." — Colossians 3:3 (NIV)

Devotional Thought:

Circumstances change. Roles shift. Successes and failures come and go. But your identity in Christ is constant and secure. When you anchor your heart in him rather than in external highs and lows, you can weather any emotional storm. You are not defined by what you achieve or endure—you are defined by whose you are.

Life Application Questions:

- What temporary circumstances have you allowed to define your worth?
- How does knowing your life is hidden with Christ change the way you see today's struggles?
- In what ways can you remind yourself daily that your security is in Christ?
- When was a time you felt emotionally shaken? How might anchoring in Christ have helped steady you?
- What practice can you add to your routine that keeps your focus on your identity in Jesus?

Day 4: Feel Deeply, Walk Steadily**Scripture:**

"But the fruit of the Spirit is... self-control." — Galatians 5:22–23 (NIV)

Devotional Thought:

Feeling deeply doesn't mean living recklessly. True emotional maturity means walking with steadiness while allowing yourself to experience the full range of emotions. Spirit-empowered self-control acts like a firebreak, preventing emotions from raging out of control and causing destruction. It's not about stuffing emotions—it's about letting the Holy Spirit guide your responses.

Life Application Questions:

- Where have you seen unchecked emotions cause damage in your life or relationships?

- How can you invite the Holy Spirit to help you build emotional "firebreaks"?
- What emotion tends to derail you the fastest, and how might self-control change that pattern?
- How does walking steadily differ from suppressing your feelings?
- In what relationship do you most need Spirit-led self-control today?

Day 5: Trust God on the Ride

Scripture:

"For everything there is a season, and a time for every matter under heaven: a time to weep, and a time to laugh; a time to mourn, and a time to dance." — Ecclesiastes 3:1, 4 (NIV)

Devotional Thought:

Life's emotional rollercoaster is part of being human. There will be laughter and tears, mourning and dancing. Trusting God doesn't mean flattening your feelings; it means letting him guide you through them with wisdom and grace. Seasons change, emotions fluctuate, but God's steady hand is always holding you. Trust him with the highs, the lows, and everything in between.

Life Application Questions:

- How do you usually respond to emotional highs and lows—resistance, overreaction, or avoidance?
- What season are you currently in emotionally?
- How might trusting God with your emotions bring more peace into your life?
- What does it mean to you that God ordains a time and season for every feeling?
- How can you practice surrendering your heart to God each day, no matter what you're feeling?