

Dear Friend,

As much fun as riding a roller coaster can be, riding the roller coaster of **EMOTIONS** is not fun – or healthy – for a ministry leader. But an emotional roller coaster can start moving easily, and it can be difficult to stop as our emotions zip relentlessly forward.

How might we slow down the roller coaster?

How might we get off the roller coaster safely?

One powerful tool for promoting personal emotional health and well-being is the **IVA technique**. **IVA stands for Identify-Validate-Align.**

Here's how it could work for you when your emotions are taking you for a ride:

1. **Identify:** The first step is to **identify** your emotions. Pay attention to how you feel in different situations and take note of the emotions that are driving your day.
2. **Validate:** Once you have identified your emotions, it's important to **validate** them. This means recognizing your feelings as valid and acknowledging that it's logical to feel the way you do. (In some cases, this could lead you to decide that what you are currently feeling is not valid or is based on a lie that Satan has gotten you to buy into.)
3. **Align:** The final step is to **align** your validated emotions with the Lord and the truth that he provides. This means asking yourself how your emotions fit with God's Word and truth. Take time to throw out the lie and align your emotions with God's truth.

For example, if you're feeling anxious about a personal or family illness, you might use the IVA technique like this:

1. **Identify:** "I'm feeling really **anxious and worried** about my illness or a family member's illness."

2. **Validate:** "It's **understandable** to feel anxious about health concerns that are frustrating and confusing."
3. **Align:** "Our Lord is in control of all things, and he has our health and our family member's health all under his control. Our Lord is already in the future and knows how this illness will work out and my anxiousness and worry can be turned over to the Lord--the Lord who loves me and is working all things out for my eternal good."

Having passages from Scripture at your fingertips is extremely valuable for the **Align** step. Check out the GIA resource, [Where to Look When . . .](#) , for a way to find Scripture to use to align your emotions with God's truths.

By using the IVA technique, you can learn to work through your emotions more effectively and align them with the Lord and his truth. **This can lead to greater emotional health and resilience over time.**

God bless you as you approach and work through your emotions and develop greater resilience!

Greg Schmill and the GIA Team

You may also schedule a free [30-minute conversation with GIA](#) to talk about how GIA can assist your ministry team members with developing greater resilience and health.

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Galatians 5:22-23

"Greater focus, energy and determination are all results of our work with GIA. Our work groups continue to be excited about the goals we have established, and we are seeing early fruits of this purposeful effort."

-Grace in Action Client



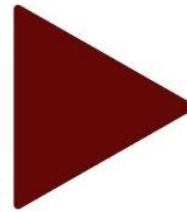
WITH GOD'S BLESSING,
OUR MINISTRIES MOVE FORWARD WHEN WE HAVE:

Healthy
Individuals

Unified
Teams

Clear
Direction

Tools to
Serve Others



GRACE IN ACTION

**At Grace in Action, we partner with you
to strengthen all these areas in your ministry
so you can move ministry forward.**

Schedule a Free Consultation



*Back Row: Greg Schmill, Todd Russ, Steve Granberg, Scott Gostchock
Front row: Peter Wolfgramm, Gary Jeffers, Chuqee Fletcher, Don Sutton*



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