Name It Before It Names You

A one-week tool for Heed Your Heart

Most of us are walking around rattled and don't know it. Like a quarterback after a bad interception: still knows the playbook, still physically capable, but every read is a half-second slow. We wake up and immediately start doing, responding, performing, and we never ask what's actually going on inside. Here's the problem with that. Whatever's in there leaks out, usually onto someone who doesn't deserve it.

The heart check doesn't require a therapy session. One or two minutes while the coffee brews. Three questions. Notice. Name. Release. Reset.

Step one: Three questions, seven mornings.

Be specific. "Fine" and "stressed" don't count. If you need a starting vocabulary: anxious, resentful, tired, hopeful, discouraged, restless, content, annoyed, afraid, grateful, numb, eager. Some mornings the honest answer is "Nothing heavy. Let's go." Great. Move on.

	What am I feeling right now?	What am I carrying that I need to name?	One thing I'm grateful for
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Step two: Release it.

Naming a feeling so you can sit in it is navel-gazing. Naming it so you can surrender it is the whole point. Jesus said, "Come to me, all who labor and are heavy laden, and I will give you rest." That's an invitation, not a suggestion. Once you've written it down, bring it to Him. You don't need the solution. You just need open hands: "I'm carrying this, and I need Your help."

Step three: Check for a gavel.

Some of what we carry is heavier than a bad morning. Bitterness is a refusal to see the other person's side, and forgiveness is stepping down from the judge's bench and handing the gavel to the only Judge who sees perfectly. Is there someone you're still holding a gavel over? Write the name. Then decide what you'll do with it this week.

Heed Your Heart is getting honest with yourself. Time with God is getting honest with God. One is diagnosis. The other is treatment.