







Week 2

FOR SUCH A TIME AS THIS  
AN EMERGENCY DEVOTIONAL  
HANNA REICHEL




Emotions impact your body, your mind, and your will. Feel them before you express them, think them, or act on them

Feelings are responses to how the world affects you. Being affected can be uncomfortable. It can be overwhelming and scary. It alerts us to the fact that we are vulnerable, finite, and dependent on others. Because we like to limit our vulnerability, we tend to limit, avoid, or repress the feelings it causes. But doing so makes us no less vulnerable, it only makes us numb and brittle. (p.14)






The serenity prayer is one response to feeling overwhelmed and having limited agency, and it is a prudent one. It is the prayer of the Christian realist who preserves mental and emotional energy for the more effective causes. (p.15)

***God, grant me the serenity to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference. (Reinhold Niebuhr)***



Emotional numbing is a trauma response. It protects you from pain, panic, and breakdown. It allows you to endure the unspeakable by shutting it out, by locking it away.

But it does nothing to mitigate the dangers your feelings flag. Nor does it preserve your ability to care for another moment. In fact, it erodes your capacity for empathy. It isolates and detaches you, deprives you of joy and hope, and eventually erodes your will to live. The damage lingers long after the danger has passed. (p. 16)



The background is a dark teal color with decorative white circuit-like lines in the corners. These lines consist of straight lines and small circles, resembling a stylized electronic board or neural network.

Empathy is a muscle. Strengthen it.

Allow yourself to be affected by the world around you.

Allow yourself to sit with the discomfort and scariness of being affected.

Give yourself permission to feel your feelings. Doing so requires time and space; it requires attention and some care. (p. 17)