PARTICIPANT HANDOUT

What comes out of you first?

Your notes for tonight and your Reflex Journal for the week ahead.

Read this out loud: Your first reaction reveals what your soul has practiced most.

> “A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.”
>
> Luke 6:45 (NIV)

> “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 (NIV)

INTERRUPTION → REFLEX → RESPONSE

Reflex: automatic, fast, conditioned, emotional. **Response:** intentional, Spirit-led, formed, submitted.

You don’t rise to your intentions under pressure. You fall to your training.

Reflex Test

When I’m interrupted, pressured or frustrated, I usually:

© 2026 TheWrkShop · thewrkshop.com. Free to copy and use in your church or men’s group. Please don’t sell, edit or republish it without permission.

☐ React automatically ☐ Defend myself immediately ☐ Escalate emotionally ☐ Pause and respond intentionally

Trigger → Truth → Response: pressure or interruption → the fruit of the Spirit (Galatians 5:22–23) → “I don’t let pressure lead me. I respond from formation.”

The 3-Second Reflex Interrupt

1. **Pause.** Not forever. Just three seconds. Most damage happens fast.
2. **Notice.** What rose first? Anger, fear, control, defensiveness, withdrawal?
3. **Name it.** Ask, “What is this revealing in me?” Not, “What did they do?”
4. **Replace it.** Flesh says, “I need control.” The Spirit says, “Trust God.” Flesh says, “Defend yourself.” The Spirit says, “Respond with wisdom.” Flesh says, “Escalate.” The Spirit says, “Slow down.”
5. **Repeat.** New reflexes are built through repetition under pressure.

Reflex → new response

Reflex	New response
Anger	Patience
Withdrawal	Presence
Defensiveness	Humility
Control	Trust
Sarcasm	Gentleness
Panic	Peace

When pressure hits me, I usually become

© 2026 TheWrkShop · thewrkshop.com. Free to copy and use in your church or men’s group. Please don’t sell, edit or republish it without permission.

With God’s help, I want to become

My reactions are often trying to protect

The Reflex Journal: 7 days

Each time pressure hits this week, catch your first reflex once and write it down.

Day 1

What happened?

What rose first?

What was underneath it?

What response would reflect Jesus instead?

Day 2

What happened?

What rose first?

What was underneath it?

What response would reflect Jesus instead?

© 2026 TheWrkShop · thewrkshop.com. Free to copy and use in your church or men’s group. Please don’t sell, edit or republish it without permission.

Day 3

What happened?

What rose first?

What was underneath it?

What response would reflect Jesus instead?

Day 4

What happened?

What rose first?

What was underneath it?

What response would reflect Jesus instead?

© 2026 TheWrkShop · thewrkshop.com. Free to copy and use in your church or men's group. Please don't sell, edit or republish it without permission.

Day 5

What happened?

What rose first?

What was underneath it?

What response would reflect Jesus instead?

Day 6

What happened?

What rose first?

What was underneath it?

What response would reflect Jesus instead?

© 2026 TheWrkShop · thewrkshop.com. Free to copy and use in your church or men's group. Please don't sell, edit or republish it without permission.

Day 7

What happened?

What rose first?

What was underneath it?

What response would reflect Jesus instead?

Your reflexes reveal what your soul trusts most under pressure.

Practice the pause anytime in the free Pattern Interruption Lab: thewrkshop.com/tools/interruption-lab/

© 2026 TheWrkShop · thewrkshop.com. Free to copy and use in your church or men's group. Please don't sell, edit or republish it without permission.