

Day Two — “Trying Not to Lose My Cool”

Some days feel like a test you did *not* study for.

You wake up already tired, the coffee tastes weak, the traffic is slow, and every single thing you touch seems to fall apart like it's in a conspiracy against you.

And somewhere along the way—maybe around the third inconvenience—you start trying real hard not to lose your cool.

But here's the thing about being human:

We *all* have those scrambled-up moments where patience runs thin and emotions run hot. Life twists, turns, and tosses us in ways that make us feel like one wrong move and we'll snap like a dry twig.

Just like that Rubik's Cube from Day One—there's a point in the scrambling where the colors don't make sense anymore. You twist one side trying to fix it... and accidentally mess up three more. And suddenly you're sitting there thinking:

“I am one more twist away from throwing this thing across the room.”

Ever been there?

(If you're human, the answer is yes.)

But the beautiful thing is: God isn't afraid of your messy reactions. He isn't shocked when you lose your cool. He isn't disappointed when

the pressure gets to you. In fact, He already knew your limits before you ever reached them.

And He offers something better than guilt or frustration—

He offers *grace*.

Real talk:

Losing your cool doesn't mean you've lost your faith.

It means you're overwhelmed, and you need to step back and reconnect with the One who steadies your spirit.

Sometimes the holiest thing you can do is... **pause**.

Not respond.

Not explode.

Not panic.

But breathe.

because a pause gives God room to work.

Scripture reminds us:

“Be slow to speak, slow to get angry.” — James 1:19

Not because anger is evil...

but because anger is loud, and God usually speaks in a whisper.

When life gets loud, the whisper feels hard to hear.

But it's still there.

So today, if you're doing your best not to lose your cool—

if the pressure, the people, the problems, the pace are all too much
take a pause.

Let God straighten out what feels twisted.

let Him settle what's stirring.

Let Him speak peace into places where your patience is wearing thin.

Reflection:

What is the one situation today that is pushing your buttons, and how can you pause long enough to give God room to steady your emotions before reacting?

Prayer:

Lord, You see every place in my life where I feel stretched thin, pushed too far, and tempted to lose my cool. Help me pause before I react. Calm my spirit when things get twisted and overwhelming. Remind me that I don't have to reach for strength—I can rest in Yours. Teach me to respond with patience, wisdom, and grace, even when everything feels scrambled around me. **In Jesus' Name we pray, Amen.**