

CouplesInBloom.com – Pause And Choose

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“...**choose** for yourselves **today** whom you will serve...” ⇒ Joshua 24:15. We need to make sure that we are not so ‘Heavenly-minded’ (religious) that we become no ‘earthly’ (relationship) good. This means **learning** and **applying** Scripture to the details of our life.

Example: how we handle stress in relationships. This means **actually** using Biblical principles to approach, manage and resolve confrontations and disagreements. This does not mean twisting Scripture to make my point seem right, but rather to have a **right spirit**.

The Apostle Peter disagreed with Jesus’ arrest in the Garden of Gethsemane ⇒ Luke 22:39-51. Although Jesus had just warned the disciples not to give in to temptation, Peter attacked one of the mob with a sword, cutting off his ear. Jesus specifically allowed the disciples to bring a couple swords along... knowing Peter’s passion and his need to add knowledge to his zeal. Jesus healed the wounded captor, modeling having a **right spirit**.

Jesus modeled **pause and choose**, right in the middle of **very intense stress** (He was sweating drops of blood!). The **pause**: He stopped Peter’s retaliation against the very thing He just asked God to stop! The **choose**: He decided and explained to others that the answer to the confrontation should be what **God** wanted and not what He, Jesus, wanted. The reason Jesus **paused and chose** God’s (extremely difficult) will over His own was because He believed God was good and rewards obedience ⇒ Hebrews 12:2; 11:6.

Do we believe God’s ways are applicable and important to our stressful problem?

As with everything that is authentic: **believing** it is to **be living** it... proving it with our lifestyle. “*But how do I deal with **sudden stress**?*” you ask? **By preparation**: by **learning** what God says ⇒ Psalm 119:11 and by **applying** what God says ⇒ 2 Timothy 3:14-17.

Example: *it is finally time for just the two of you to have long-overdue time together. Life has been difficult, and previous time slots have repeatedly been stolen. Finally, God has provided an even bigger time slot! At the last minute, a situation not only eliminates your get-a-way, but also requires the two of you to be separate(!) for this long time slot!!*

Note: **this is our true story!** **Keep reading:** *Sudden negativity takes control... followed by the still small voice of the Holy Spirit, “What did you want that time away **for**?” I reply, “For long-overdue, much needed time together!” The Holy Spirit replies, “Why, then, are you doing the opposite with the time you **do** have?” Enter **Pause and Choose**:*

Pausing to evict my emotions from hijacking my situation, followed up by **Choosing** to put my spirit back in the driver’s seat gave me (a measure of) my heart’s desire **AND** taught me what was stealing it: the evil auto-pilot of humanism (a form of selfishness):

“So, then, brothers, we are debtors, not to the flesh, to live according to flesh, for **if you live according to flesh, you are going to die**. But **if by the Spirit you put to death the practices of the body, you will live**. For as many as are led by the Spirit of God, these are sons of God. For you did not receive a spirit of slavery again to fear, but you received a Spirit of adoption by which we cry, Abba! Father! The Spirit Himself witnesses with our spirit that we are children of God.” ⇒ Romans 8:12-16. *Understand??*

Pausing and Choosing is **how** God’s people live by the Holy Spirit! ♥ Loren Falzone