

First Reaction, First Response
Donna Shelton 11/10/09

Life happens: good, bad, happy, sad, fair, unfair, expected, and unexpected.

Two things are certain in every situation: *reactions and responses.*

One happens involuntarily, the other is an act of the will.

Rom 8:5-14

- 5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.
- 6 For to be carnally minded is death, but to be spiritually minded is life and peace.
- 7 Because the carnal mind is enmity (hostile) against God; for it is not subject to the law of God, nor indeed can be.
- 8 So then, those who are in the flesh cannot please God.
- 9 **But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells (occupies a house) in you.** Now if anyone does not have the Spirit of Christ, he is not His.
- 10 And if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness.
- 11 But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to **(revitalize)** your mortal bodies through His Spirit who dwells in you.
- 12 Therefore, brethren, we are debtors-- not to the flesh, to live according to the flesh.
- 13 For if you live **according to the flesh you will die; but if by the Spirit you put to death the deeds (practice) of the body, you will live.**
- 14 For as many as are led by the Spirit of God, these are sons of God. (NKJ)

* First thing in the morning – reaction or response?

* During the day – reaction or response?

~ offense ~

Matt 16:22-23 22 But Peter took him aside to remonstrate with him. "Heaven forbid, sir," he said. "This is not going to happen to you!" 23 Jesus turned on Peter and said, "Get away from me, you Satan! You are a dangerous trap to me. You are thinking merely from a human point of view, and not from God's." (TLB)

Acts 24:16 And herein do I exercise myself, to have always a conscience void of offence toward God, and toward men. (KJV)

~bad news ; sickness, accident, pain ~

- **Ps 112:7** He shall not be afraid of evil tidings, his heart is fixed, trusting in the Lord
- **Ps 57:1** Be merciful to me, O God, be merciful to me! For my soul trusts in You; and in the shadow of Your wings I will make my refuge, until these calamities have passed by (NKJ)

- Ps 56:3-4 3 *What time I am afraid, I will trust in thee. 4 In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me. (KJV)*
- Ps 57:7-11 7 *My heart is fixed, O God, my heart is fixed: I will sing and give praise. 8 Awake up, my glory; awake, psaltery and harp: I myself will awake early. 9 I will praise thee, O Lord, among the people: I will sing unto thee among the nations. 10 For thy mercy is great unto the heavens, and thy truth unto the clouds. 11 Be thou exalted, O God, above the heavens: let thy glory be above all the earth. (KJV)*

* Before bed – reaction or response?

- Eph 4:26-27 26 "Be angry, and do not sin": do not let the sun go down on your wrath. 27 nor give place to the devil. (NKJ)
- Eph 4:26-27 26 If you are angry, don't sin by nursing your grudge. Don't let the sun go down with you still angry-- get over it quickly; 27 for when you are angry, you give a mighty foothold to the devil. (TLB)



Beginning My Day

*It only takes a moment to begin my day, on the right foot, in the right way
With thoughts toward You from a thankful heart – it gives my whole day just the right start
Everything else may go wrong from there, chaotic and stressful, going haywire...
But, because I have anchored my soul in Your love, the storm swirls around me -below and above. Yet, in peace I walk
without panic and fear, for I walk from the inside, where You're ever near
Donna Shelton 1/9/02*



Staying Connected

*God, I want to walk with You all day, staying connected in every possible way
I have opportunities, a dozen or more, to continue this conversation by shutting the door
Closing out the noise of the situation I am in, to speak to You directly -time and again
In these small moments as life rushes on...my heart remains connected to You all day long
Donna Shelton 1/16/02*



There is a place I Run to...

*There is a place I run to when troubles come my way. A place of safety from the storm - emotions that may rage
Arms so strong and mighty, love that draws me there. Streaming tears are wiped away – my panic disappears
Refuge, sweet refuge, a quiet hiding place, Your arms are always open – compassion on your face
Refuge, sweet refuge, I never have to fear, straight to you I always run, your quiet voice I hear
Words of peace you whisper, directions firmly give, with loving nudge you send me out a better life to live
Donna Shelton 1/13/02*