

Daily Devotional by Dr. Gloria P. Holmes

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"Gateway to God's Glory in the Midst of the Coronavirus Pandemic"

"STOP AND THINK"

"Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful." Joshua 1:8

Several years ago, I was introduced to a program used by some school psychologists called *"Stop and Think."* It is designed to help students change negative behaviors to positive ones by pausing before they act and thinking through some specified steps. Some of the social skills addressed are controlling anger, following directions, making friends, and listening. The idea is for students to learn how to make good choices by following the outlined steps which will result in rewards. Signs are posted around the school to remind the students to "Stop and Think" and the steps related to the behaviors are also posted. The more the students practice the steps, the more successful they are in learning how to effectively change their behaviors. As a result, they are rewarded. The Bible is similar to that program.

Think about all the scriptures which discuss attributes such as controlling anger, following directions, making friends, and listening. The Word of God challenges us to *stop and think* about how we live and provides detailed steps on appropriate and inappropriate behaviors. This coronavirus pandemic has given us a lot to stop and think about. Whatever is happening in our lives should be evaluated in light of God's Word. *"Be still and know that I am God."* (Psalm 46:10) At this time, when we are practicing social distancing, we may find ourselves with a little more time than usual for meditation and reflection. That is good thing because we can decide to be more diligent and practice studying scriptures daily as God has commanded.

As we stop many of our usual and normal routines, we can replace them with new habits which can benefit us both now and in the future. *Stop and think!* *"All scripture is given by inspiration of God and is profitable for doctrine, rebuking, correction and instruction in righteousness."* (2 Timothy 3:16) 2 Timothy 3:17 says: *"...so that the servant of God may be equipped for every good work."* Do you want to be prosperous and successful in life? The promise of God is that we will be both prosperous and successful if we meditate on His Holy Word day and night. If we have been too occupied to spend quality time in God's Word daily, perhaps now is a good time to really *stop and think* even more about scriptures. *"O taste and see that the LORD is good; blessed is the man or woman who trusts in Him."* (Psalm 34:8)

Prayer

Dear Heavenly Father,
Your Holy Word is a lamp unto our feet and a light unto our paths. We thank you that we can follow your directions and be blessed. In Jesus' name, we pray. Amen.

How will you respond to today's message?
