

Respond Versus React

It doesn't seem fair to say that how we respond to life determines the paths that we will follow. Each of us has something different to use in our responses and we all need different answers for our circumstances.

The man with a power boat can respond to a storm with rising water, whereas the man without a boat likely reacts to the storm. Survival during the storm for the man and his boat looks much different than the one without a boat. Yet, we are called to fight the good fight, being neither surprised nor controlled by the storm.



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How then can this not-so-easy principle of “respond” rather than “react” be a part of wellness strategies? It seems that all we do when dealing with illness is react! Whether it is illness of a physical nature or illness of the mind, spirit, finances, relationships, or the workplace, we are starting the good fight at a disadvantage, right? No, not necessarily so. This is why “respond” rather than “react” strategies are just what are needed in the pursuit of wellness. Responding means bringing about a plan of action with careful focus on the details. Its goal is safety-wellness-peace of mind and the objectives consider alternatives and possibilities to weather the storm. Reacting means bringing emotions into the situation, adding another component of difficulty to the storm. Reactions almost always focus on who is right or wrong, and get stuck—without addressing a system to move toward a solution.

Storms tend to bring what is hidden into the light. The question then is, do we have a firm foundation of who we are? That will influence whether we respond with faith or react with fear. People are quick to label and tell us who we are without ever knowing the circumstances. They can be heartless and critical, making assumptions about things that are none of their business.

Well-meaning family or friends say they are speaking in love, but use their limited view—clouded with their own issues—to predict our destiny. And, worse, they can inadvertently manipulate us into doing or being what meets their own personal needs or dreams.

The wellness tools in Faith Forward will not work if you do not know who you are and simply go through the motions of life with a “doing” agenda. A to-do life puts out fires, does what everyone expects, and seeks approval from all that is done. At the end of the day, a person living a to-do life is not fulfilled, is sick and tired, and has only fleeting moments of joy. Even the hope of peace is a foreign concept.

A life dedicated to doing is the enemy’s method to keep you from finding your true identity, or to get you to lose your true identity. It’s all about performance, having possessions, and liking the popularity of your actions. A life built on do-have-like does not have lasting peace.

Let’s go to the source. God created us as “beings.” Knowing God is what makes you “be” who you are supposed to be—to do or serve in your unique life purpose. When we are able to understand why we do things, we can do what is a part of our natural being. We do not climb the ladder of success to find out who we are; we climb the ladder of success because we know who we are.

The Faith Forward method of change is rooted in using the tools of body-mind-spirit connections to first, find yourself, and second, to find a deeper relationship with God. Trust has its rewards. An action plan developed with the Word of God in focus (trusting that His plan is for your good) will enable you to keep faith in your vision in pace with real time. Suddenly, what you do in the storm changes—and it doesn’t matter if you have a boat or not. Having your being in God means that you can respond with faith to life’s issues, and not react in fear.

Faith-filled prayers are necessary steps to reach the Father, although He is never far from you. Father God hears more than we say because He sees the heart and speaks its language. And since we don’t even know all that there is to know involving our situation—and He does—He answers with more than we ask for. We need to grow in faith and trust for the complete picture to emerge: Faith takes us to our hope—our purpose or destiny in life—but trust is a knowing in your Spirit that allows you to act on your faith, as if it is already so. The storm, no matter how fierce, is only temporary. ***Permit the Creator and Final Authority of heaven and hell to move in your life in His own time and in His own way.***

Expert form: **Wellness Tools for Creating Change**
A Women’s Three-Point Harmony of Body, Mind, and Spirit
www.Amazon.com (<https://tinyurl.com/ybbdhyq4>)