

# Melva's Corner



## STOP!

**Central Truth:** Rather than automatically giving in to our emotions and "casting caution to the wind," we should **STOP, KNEEL, AND PRAY**. In that moment, we can ask the Lord for wisdom, direction, and self control.

From an early age, firefighters and educators have taught us that when we find ourselves on fire to "STOP, DROP, and ROLL!" But what are we to do when we are emotionally on fire? We should STOP!

A young man who had graduated from a drug treatment program visited with a pastor friend and told him about the STOP! principle. He had been warned that he was most vulnerable to acting out of his addictive habits when he was hungry, angry, lonely or tired. In those times, he was told to STOP and assess his actions and avoid his weaknesses.

Whether dealing with recognized addictive sin or not, many people make foolish, impulsive decisions that they regret later because they are emotionally on fire. We often react rather than respond to a difficult situation. This is especially true when we are hungry, angry, lonely, or tired. We, too, need to STOP! and seek the wisdom of God and the leading of His Spirit.

Real healing for our emotional and spiritual lives begins when we get honest about our inconsistencies. When we quit making excuses or blaming others. When we are courageous enough to admit how frazzled the basic connections of life have become – relationships with self, God, and people who care about us.

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Yes! Yes we can be victorious. God doesn't allow temptation to be thrown at us that we cannot overcome and for which we cannot find a way of escape (I Corinthians 10:13). God will rescue us from temptation if we seek Him (II Peter 2:9). This doesn't mean that it will be easy, but we do have the assurance that the One in us is greater than our evil foe who controls the world of sin and death (I John 4:4). With this holy presence, can win the battle of sin and put to death its evil desires and deeds in us (Romans 8:13). To fight the good fight of faith and win the battle over satan, we need to humble ourselves before God, draw near to Him, and submit to His will by resisting the devil (James 4:7). We can put on our spiritual armor to battle the wicked one and defeat him, intentionally laying aside wickedness and sin (Romans 13:13-14; Ephesians 6:10-19).

He who is slow to anger is better than the mighty, And he who rules his spirit than he who takes a city (Proverbs 16:32 NKJ). Who is wise and understanding among you? Let him show by good conduct that his works are done in the meekness of wisdom. . . . But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. Now the fruit of righteousness is sown in peace by those who make peace (James 3:13-18). My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing. If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him (James 1:2-5).

When facing your emotional fires, remember to **STOP, KNEEL, AND PRAY!**

### Scriptural References:

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