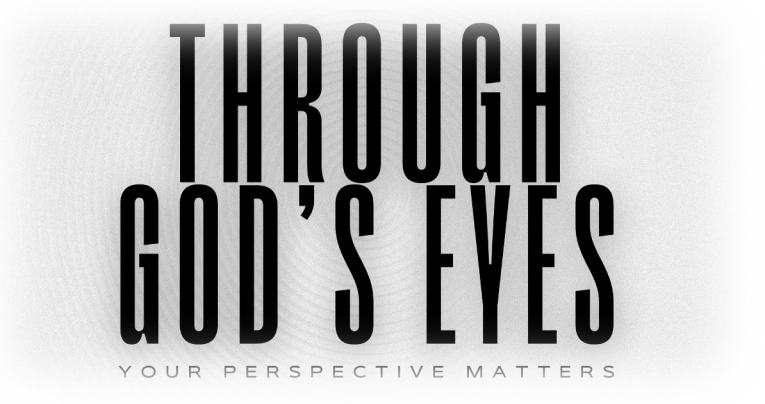


The Perspective Pause

Before reacting... Before speaking... Before worrying... Before getting offended...

Pause.

Ask four questions.

1. What story am I telling myself?

Because every emotion begins with an interpretation.

Here's an example.

Someone walks past you at church.

Story #1 *- "They ignored me."*

Story #2 *- "They're probably carrying something heavy today."*

Same event. Different perspective.

Genesis 3.- Eve told herself a story.

"God is holding out on me." - It wasn't true.

But she believed it.

2. What does God say about this?

This is where Scripture comes in.

Not… “What do I feel?”

Not… “What does Facebook say?”

Not… “What does culture say?”

But… “What has God already said?”

This is Romans 12. - The mind is renewed by truth.

3. What might God be doing that I can’t yet see?

Joseph. Paul. Job. None of them understood everything. But they trusted God’s perspective.

Instead of asking “Why is this happening?”

Ask - “What could God be producing?”

4. How would Jesus respond if He were living my life today?

Perspective isn’t merely seeing life positively. It’s seeing life Christ-centered.