

# Choose How You Respond

In recent times, I've noticed that I don't always respond appropriately. As I go through my 'valley of testing'<sup>1</sup>, I'm becoming more conscious of my speech, actions and thoughts. That's definitely one of the good personal outcomes from my 'valley of testing'. I'm not happy with what I've discovered about my responses, but my new self-knowledge is helping me fine-tune myself so that I better represent Father to those I come in contact with.

Many years ago, in the 1980s, Father taught us a very important lesson: He said, "Choose your attitude".<sup>2</sup> That was a huge 'wake-up call', to realise that our bad attitudes were not unmanageable, but were totally under our control, if we took the time to think before we manifested an attitude. This same situation is now a realisation to me with respect to responding, as that's also under my control.

The tendency to react impulsively is not an option for sons, as this usually results in a negative or unrighteous outburst. Yes, reacting, instead of choosing to respond appropriately, is in the same league as 'choose your attitude'.

Father showed us that we have control over our responses in a recent message about our responses to each day as we wake to it:

*"Look to the horizon; there is a new day dawning. It is a day that gives you the opportunity to **choose how you respond**. It will either be positive or negative. You can either rise to new heights or plunge to lower depths. You can allow Me to be part of your day or not," says the Lord. "Choose wisely."*<sup>3</sup>

The knowledge of self-control with responses has been given to us by Father, so we can no longer operate in ignorance of it. We can no longer blame situations for our poor responses, because we do have control over them. We are now fully responsible to respond righteously in every situations.

To assist with appropriate responding, we must stop momentarily before we respond, check what the Spirit is telling us, and issue a righteous, wise response.

Laurence

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(Readers will need to look up for themselves any scriptures alluded to in this document)

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1 – "The Valley of Testing" (14-9-2023) [canberraforerunners.org/wp-content/uploads/The-Valley-of-Testing.pdf](http://canberraforerunners.org/wp-content/uploads/The-Valley-of-Testing.pdf)

2 – "Choose Your Attitude and Reactions" (7-7-2023) [canberraforerunners.org/wp-content/uploads/Choose-Your-Attitude-and-Reactions.pdf](http://canberraforerunners.org/wp-content/uploads/Choose-Your-Attitude-and-Reactions.pdf)

3 – Marsha Burns "Small Straws in the Soft Wind" (Oct. 10, 2023) [ft111.com/smallstraws.htm](http://ft111.com/smallstraws.htm) [ARCHIVE: [ft111.com/straws2023.htm](http://ft111.com/straws2023.htm)]