

A Pause While You Wait

BY CATHY BAKER

Pack: Bible, coloring sheet, and colored pencils

SEE

Who do you see walking by as you wait on your loved one?

"Be wise in the way you act toward outsiders; make the most of every opportunity."
Colossians 4:5

Make the most of this difficult opportunity by praying for strangers. Who knows? You may be where you are for a higher purpose.

HEAR

Do you "hear" God's voice speaking words of truth, life, peace, and joy to you?

Listen to these verses as you read them aloud:

- Jeremiah 29:11
- Isaiah 41:10
- Psalm 56:3

Do you believe what you just read? (Psalm 86:11) Receive the peace and joy that is yours.

Take a few moments to flood your car with praise music, allowing the truths woven into their lyrics to wash over you. Open your hands, palms up, as a visual way of releasing every worry and "what if" into God's trustworthy hands.

TASTE

"Taste and see that the Lord is good; blessed is the one who takes refuge in him." Psalm 34:8

Spend a few moments considering how you and your loved have "tasted" God's goodness in recent days or weeks.

Turn it into a prayer of thanksgiving. If you feel comfortable praying aloud, even better. Hearing our words helps to concrete these blessings in our way-down-deep soul.

TOUCH

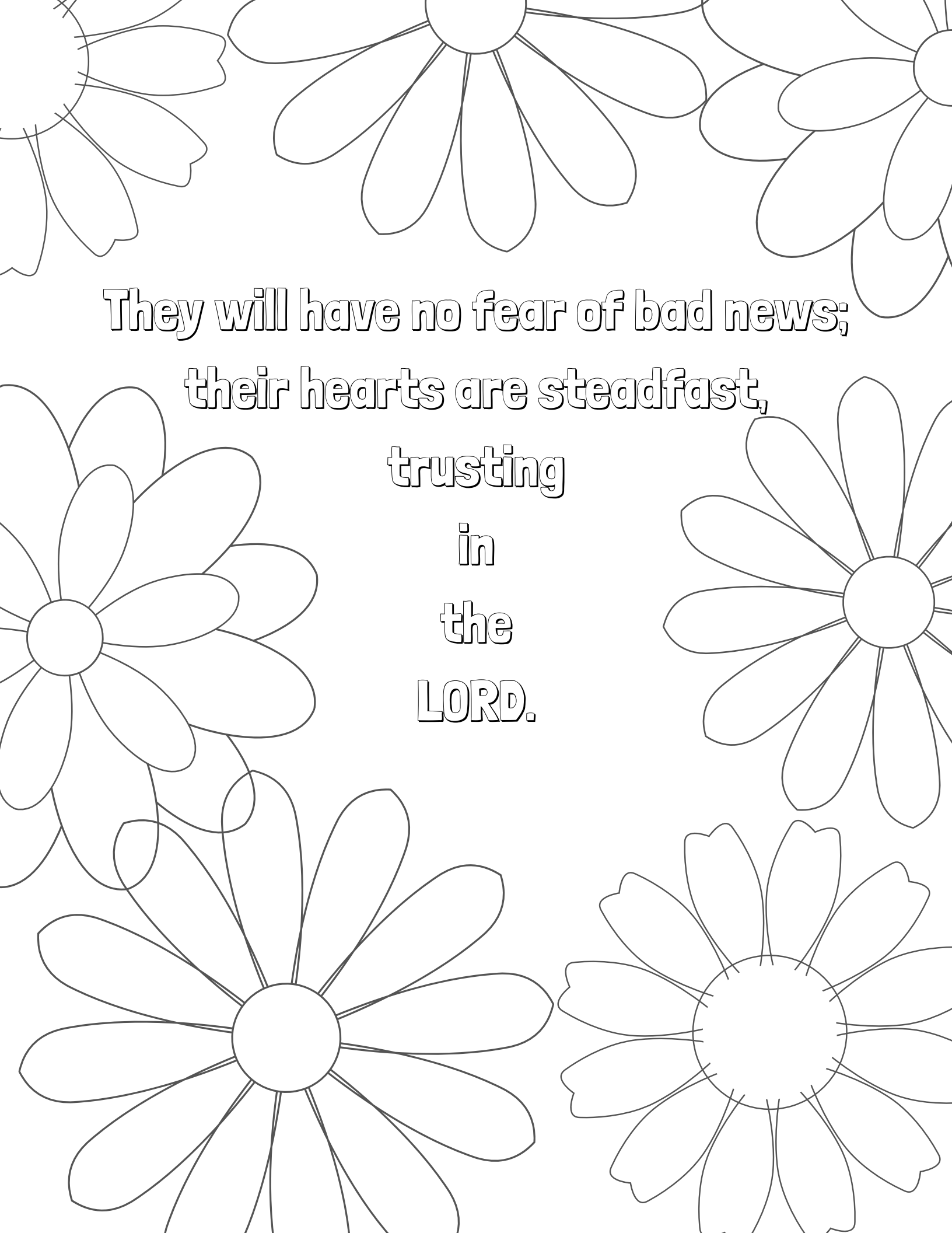
"You are near, O LORD." Psalm 119:151

Place your hand beside you. There's nothing magical or mystical about it. It's simply a reminder of God's closeness. He is there. He is near to your loved one.

SMELL

"We are the fragrance of Christ, regardless of our circumstances." 2 Corinthians 2:14

Do the nurses, doctors, guards, and other health workers catch a whiff of Christ through your kindness and patience? This can be difficult during these times, but stars shine brighter in the darkness, and so do you. (Philippians 4:13)

The page is decorated with several large, stylized flowers in a simple line-art style. The flowers have multiple petals and a central circular center. They are scattered across the page, with some partially cut off by the edges.

**They will have no fear of bad news;
their hearts are steadfast,
trusting
in
the
LORD.**