



As my daughter recently reflected on her years of nursing school, she told me the most valuable thing she learned during her training was the human body's need for homeostasis. She responded to my puzzled look by saying the body will always seek to be in a state of relative balance, or normalcy. When something is "off balance," the body is constantly adapting and compensating to get back to homeostasis. Wow! God never ceases to amaze me in His creative abilities. In much the same way, many of us are mentally and spiritually seeking homeostasis during these challenging days. We are driven to get back to our normal ways of existing. What if, while we have much of the busy-ness of our lives stripped away, we take time to consider what homeostasis of the Christian life should be. Jesus answered that question in **Luke 10:37**, *"Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"; and, 'Love your neighbor as yourself.'* Perhaps we have been given this time to re-orient our lives to the things that matter...loving God first, then loving people. Ask yourself these questions. 1-What has God removed from my life during these days that does not need to return after this crisis is over? 2- What is God building in my life during this time? Am I spending more time in Bible reading? Have I slowed down enough to better show love to my family, neighbors, friends? God has so much to teach us individually and corporately - maybe He is stopping us long enough to let us learn a new "normal".