



When the Applause Stops!

by Dr. Stephan Scoggins

Today, we will be addressing the topic, “When the applause stops!” We’re gonna use these next few minutes exploring HOW to re-establish or perhaps in some cases establish your applause.

Let’s start with the definition of applause. As defined by Webster, Applause is primarily a form of ovation or praise expressed by the act of clapping, or striking the palms of the hands together, in order to create noise. Audiences usually applaud after a performance, such as a musical concert, speech, a theatrical play, or sex, you know, as a sign of enjoyment and approval.

Hey, I’m just saying. When you work hard it’s nice for your efforts to be appreciated. (smile)

We’re not here to focus on how you can get OTHERS to applaud you, but rather how YOU should provide applause for yourself. There’s nothing better than to get fired up from having something on the inside working on the outside.



Did you know that people treat you like you treat yourself?

If you're walking around "apologetically", head down, with a shuffle why should or would anyone else be fired up about YOUR life?

Think back to a time in your life where you felt unspeakable joy. It may have been high school, your first date, having a child, first love, heck you can even go back to when you won the first grade poster contest.

The purpose of having us to make a "time travel" journey is to dissect the ingredients of our experiences. The first of which were the people we were around. We were around people who cared. While I realize there are some extenuating circumstances, MOST of us get to CHOOSE who we spend our time with. So why would you be around people who through their words or actions show that they don't care? That they're just not that into you?

Another very important element from when you experienced unspeakable joy is time. Time is a precious commodity that we cannot replace. Back in the day when you were doing whatever you were doing, you used time to practice sports, time at choir rehearsal, time to study, time to date, time for your job hustle and even time to party. How are you using your time now? What? For a pity party? What? All of us should do as much as we can, the best we can, for as long as we can. We all get the same 24 hours in a day. It is what we DO with that time that makes a difference.

Now, I'm gonna have to go there. How were you physically during that period? I'm not suggesting that any of us are ever gonna have a 27-inch waist again, but what I am saying is that you only get ONE body. How are you caring for you it?

The sad truth is that when we lose our applause we don't know which came first, the chicken or the egg? Did I lose myself and that is what caused the depression? Or did I become depressed and that is what caused me to lose myself?

I started today's devotional by saying, people treat you like you treat yourself. When you feel good about yourself, you won't allow anyone to treat less than how God would treat you. It is like being a true Christian. To prove you are a Christian you don't have to answer to your telephone by saying, *"Praise the Lord from whom all blessings flow. How may I help you my Lord and Savior?"* **Just BE it.**

In closing, I would like to teach you something that you should use as your daily mantra. As you will see: the words are nice and easy!



Oh I feel good!
Good! Good Good! Good Good!
I feel good!
Good! Good Good! I feel good!

There's something about building my esteem
That makes me feel good.
That makes me feel good.

[Psalm 42](#); [Zechariah 8:1-17](#); [Matthew 8:14-17, 28-34](#)

Advent Hymn Reflection
“[Hark! The Herald Angels Sing](#)”
performed by the Mormon Tabernacle Choir, feat. Natalie Cole



FOLLOW MCCDC

