



CHRIST in the
CHAOS

growing in

GRACE

LIFE IS HARD

We live in a broken world. So, what do we do when it seems like the world is weighing down on us? We turn to the Lord who is over all things and who still sits on the throne.

"Cast all your anxiety on Him because He cares for you."
1 Peter 5:7

"You keep track of all my sorrows.
You have collected all my tears in your bottle.
You have recorded each one in Your book."
Psalm 56:8

May we not be rattled by the world but be steadfast in our response and character

Being faithful with little hardships and remaining faithful in larger/harder times

We all have lemons (hard times) in our life. Some seasons we may have fewer lemons and some seasons we are drowning with lemons.

REMINDER 1:

Be faithful in whatever season you are in

REMINDER 2:

Remember Who sits on the throne

REMINDER 3:

What are you feeding your mind and your soul (world vs truth)



AM I HANDLING THE SMALL SITUATIONS WELL?

Small lemons may be our response when we step on a sticker vs lots of lemons is when we receive really bad news



WHAT COMES OUT OF YOU WHEN YOU ARE SQUEEZED?

"For out of the abundance of the heart the mouth speaks" Matthew 12:34

MAKING TIME FOR SELF-CARE IS A MUST

If we are not healthy, we are not at our best to care for those around us well.

- When you're on an airplane, you have to put your oxygen mask on first and then help others....so what does that look like for you? Here are some ideas:
 - Maintain your friendships
 - Get regular exercise
 - Keep a balanced diet
 - Ask for help and accept it when it is offered
 - Think of yourself as your own best friend
 - Set goals that excite you
 - Get good quality sleep
 - Find an activity that you find relaxing


WHAT IS YOUR SUGAR?

- To make lemonade from our lemons you need sugar!
 - Everyone's sugar is different but we must know what ours is



ASK YOURSELF WHAT ENERGIZES YOU?

- Example: Running; Crafts; Painting; Baking; Walks: Reading



**Sometimes
you do not
have sugar but
your neighbor
does!**

POWER OF COMMUNITY

- ask for help...it is the best way to make a friend or grow a friendship
- genuine community accepts you where you are but also stirs you to run the race well
 - important to have the mind of Christ and **not** compare your family to another family in the community and give Satan a foothold
 - everyone has their own story and lemons

POWER OF PERSPECTIVE

- we see our World and situation from our own perspective, and we may not understand each other's perspective
 - example: pairs of glasses with different colored lenses make things look different
- we need to view things from God's perspective
- take off glasses to not feel less than and put on God's glasses to be able to celebrate others for who they are...we are all on the same team...our problems that rise up inside us towards others normally stem from our past experiences and insecurities

POWER OF RESILIENCY

- resilience is our ability to adapt and bounce back when things don't go as planned
- we can boost our resiliency
 - learn to relax and rest in the Lord (He is Sovereign)
 - change your perspective to an eternal perspective
 - learn from your mistakes and failures
 - choose your response (fruits of the Spirit)
 - set goals and keep running after Christ
 - remember your identity in Christ (who you are and whose you are)

**THERE ARE TIMES WE ALL NEED PROFESSIONAL HELP.
WE CAN HELP REFER YOU.**

7 PRACTICAL WAYS TO TRUST GOD IN YOUR EVERYDAY LIFE



1

SEEK TRUTH IN SCRIPTURE

- God knows you need somewhere to go when you feel unsure. That place is **His Word**. It is unchanging and completely trustworthy
- You need a strong foundation of Scripture to stand on, especially when you feel uncertain. The Bible is God's unfailing, unchanging Word. You can cling to its truth when life throws you a curveball



2

CONFESS UNBELIEF

- This helps you accept that God is bigger than you could ever understand
- Go to Him and ask Him for help



3

SHARE YOUR CONCERNS WITH YOUR COMMUNITY

- When you are struggling share those concerns with another believer whom you trust—someone who is walking with the Lord and knows the Word....someone who will point you back to the Word and truth and not just what you want to hear



4

REMEMBER GOD AND SPEND TIME WITH HIM

- God can shape your view of your circumstances; do not let your circumstances shape your relationship with God
- Spend regular time with God



LOOK FOR THINGS TO BE GRATEFUL FOR

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus”

1 Thessalonians 5:16-18

- Trust grows as you look for God’s presence in what feels dark and heavy; He never leaves



WALK IN THE HOLY SPIRIT

- Many people feel helpless and worry about the unknown future...the leading of His Spirit can ease struggles by guiding you to acts of obedience.
- He does not always give you the big picture, but He will show you the next step



WAIT ON THE LORD

“They who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.” Isaiah 40:31

- He will help you wait with endurance
- Waiting on the Lord reminds you that you are not in control
- If He seems silent, remember His promise that He is always hearing your prayers and responding

“When the righteous cry for help, the Lord hears and delivers them out of all their troubles.” Psalm 34:17

6 QUALITIES OF THOSE WHO STAY FAITHFUL IN HARD TIMES

TRUST

- We must know and trust His nature and His character
 - Example: He is Good even when I don't understand
 - Example: He is with me even when I don't feel Him

PATIENCE

- Example: King David was anointed King of Israel as a teenager but it would be 12 years before the promise became a reality. God used that time to refine and prepare David

COURAGE

- To be led by God alone and not act in our own strength or timing; if it is not according to God's will or timing it is the wrong choice
 - Example: being swallowed by a whale

DETERMINATION

- To be influenced by the Lord alone and not pressures and opinions from the world

STRENGTH

- When tempted to jump ahead of God we must remember He is the source of our strength and we must wait patiently for Him to direct us

ENDURANCE

- To not quit but to continue to seek the Lord daily when emotions and feelings don't line up

STOPPING THE SPIRAL BEFORE IT STARTS

We have 9,000-60,000 thoughts a day and on average 85% of those for most humans are negative. 95% of our thoughts are repeated from the day before

- our inputs are shaping our lives (social media, technology, the Word)
- we have to shift the way we think & that takes time and practice
- make a mind map
 - list out what you are thinking about
 - you have to notice your thoughts
 - as you track them, you will start to see a theme
 - How to go from believing a lie to believing the truth?
 - we have to know what the truth is and we have to know what is a lie
 - What does God's Word say about that thought?

ISOLATION IS PROBABLY THE GREATEST ENEMY TO OUR MINDS

We need to be able to say: "this is what I've been feeling and what I have been thinking about" and let people in

IDENTITY JOY GIVERS & JOY STEALERS

- Sources of life and peace vs sources of sin and death in your relationships, home, mind, schedule, daily decisions

Joy Givers

Joy Stealers

ASK YOURSELF WHAT THE BEST "YES" IS

- We all only have 24 hours in a day and when we say yes to something we say no to something else
- We have to make sure we have margin in our life

REST

- God knew we needed rest when He created the Sabbath. Rework your schedule to have margin in your life and in your family (mental, emotional, physical, and spiritual rest)
 - We weren't meant to run at full throttle all the time - that leads to burn out

A downward spiral is when we can feel ourselves slipping into a lower mood and our mental health feels as though its declining. This spiral comes with a sense of hopelessness, frustration, and anger

IDENTIFY TRIGGERS

- Different for different people

NOTICE EARLY WARNING SIGNS

- Noticing your mood slipping requires self-awareness and that allows you to get help and have a plan in place to help you navigate this in a healthy way. Some early warning signs are:
 - Disrupted sleep
 - Cancelling plans
 - Loss of appetite
 - Aches and pains
 - More tearful or fearful

HAVE A PROCESS IN PLACE

- Have a toolkit that works for you
 - Daily self-care non-negotiables
 - For example, pick one of these items, or list your own!
 - **Read the Word** (Meditate on it, memorize it)
 - Make your bed every morning
 - write down 5 positive things at the end of each day
 - exercise
 - plan a special family dinner once a week
 - make time to take a long relaxing bath
 - _____
 - _____
 - Emergency self-care list for tougher times
 - Some examples, but each person is different:
 - **Read the Word**
 - Turn off social media
 - Phone a friend (or have coffee)
 - Breathe, Practice a grounding exercise (like 5-4-3-2-1 in the resources section)
 - List of trusted people or doctors to reach out to for support
 - A “reach in” list we can give to those closest to us so they know how and when to help

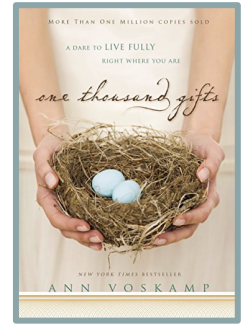
WAYS TO HELP THOSE WHO ARE SPIRALING:

- Pray for them and for wisdom on how to help
- Check in with them—text or go visit
- Call them and ask real questions (how are you really doing?)
- Offer to practically help them with something
- Encourage self-care
- Provide ways to have fun (movie, grab a coke, game)
- Don't be easily offended if you feel they aren't responding

RESOURCES

ONE THOUSAND GIFTS | Ann Voskamp

This book helps you focus on things to be thankful for. Even if you have read it before, this book is a good re-read to remind us what we SHOULD be focusing on, and that there are always things we can be thankful for.



5-4-3-2-1 GROUNDING EXERCISE

List 5 things
you can
SEE

List 4 things
you can
TOUCH

List 3 things
you can
HEAR

List 2 things
you can
SMELL

List 1 thing
you can
TASTE

This is useful when you feel like you are spinning out of control or drowning under the waves. Look at your hand, say each item out loud, and breathe after each item. You will find yourself calmer and with a clearer head. This is also a useful technique with kids who are having a hard time expressing emotions.

Licensed Professional Counselors you can call, if you are needing some additional help or assistance:

Jamie Jones-Scammahorn, LPC
(405) 630-8433

Anita Walker, LPC
(405) 760-4052
New Path Christian Counseling

You can always call the church office or contact Hope Blair or Jordan Lindley to help you deal with an emergency or locate a mental health professional. We will keep your conversation fully confidential.

If you need assistance locating long-term mental health resources, talking through a problem, or exploring mental health treatment options you can **call 211** to speak with a live person who can help.

OTHER MENTAL HEALTH HOTLINES:

**National
Suicide
Prevention Lif
eline -**
1(800)273-8255

**Veterans Crisis
Line -**
1(800)273-
8255,
and press 1

**Crisis Text
Line:**
Text the word
'Home' to
741-741

**National
Domestic
Violence
Support
Hotline -**
1(800)799-7233

**National
Sexual Assault
Hotline -**
1(800)656-4673