

Practical steps to take when faced with uncertainty

Dr. Steve Brown A Team Resource

#### **Find Focus**

Don't get focused on the wind and the waves of circumstances. Keep your eyes on Jesus—the pioneer and perfecter of faith (Hebrews 12:2-3).

### **Give Thanks**

Every day identify three things for which you are thankful. Then aim for ten! Gratitude changes our perspective in powerful ways (1 Thessalonians 5:18).

# **Pray Unceasingly**

Don't underestimate the impact of prayer, on you, on others and on the world. Pray for people to seek Jesus. Pray for wisdom for government and public health leaders. Pray for scientists and healthcare workers. Pray for the most vulnerable and isolated. Pray for Jesus-centered leaders (1 Thessalonians 5:17).

# Love Lavishly

On any day, we have little control over what's going on in the world. We do have control on how we respond, however. Jesus says "As I have loved you, so you must love one another" (John 13:34). Love lavishly by reaching out to the vulnerable and blessing others in practical ways.

# Spread Calm and Courage

Choosing to trust Jesus allows us to be a calm and non-anxious presence in our anxious world. Whom could you give courage to today? Give them a call or write a note. Point them to the One who is your faithful guide, your provider and your protector (Joshua 1:9).

