Sanity in Uncertainty

Dr. Steve Brown
A Personal Resource



1. Celebrate Whatever You Can

What can you be thankful for? Identify at least three things each day for which you are thankful. Then try for ten! Gratitude changes your perspective in powerful ways (1Thes. 5:18). Whom can you celebrate? Thank God, thank others and let the positives give you fresh fuel.

2. Rest and Restore

Football legend Vince Lombardi wisely said, "Fatigue makes cowards of us all." Discouragement and fear often rise when you are tired. Take a 20-25-minute nap and/or seek some extra sleep. Unplug from technology, even for a few hours. Take some time (even if it's just an hour) to do something that restores you.

3. Encourage and Bless Others

Instead of focusing on how discouraged you feel (which is about you), be an encourager (which is about others). When you start encouraging others, your outlook will change for the better.

So whom can you encourage today? Whom could you thank, help or bless?

4. Take God at His Word

Embrace Isaiah 41:13, "For I am the Lord your God who takes hold of your right hand and says to you, do not fear; I will help you." The God and creator of the universe, the all-powerful one is with you. He is your guide, your provider and your protector. Declare and rest in these truths!

5. Choose to Trust

Don't try to carry a burden that you aren't designed to carry. Instead, choose to trust God. Here's a simple but powerful prayer: "By God's grace, I choose to trust you with _____"

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