

Take These Steps to Navigate Your Way Through This Chaos

As we ushered in 2020, we unknowingly brought in a season of chaos. But chaos is more than just what is happening this year.

Chaos has this nasty habit of coming and going through many seasons of life. Sometimes it comes for a short visit, while, other times, it more than overstays its welcome.

Definition

I took to *Merriam-Webster* to see its definition of chaos:

1a: a state of utter confusion.

1b: a confused mass or mixture.

2a: the state of things in which chance is supreme.

2b: The inherent unpredictability in the behavior of a complex natural system.

How often do we feel as though we have stepped into a state or season of confusion? How often do we feel as though God is not in control, but rather it's the dice's roll? We come to realize that as much as we try to control our lives, life is ultimately uncontrollable!

Jeff Boss makes a great statement, "To thrive in chaos and adapt to change requires the mental preparedness to modify one's thoughts at a moment's notice"

How do we change our mental state or modify our thoughts to successfully navigate the chaotic seasons that come rampaging into our lives?

Where Do I Start?

If you swim in the ocean, you are probably familiar with the term rip current. A rip current can sweep even the strongest swimmer out to sea if they don't know what to do. If you are caught in a rip current, you swim parallel to the shoreline until you are out of the current. However, to do that you must:

–Know what to do.

–Fight the panic.

–Focus.

A rip current demands moment by moment decisions that can make the difference between getting to solid ground again or getting pulled out to sea.

Tossed by the Wind and Waves

“As evening came, Jesus said to his disciples, ‘Let’s cross to the other side of the lake.’ So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed). But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water” (Mark 4:35-37, NLT).

The disciples had:

–A destination given by Jesus.

–Jesus in the boat with them.

Focus

–Disciples focused on the storm.

–Jesus was sleeping in absolute peace.

Isaiah 26:3 (MEV) says “You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.”

As believers, we are to have the mind of Christ (1 Cor. 2:16). Paul is telling us that it is our inheritance to have the mind of Christ. It is in our very DNA as followers of Jesus Christ. "Having the mind of Christ means sharing the plan, purpose and perspective of Christ, and it is something that all believers possess."

Mark 4:38 tells us that Jesus was sleeping. Therefore, He modeled that even in the midst of a storm, it is possible to be at peace.

The more the disciples focused on the storm, the more substantial grip fear had over their lives.

Navigating Seasons of Chaos Takes Intentional Wisdom and Focus

We must understand that chaos carries the capacity to overtake and consume our lives. The longer we allow the control, the more we "mold" to that model rather than the son or daughter of God that we were created to be. Children of the kingdom of heaven walk in the peace that surpasses understanding.

There is a heavenly garbage can for fear, worry and anxiety.

"Cast all your care upon Him, because He cares for you" (1 Pet. 5:7).

8 Ways to Navigate Your Chaotic Seasons

–Turn off the media.

–Read Psalm 91 and journal what you learn about God's place in the midst of our fear and insecurity.

–Confess and repent for giving fear a home in the very area where you were created to carry peace.

–Invite the peace of God that surpasses understanding into your life.

–Make it a practice of giving over fear and insecurity to the

Lord as soon as you sense it. Don't wait.

–Worship, meditate on the Word of God, worship, meditate on the Word of God—and repeat.

–Exercise.

–Remember, the season will move on. Do not allow the chaos to define you but you speak to and define the chaos from a heavenly perspective. Speak peace to that internal storm!
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Be sure to tune in to *Real Truth With Ruth* on the Charisma Podcast Network.

I want to help you navigate these chaotic times. I've developed a FREE Mini-Course to help you. Click here to get access now.

Ruth Hendrickson is a conference speaker, ministry trainer, board certified counselor, pastor and above all, a follower of Jesus Christ. She is passionate about training, equipping and releasing individuals to walk in wholeness and freedom.