



NAVIGATING THE **NEW NORMAL**



MESSAGE: Navigating the New Normal: Loss of Control

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The COVID 19 pandemic changed the landscape of our lives—overnight

Most of these changes are temporary, some will be permanent

We are going to define the new normal in terms of what we have lost

Because we are defining the new normal through the lens of loss, grief will be our constant traveling companion on this five-week journey

The purpose of this series is to give you some roadmaps that you can count on as you navigate your new normal

The Loss of Control

Why is having a sense of control so important?

God wired us to have control over certain things

A sense of control is essential to our emotional health, happiness, and engagement

What's at stake if we don't navigate the loss of control successfully?

We can develop a sense of helplessness

We can be driven to overcontrol

How to navigate the loss of control

The bottom line: The best way to navigate the loss of control is to let go of the things you can't control and focus on the things that you can control

Get some clarity on the nature of control

We have been given the privilege and responsibility of self-control (Galatians 6:7 NIV)

The evil one is in control of the whole world (1 John 5:19 NLT)

God is in control of outcomes! (Ephesians 1:9-11 NLT)

We are so NOT in control of much of our lives!

I've lost control of the illusion of control—David Cozart, Facebook

Let go of the things you can't control

Letting go is another way of saying grieving what you've lost

Try out Henry Cloud's Helpful Lists

Focus on what you can control

How I respond to any situation

Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way.—Victor Frankl, Man's Search for Meaning

Create new boundaries and rhythms

Do small things with great effort

Trust God for the outcomes

A Serenity Prayer for the New Normal

God grant me the serenity to accept the things I cannot control,

Courage to control the things I can,

and Wisdom to know the difference.

Living one day at a time,

Enjoying one moment at a time,

Accepting hardship as a pathway to peace,

Taking, as Jesus does,

This pandemic world as it is,

Not as I would have it,

Trusting that You will make all things right,

If I surrender to your will,

So that I may be reasonably happy in this new normal,

And supremely happy with You forever.