



## NAVIGATING THE **NEW NORMAL**



**MESSAGE:** Navigating the New Normal: Loss of Celebration

**SPEAKER:** Paul Basden | **DATE:** May 9 & 10, 2020

**We all love celebrations!**

They honor a meaningful event (kairos vs. chronos)

They overflow with joyful activity

They bring together those we love most

A celebration is not a celebration unless it's shared

**Name your loss**

**Grieve your loss**

Admit your reality

Acknowledge your emotions

Embrace your future

**Grief is a gift from God to help us close the loop on our losses**

## **Let God transform your loss**

### **Learn the secret of contentment**

#### **Contentment is a quiet confidence that all is well**

*I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength. (Philippians 4:10-13, NIV)*

### **Ways to cultivate contentment**

#### **Feed your mind with positive thoughts**

*Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. (Philippians 4:8, NLT)*

#### **Manage your expectations when they go unmet**

#### **Celebrate every good gift from God**

*Every good and perfect gift is from above, coming down from the Father ... (James 1:17, NIV)*

**“Things don’t have to be perfect to be good.” (John Claypool)**