

## 5 Ways to Stay Grounded in the Midst of Chaos

Ambiguity and uncertainty are givens for leaders. The vision is still percolating. The project is still being massaged. The employee situation is still unresolved. Not to mention the strained relationships in our personal lives. How can we remain resolute when so much around us is in flux?

As leaders—who are human beings—it’s normal to experience dissonance when things are unresolved. It’s how we handle the dissonance that makes the difference. We can take our personal problems to work, and we can take our work problems home. But the best place to take them is to the Lord. That’s where we’ll find rest, peace, and strength to forge ahead.

- 1. Return.** As soon as you feel angst related to an unresolved situation—whether personal or work-related—go to the Lord. Open your heart and open His Word. He’ll meet with you and give you perspective.
- 2. Rest.** The deepest, truest soul rest is found when we’re with the Lord.
- 3. Remember.** As you’re talking with God, reflect on His character. Remember His goodness and faithfulness to you.
- 4. Entrust.** As you’re trusting God in the midst of the unsettled issue, actually entrust it to Him. Hand it over to Him. He’ll deal with it in His time and His way.
- 5. Walk.** With a heart full of love and peace from the Lord, walk on and engage with the people and responsibilities God has entrusted to you.

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*Return, O my soul, to your rest; for the Lord has dealt bountifully with you. For you have delivered my soul from death, my eyes from tears, my feet from stumbling; I will walk before the Lord in the land of the living. – Psalm 116:7-9*

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