

The background of the image is a vibrant sunset sky with horizontal bands of orange, red, and blue. In the lower center, there is a black silhouette of a signpost. The signpost has a vertical pole with several horizontal arms extending from it. One arm points to the right, another points to the left, and a third points downwards. The text is overlaid on this background.

3 Ways To Handle Change Before It Handles You

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Let's get right to it. Change sucks, but it doesn't have to suck the life out of you. It's the only thing you can count on from this world, so it's about time you get a handle on how you handle it.

1 | Do a reality check.

There are a lot of things we can think about but not all of them are true.

And of the ones that are true, there are things that could ALSO be true, if not true-er.

If you find yourself spiraling out of control in your mind, catch yourself and take a break. Sit down with your notes app or an actual piece of paper and start writing down all the things that are true, but focusing on the ones that are positive. Be your own biggest supporter. Don't dwell on the challenges. Consider them, but don't dwell on them.

Acknowledge all the things that are good in your life. Are you healthy? Are you safe? What else? Stating these things will calm you down and putting them on paper (or digitally) will help you make it real. It may not solve the problem, but it helps to focus on the horizon when you're seasick in a boat. This is your horizon. Keep looking at it until the seasickness wanes.

2 | Remember God

He IS actually the horizon. Number 1 was my way of tricking you into seeing what God is trying to show you.

The Bible says, "Every good gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows." James 1:17

So what does "every good gift" mean?

3 Ways To Handle Change Before It Handles You

Life

Breath

Health

Family

Friends

Salvation

His word

His kindness and peace, and all of himself!

This list is not complete.

And it all comes straight from God.

I dare you to write out what each of these words mean to you. Make it a concrete thought instead of just a word on a page.

When I say family, you say _____.

When I say friends, you say _____.

Make it yours. Accept your blessings from God and thank him for them.

I also dare you to add to this list. Don't let this short list limit your sight.

Know that he wants to give you good gifts. Just because something difficult or disorienting happens, doesn't mean he has changed. Think of some of the people you've read about or heard about in the Bible who have been through epic trials. Life isn't easy, but God is present and he is good. Anchor into that.

Lastly, pray, thanking God for who he is and for all he does for you.

Use this prayer if you find yourself without words.

God, you say you are good and I believe you. Some days, it's easy to doubt, like today. But I do believe. Help me in my unbelief. Thank you for how you've blessed me in ways I often overlook. Thank you for ____(enter your most treasured blessings here)____. I give you my trust. I believe you are for me. I don't know what you're doing in my life right now. Things are changing fast. I can't keep up, but I know you can. Nothing is a surprise to you. You are not frazzled today. You are in control and I wake up to that fact right now. I give you my heart. You are trustworthy and I can trust you with everything that is unknown and everything that is bothering me. Thank you for caring about me, even in the littlest things. You are better than I can understand. Give me your peace that passes understanding. I need it more than usual, today.

3 | Help someone else.

It's time to look outward. You've dealt with the changes and submitted yourself to God. Helping others will help you get out of your own head. This might not be easy, but it will be worth it. You might have to pray for wisdom in how to find someone to help. If you're at home, you might need to get out of the house. If you're surrounded by people, start looking around. Ask yourself what you can do to make someone else's day easier.

Maybe there's someone in the same difficult situation as you. You can get creative to help them, even if it's just a word of encouragement or kindness because you need it, too. It doesn't take a rocket scientist to figure out what people need. Ask yourself what would make you feel better, and do it for someone else.

I am not going to give you a list of practical ideas on how to help people, because my list would be so completely pathetic compared to the living, breathing life you have inside of you and the amazing ideas you can come up with on your own. The only thing I ask, is that you gather up the 5 seconds of courage you need to actually step out and do it.

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Just start.

The thing is, I have dealt with a fair bit of change in my life, too. (Haven't we all? Seems like the rate of change is speeding up.) Sometimes it was because of my own choice, like when I moved in the middle of high school to another state, and other times it wasn't my choice, like when my best friend got cancer. Life is a cruel teacher. The test usually comes first, then the lesson.

Keep your head above water by trusting in the Creator of life and the one who lives inside of you will make you capable to handle anything that comes your way.

If you keep up the good work, people are gonna start asking you how you stay so calm in the middle of life's big changes.

Life doesn't have to be this way.

What would it look like for you to be:

Safe & secure?

Healed & whole?

Passionately pursuing your purpose?

It's time to ditch the idea of what life is "supposed to be" and fall in love with the uncommon life God has in mind for you.

Life is hard and I know it can be confusing to figure out what is going on and what your next step should be.

If you are stuck in your spiritual life and want to figure out what God has in mind for you, he's not far, he's not checked out, and I know the steps to help you get around some of these obstacles that keep you stuck.

Everywhere I look, I notice people are living without purpose and meaning in their life. Without purpose and meaning, they are likely to go their entire life feeling unsatisfied and like they wasted their life. I exist to help others find a deep sense of meaning so they can launch out of bed in the morning knowing why they're here and what to do about it. I exist to move every person I meet one step closer to their life of purpose and meaning.

Visit www.KellyGarashay.com and get started today.