



NAVIGATE. HOW TO SUCCESSFULLY JOURNEY THROUGH LIFE AND THESE TIMES

Personally Financially Relationally Socially Systemically

PART FIVE

10 THINGS YOU CAN DO

"I can do all things through Christ who strengthens me." Phil. 4:13

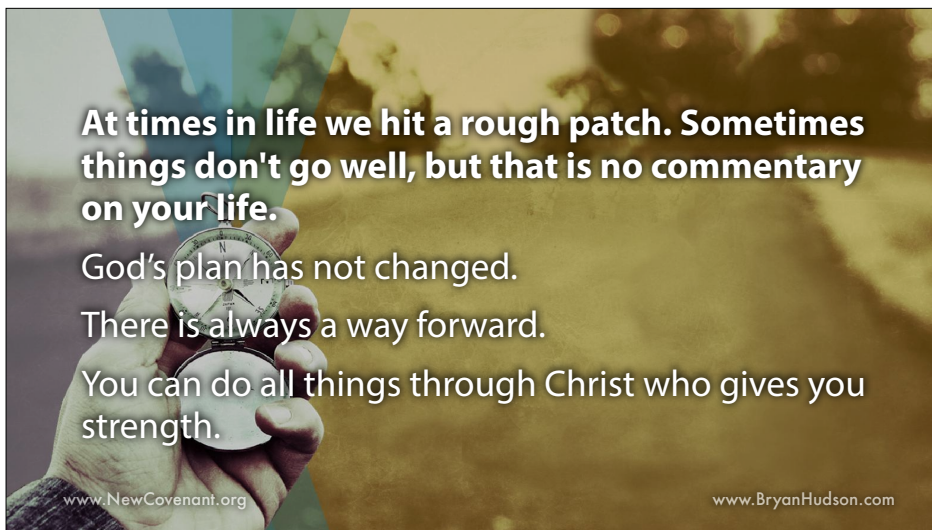
PASTOR BRYAN HUDSON, D.Min.



Navigation Requires Fixed Points (coordinates)

- #1 **Jesus Christ**
Jesus Christ, the same yesterday, today, and forever.
(Hebrews 13:8)
- #2 **The Word of God**
- #3 **Objective Truth and Facts**

www.NewCovenant.org www.BryanHudson.com



At times in life we hit a rough patch. Sometimes things don't go well, but that is no commentary on your life.

God's plan has not changed.
There is always a way forward.
You can do all things through Christ who gives you strength.

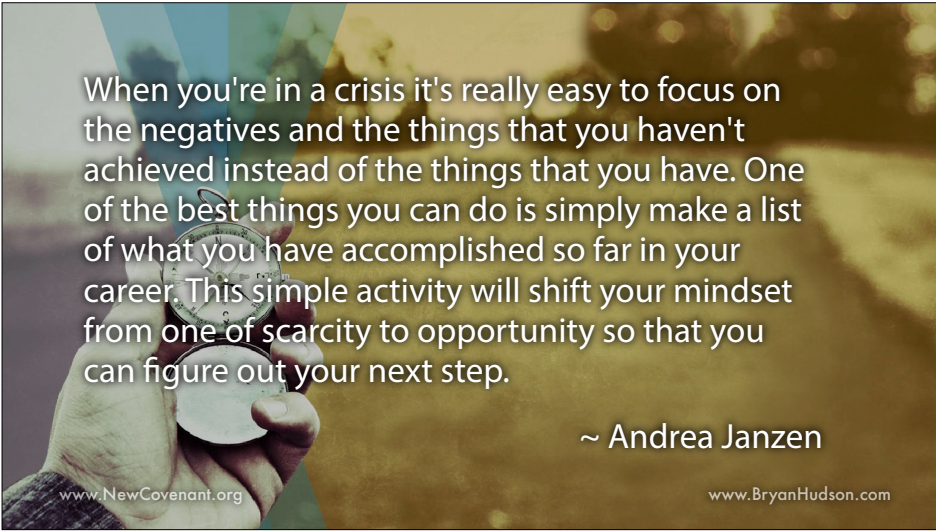
www.NewCovenant.org www.BryanHudson.com



#1 List Your Accomplishments

Philemon 1:6, *that the sharing of your faith may become effective by the acknowledgment of every good thing which is in you in Christ Jesus.*

www.NewCovenant.org www.BryanHudson.com



When you're in a crisis it's really easy to focus on the negatives and the things that you haven't achieved instead of the things that you have. One of the best things you can do is simply make a list of what you have accomplished so far in your career. This simple activity will shift your mindset from one of scarcity to opportunity so that you can figure out your next step.

~ Andrea Janzen

www.NewCovenant.org

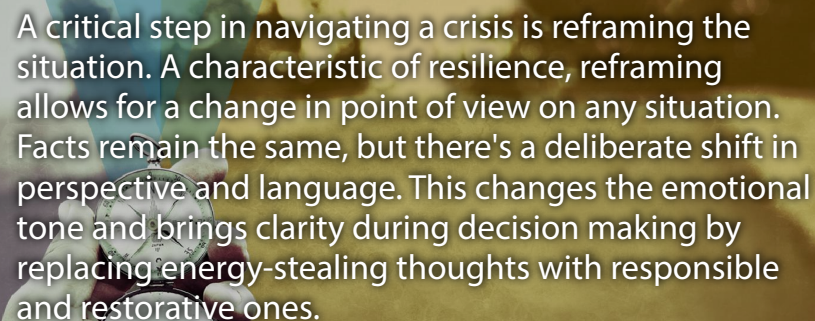
www.BryanHudson.com

#2 Reframe The Situation

Philippians 4:13, *I can do all things through Christ who strengthens me.*

www.NewCovenant.org

www.BryanHudson.com



A critical step in navigating a crisis is reframing the situation. A characteristic of resilience, reframing allows for a change in point of view on any situation. Facts remain the same, but there's a deliberate shift in perspective and language. This changes the emotional tone and brings clarity during decision making by replacing energy-stealing thoughts with responsible and restorative ones.

~ Joynicole Martinez

www.NewCovenant.org

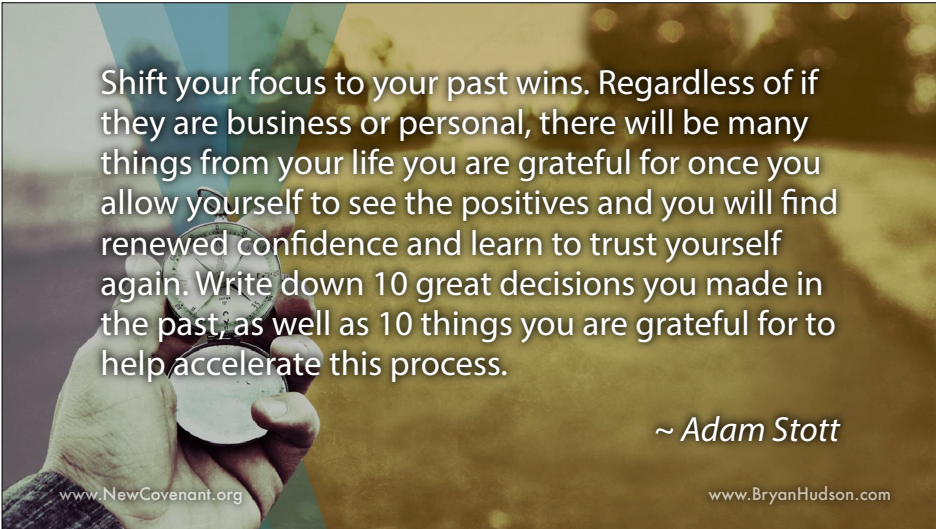
www.BryanHudson.com

#3 Focus On Past Wins

1 Samuel 17:36, *Your servant has killed both lion and bear; and this uncircumcised Philistine will be like one of them, seeing he has defied the armies of the living God.*

www.NewCovenant.org

www.BryanHudson.com



Shift your focus to your past wins. Regardless of if they are business or personal, there will be many things from your life you are grateful for once you allow yourself to see the positives and you will find renewed confidence and learn to trust yourself again. Write down 10 great decisions you made in the past, as well as 10 things you are grateful for to help accelerate this process.

~ Adam Stott

www.NewCovenant.org

www.BryanHudson.com

#4 Face Your Weakness

2 Corinthians 12:9 And He said to me, "**My grace is sufficient** for you, for **My strength is made perfect in weakness.**" Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. 10 Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For **when I am weak, then I am strong.**

www.NewCovenant.org

www.BryanHudson.com

#5 Be Kind To Yourself: Practice Self-Care

Mark 1:35 And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

Matthew 6:26, Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?

www.NewCovenant.org

www.BryanHudson.com

Be kind to yourself during the tough moments of your life. Take responsibility for your past decisions. Avoid complaining, making excuses or blaming, and be loving to yourself because the truth is that you always did the best that you could at any moment and now that you know better, you can do better. Find the lessons from those experiences and make a commitment to focus on what you want.

~ Vered Kogan

www.NewCovenant.org

www.BryanHudson.com

#6 Control What You Can & Should

Genesis 1:26, Then God said, "Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth."

Luke 10:19, Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you.

www.NewCovenant.org

www.BryanHudson.com

#7 Shift Your Perspective Away From The Negative

www.NewCovenant.org

www.BryanHudson.com

We think of crises as inherently negative events, but they don't have to be. Instead of asking, "Why is this happening to me," ask, "Why is this happening for me?" This immediately shifts our perspective and empowers us. By taking life and career decisions as necessary stepping stones from which we either win or learn something, we make the path forward significantly intentional and purposeful.

~ Faizun Kamal

www.NewCovenant.org

www.BryanHudson.com


#8 Know Your Anchor and Support Network

Hebrews 6:19 (TPT) "We have this certain hope like a strong, unbreakable anchor holding our souls to God himself. Our anchor of hope is fastened to the mercy seat in the heavenly realm beyond the sacred threshold"

Proverbs 17:17, A friend loves at all times, and a brother is born for a time of adversity.

www.NewCovenant.org

www.BryanHudson.com



Know your anchor and have support. Your values are your anchor or your true north as they are what ground you. When times are tough, always go back to your anchor and make decisions based on those values. Second, have a support team of people who know you and who you trust. Go to these people for conversations, support, accountability as they will help you hold true to your values.

~ Michelle Braden

www.NewCovenant.org

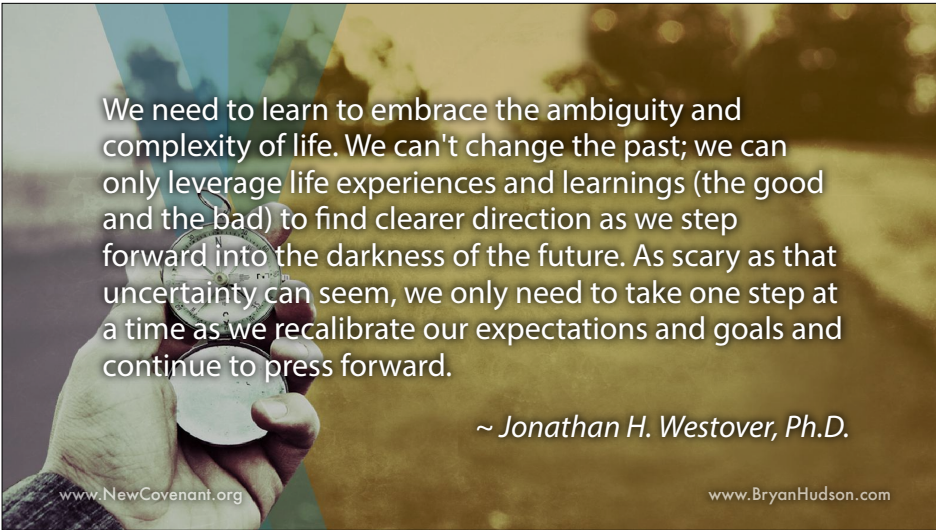
www.BryanHudson.com

#9 Embrace Ambiguity

2 Corinthians 5:7, *For we walk by faith, not by sight.*

www.NewCovenant.org

www.BryanHudson.com



We need to learn to embrace the ambiguity and complexity of life. We can't change the past; we can only leverage life experiences and learnings (the good and the bad) to find clearer direction as we step forward into the darkness of the future. As scary as that uncertainty can seem, we only need to take one step at a time as we recalibrate our expectations and goals and continue to press forward.

~ Jonathan H. Westover, Ph.D.

www.NewCovenant.org

www.BryanHudson.com

#10 Know that The Obstacle is the Way

Jeremiah 29:11, *For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.*

What blocked the path now is a path

The action is in the pushing through—all the way through to the other side.

~ Ryan Holiday

www.NewCovenant.org

www.BryanHudson.com