

# WEEK THREE



## What Now?

When we're looking at a heartbreaking reality, one thing we often want to do is grasp for control. We want to engineer our lives to get the results we want, and we can go to great lengths to do so. Sometimes those efforts backfire simply because there are things that will always be outside of our control. Taking stock of what we can and can't control can be a helpful exercise in recognizing a healthy way through the situations we're in. **Take some time to list below the things you can control about your situation and the things you can't control.**

### WITHIN MY CONTROL

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Looking at these lists, do you notice anything you maybe haven't seen before? Is one of these lists longer than the other? Does that surprise you at all? Check out the list of things within your control. Do these things seem like overwhelming tasks or monumental things to accomplish at this point in your life? Are there ways you can seek help from another person to accomplish those tasks? Describe how you might get help from others below:

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From the early days of the Christian church, believers have leaned on their communities to deal with seasons of loss and difficult circumstances. Their communities were described in Acts 2 this way:

<sup>42</sup> They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. <sup>43</sup> Everyone was filled with awe at the many wonders and signs performed by the apostles. <sup>44</sup> All the believers were together and had everything in common. <sup>45</sup> They sold property and possessions to give to anyone who had need. <sup>46</sup> Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, <sup>47</sup> praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

Those early Christians knew that depending on others and helping meet the needs of others were key components of support and encouragement. Building a network of friends who can support us through tough seasons takes time and patience, but it can make a huge difference in setting us up for success in the future.

Taking steps to seek wisdom outside yourself is certainly one of the habits you're forming right now as you participate in this mentorship experience. Sharing your story with someone who can listen, possibly pray with and for you, and offer helpful next steps is a great way to feel unstuck. You've already started choosing healthy habits for your physical well-being, and you've taken some steps forward in your spiritual health through prayer. This upcoming week, consider what you might do to reach out for wisdom in your situation to someone else in addition to your mentor. Can you think of one or two people that you would trust to listen to your story and to offer support and encouragement? Reach out to them this week and ask for their help in this process. Give one specific means of support they could offer you and see what happens.

## Seek Support

Find resources at [NPMCare.org/Focus](https://NPMCare.org/Focus)

