

An abstract painting with a complex, layered texture. The background is composed of various shades of orange, blue, and grey, with visible brushstrokes and some areas where the paint appears to be peeling or layered. The overall effect is one of depth and complexity, reflecting the theme of the text.

Finding MEANING in the Mess

May 10, 2020



Identify the loss.

Identify the loss.

- **Routine**

Identify the loss.

- Routine
- **Plans**

Identify the loss.

- Routine
- Plans
- **Relationships**

Identify the loss.

- Routine
- Plans
- Relationships
- **Finances**

Identify the loss.

- Routine
- Plans
- Relationships
- Finances
- **Health**

Identify the loss.

- Routine
- Plans
- Relationships
- Finances
- Health

Make a list.

An abstract painting background with warm tones of orange, red, and yellow on the left side, and cooler tones of blue and grey on the right side. The brushstrokes are visible and expressive.

Welcome the grief.



Welcome the grief.

1. Denial

Welcome the grief.

1. Denial
2. **Anger**

Welcome the grief.

1. Denial
2. Anger
3. **Bargaining**

Welcome the grief.

1. Denial
2. Anger
3. Bargaining
4. **Depression**

Welcome the grief.

1. Denial
2. Anger
3. Bargaining
4. Depression
5. **Acceptance**

Welcome the grief.

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance
6. **Meaning (David Kessler)**

Welcome the grief.

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance
6. Meaning (David Kessler)

Make a list.



Accept the uncertainty.



Accept the uncertainty.

Limitless unknowns...

Accept the uncertainty.

Limitless unknowns...

- **Will I or someone I know get sick?**

Accept the uncertainty.

Limitless unknowns...

- Will I or someone I know get sick?
- **How does this technology work?**

Accept the uncertainty.

Limitless unknowns...

- Will I or someone I know get sick?
- How does this technology work?
- **Will I find toilet paper? Meat?**

Accept the uncertainty.

Limitless unknowns...

- Will I or someone I know get sick?
- How does this technology work?
- Will I find toilet paper? Meat?
- **When will I get to go back to...**

Accept the uncertainty.

Limitless unknowns...

- Will I or someone I know get sick?
- How does this technology work?
- Will I find toilet paper? Meat?
- **When will I get to go back to...**
- **school**

Accept the uncertainty.

Limitless unknowns...

- Will I or someone I know get sick?
- How does this technology work?
- Will I find toilet paper? Meat?
- **When will I get to go back to...**
- school
- **work**

Accept the uncertainty.

Limitless unknowns...

- Will I or someone I know get sick?
- How does this technology work?
- Will I find toilet paper? Meat?
- **When will I get to go back to...**
- school
- work
- **the mall**

Accept the uncertainty.

Limitless unknowns...

- Will I or someone I know get sick?
- How does this technology work?
- Will I find toilet paper? Meat?

• **When will I get to go back to...**

- school
- work
- the mall
- **an Angel game, the movies, a concert**

Accept the uncertainty.

Limitless unknowns...

- Will I or someone I know get sick?
- How does this technology work?
- Will I find toilet paper? Meat?

• **When will I get to go back to...**

- school
- work
- the mall
- an Angel game, the movies, a concert
- **church**

Accept the uncertainty.

Limitless unknowns...

- Will I or someone I know get sick?
- How does this technology work?
- Will I find toilet paper? Meat?
- When will I get to go back to...
- **Will I lose my job? How will we pay the bills?**

Accept the uncertainty.

Limitless unknowns...

- Will I or someone I know get sick?
- How does this technology work?
- Will I find toilet paper? Meat?
- When will I get to go back to...
- Will I lose my job? How will we pay the bills?
- **What will be the impact on the economy?**

Accept the uncertainty.

Limitless unknowns...

- Will I or someone I know get sick?
- How does this technology work?
- Will I find toilet paper? Meat?
- When will I get to go back to...
- Will I lose my job? How will we pay the bills?
- What will be the impact on the economy?
- **What do we do with the kids?**

Accept the uncertainty.

Limitless unknowns...

- Will I or someone I know get sick?
- How does this technology work?
- Will I find toilet paper? Meat?
- When will I get to go back to...
- Will I lose my job? How will we pay the bills?
- What will be the impact on the economy?
- What do we do with the kids?
- **When will get to go on vacation?**

Accept the uncertainty.

Limitless unknowns...

- Will I or someone I know get sick?
- How does this technology work?
- Will I find toilet paper? Meat?
- When will I get to go back to...
- Will I lose my job? How will we pay the bills?
- What will be the impact on the economy?
- What do we do with the kids?
- When will get to go on vacation?
- **Will I or someone I know die if we get sick?**



Accept the uncertainty.

Many can tend to go to worst case scenarios.

Glass is half-empty.

Accept the uncertainty.

Many can tend to go to worst case scenarios.

Glass is half-empty.

**For many the uncertainty is worse than
definitive bad news.**

Accept the uncertainty.

Many can tend to go to worst case scenarios.

Glass is half-empty.

For many the uncertainty is worse than definitive bad news.

Make a list.



Confront the fear.



Confront the fear.

Byproducts of fear:

Confront the fear.

Byproducts of fear:

- **Physical distress**

Confront the fear.

Byproducts of fear:

- Physical distress
- **Emotional trauma**

Confront the fear.

Byproducts of fear:

- Physical distress
- Emotional trauma
- **Anxiety**

Confront the fear.

Byproducts of fear:

- Physical distress
- Emotional trauma
- Anxiety
- **Anger**

Confront the fear.

Byproducts of fear:

- Physical distress
- Emotional trauma
- Anxiety
- Anger
- **Paralysis**



Courage.

Courage.

“Courage doesn’t always roar. Sometimes courage is that little voice at the end of the day that says I’ll try again tomorrow.”

- Mary Anne Radmacher

Courage.

“Courage doesn’t always roar. Sometimes courage is that little voice at the end of the day that says I’ll try again tomorrow.”

- Mary Anne Radmacher

“There is no fear in love, but perfect love casts out fear.”

- John the Apostle

Confront the fear.

Byproducts of fear:

- Physical distress
- Emotional trauma
- Anxiety
- Anger
- Paralysis

Make a list.

Assess what's important.



Assess what's important.

What's essential?



Assess what's important.

What's essential?

A lot less than we thought 2 months ago.

Assess what's important.

What's essential?

A lot less than we thought 2 months ago.

- **Shelter**

Assess what's important.

What's essential?

A lot less than we thought 2 months ago.

- Shelter
- **Food and Water**

Assess what's important.

What's essential?

A lot less than we thought 2 months ago.

- Shelter
- Food and Water
- **Toilet paper**

Assess what's important.

What's essential?

A lot less than we thought 2 months ago.

- Shelter
- Food and Water
- Toilet paper
- **Relationships**

Assess what's important.

What's essential?

A lot less than we thought 2 months ago.

- Shelter
- Food and Water
- Toilet paper
- Relationships
- **Health**

Assess what's important.

What's essential?

A lot less than we thought 2 months ago.

- Shelter
- Food and Water
- Toilet paper
- Relationships
- Health
- **Relationship with God**

Assess what's important.

What's essential?

A lot less than we thought 2 months ago.

- Shelter
- Food and Water
- Toilet paper
- Relationships
- Health
- Relationship with God
- **Prepared for Death**

Assess what's important.

What's essential?

A lot less than we thought 2 months ago.

- Shelter
- Food and Water
- Toilet paper
- Relationships
- Health
- Relationship with God
- Prepared for Death

Make a list.

An abstract painting background with warm tones of orange, red, and yellow on the left side, and cooler tones of blue and grey on the right side. The brushstrokes are visible and expressive.

Celebrate successes.

Celebrate successes.

- **Medical advancements**

Celebrate successes.

- Medical advancements
- **Broad Innovations**

Celebrate successes.

- Medical advancements
- Broad Innovations
- **Connections through technology**

Celebrate successes.

- Medical advancements
- Broad Innovations
- Connections through technology
- **Family time**

Celebrate successes.

- Medical advancements
- Broad Innovations
- Connections through technology
- Family time
- **Personal time**

The background of the image is an abstract painting. It features a central white rectangular area where the text is located. The surrounding areas are filled with textured brushstrokes in various colors, including shades of orange, red, brown, and blue. The overall style is expressive and painterly.

Fight for joy.

Fight for joy.

- **Recognize:**

Fight for joy.

- Recognize:
 - **We are always in a fight for the joy that God intends us to experience**

Fight for joy.

- Recognize:
 - We are always in a fight for the joy that God intends us to experience
 - **Our present circumstances have heightened our awareness of the battle**

Fight for joy.

- Recognize:
 - We are always in a fight for the joy that God intends us to experience
 - Our present circumstances have heightened our awareness of the battle
 - **Essence of our battle is to see God for who He is. And then trust Him.**

Fight for joy.

- **Recognize:**
 - We are always in a fight for the joy that God intends us to experience
 - Our present circumstances have heightened our awareness of the battle
 - Essence of our battle is to see God for who He is. And then trust Him.
- **Ask God for help**

Fight for joy.

- Recognize:
 - We are always in a fight for the joy that God intends us to experience
 - Our present circumstances have heightened our awareness of the battle
 - Essence of our battle is to see God for who He is. And then trust Him.
- Ask God for help
- **Hang with others who are fighting for their joy in Jesus**

Fight for joy.

- Recognize:
 - We are always in a fight for the joy that God intends us to experience
 - Our present circumstances have heightened our awareness of the battle
 - Essence of our battle is to see God for who He is. And then trust Him.
- Ask God for help
- Hang with others who are fighting for their joy in Jesus
- **Fight for more joy in Jesus**