

Where Am I?

6 Tips for Navigating the Landscape of Life



1. Scan the landscape of your actual, everyday life—the circumstances you are navigating. These changes on a regular, even daily basis. *What are you walking through?*
2. Survey the terrain of your heart, soul, mind, and strength—elements that aid our travel and with which we love our Lord. These, under the influence of health, age, and the circumstances we're navigating, change, too. *What state are they in?*
3. Acknowledge that these are not excuses. They are not simply first world problems. They are the things God uses to sanctify us.
4. Ponder the path—the topography you're passing through. *Ponder the path of your feet; then all your ways will be sure.* Proverbs 4:26
5. Tell yourself the truth about what you find—especially if it looks like some changes, even small, temporary ones, may be in order. *Do you need to slow down? Speed up? Stop? Change your heading?*
6. Speak kindly to yourself—the way you would to a friend. *Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear.* Ephesians 4:29

Pause | Ponder the Path | Press On

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