



Growing through times of change

Week 1 - Navigating change



St Paul's
LUTHERAN CHURCH BOX HILL

Where's your focus?

In times of change and challenge, we have 3 areas where we can focus:

On the threat – those things that cause concern or have the potential to negatively impact us

On maintenance – those things that we need to do to keep life going

On possibility – those things that create a sense of opportunity and a source of hope

I wonder which one has been your major focus?

Each of these is valid. In order to keep ourselves safe, to keep life going and to have a hope for the future we need to ensure that all three get some of our attention.

In order to change and grow – to give ourselves a chance to make the very best of all circumstances, it's vitally important that we pay attention to what we pay attention to.

Pay attention to the threat. It allows you to recognise those things that may be detrimental to you and taps into your resources and defences that are vital to life. Just make sure that the things you focus on are those things that you can influence and actually change. Otherwise your focus on threat can lead to worry, anxiety and a sense of helplessness.

Pay attention to the maintenance. Through every situation, we face the challenge of meeting whatever comes our way and the opportunity to respond out of the values that are most important to us. If we don't pay attention and intentionally choose, we will default - to what protects us, what we're practiced at, or what is best for 'me' in the moment. And our values often get overlooked and those things that matter the most, can often suffer.

Pay attention to the possibility - to the opportunity in every situation. From this springs hope. Hope will not disappoint us. Hope makes us open our eyes wider, believe in those things outside of our senses and experience, and puts a gentle 'maybe' in our hearts and minds that leads us forward to something better.

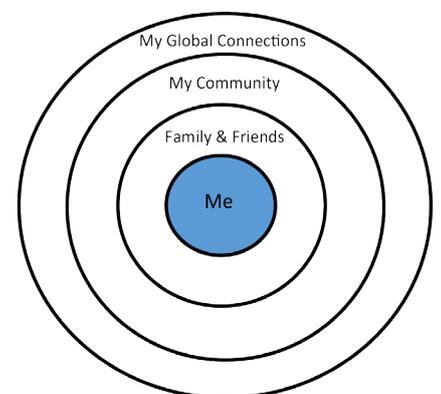
Within these 3 areas of focus are varying levels where we can invest:

We can invest at the 'me' level. Where the focus on threat, maintenance or possibility is about what directly affects me and my personal circumstances.

We can invest at the level of family and friends. Where the focus is on how those closest to me are being affected and the implications for them.

We can invest at the community level. Where we may be able to identify ways that our broader community is being impacted and whether I have a role in that.

We can invest at a global level. Where we are able to see how we are part of a much bigger picture and that there are ways of being and responding in these times that can make a difference to our world.



How we respond in times of change and challenge really is up to us.

Choose out of those things that reflect your values and what matters most to you at this time.