



# 10 Ways to Spiral Up instead of Down

WHEN THE UNEXPECTED  
HAPPENS



# 1. Practice Gratitude

**Philippians 4:6 "Don't be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."**

## 2. Do Something for Someone Else

**"Others-minded life"**

### 3. Flip the Script (Zig Ziglar)

**2 Corinthians 10:5 - "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."**

## 4. *Lean into the Interruption*

**Craig Groeschel said, "When you see a problem, train yourself to see opportunities. Innovation is born out of limitation."**

## 5. Pray and Worship

**Worry is a negative form of prayer.**

## 6. Choose Connection over Isolation

**Be creative! Cards, FaceTime, intimate gatherings.**

## **7. Tend to Your Body, Mind and Soul – Rest, Eat Well, Exercise**

**H.A.L.T. – Halt when you are hungry,  
angry, lonely, or tired.**



## 8. Get Outside

**Nature, water, breathe, a walk...**

# 9. Keep Your Eyes Fixed on Jesus – A Quarter can Block the Sun

**"We steer where we stare."**

**Lysa TerKeurst**

## 10. Do Something Every Day that Recharges You

**Fills and Spills - What drains you? What fills you?**