

# How To Embrace The Wait Well

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## 1. Count Your Blessings

*“Give thanks in all circumstances; for this is God’s will for you in Christ Jesus. —1Thessalonians 5:18 NIV*

## 2. Live in the Present Moment

*Be in this moment and take in all it has to offer.*

## 3. Put Your Trust in God

*“I will put my trust in Him.” Hebrews 2:13 NIV*

## 4. Find Community and Be Transparent

*We were never meant to do life alone.*

## 5. Seek to Reach for a New Perspective

*Our perspective isn’t necessarily factual.*

## 6. Accept Your Current Circumstances

*Acceptance is not giving in or giving up.*

## 7. Let the Time in the Wait Be a Gift

*Open the gift of time.*

## 8. Give Back

*We feel better when we help others.*

## 9. Let Go

*Surrender and let God have control.*

## 10. Take Good Care of Yourself

*You Matter!*

