

# HOW TO SURVIVE IN **THRIVE** IN CHAOTIC TIMES

How to Stay  
Grounded



# **How to Stay Grounded in Christ During Political Chaos**

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**How to Thrive in Chaotic Times**

## **Introduction: The Need for Peace Amidst Political Chaos**

Politics is a subject that evokes strong emotions, sparks debates, and often leaves us feeling unsettled. For many believers, it's a source of division and confusion. Yet, in the midst of this chaos, the Bible calls us to be different. We are called not to be swayed by the world's turbulence, but to anchor ourselves in a peace that only God can provide.

This eBook aims to provide a biblical perspective on how to engage with politics without losing our spiritual grounding. By exploring the wisdom found in 1 Thessalonians and the teachings of Jesus, we'll uncover what it means to have true peace—peace that stands firm even when everything around us is falling apart. This is not a call to disengage from politics or to remain indifferent, but rather to approach political engagement from a place of unwavering trust in God's sovereignty.

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## **Chapter 1: Panic vs. Passivity—The Two Extremes of Political Engagement**

When it comes to politics, most people fall into one of two extremes: panic or passivity. Let's take a closer look at both.

### *The Panic Response*

Panic grips our hearts when we place our hope in human leaders rather than in God. It manifests as anxiety, fear, and an overwhelming sense of urgency. When we believe that a politician or party is our savior, we are essentially practicing idolatry. This leads to a toxic mindset where we see the world in black and white, "us vs. them," and where those who disagree with us become enemies.

In this state of panic, people often lose their ability to engage in meaningful conversations. They become defensive and hostile, ready to fight anyone who doesn't share their views. It's a mindset that breeds anger, divisiveness, and turmoil. Think about the last

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political argument you witnessed or participated in—was it marked by peace or by panic? More often than not, panic takes the lead.

The heart of the panic-driven response is the belief that a politician can save us. When we look to a leader as our source of hope, we give them our allegiance, our trust, and our very identity. But the Bible warns us against putting our trust in man. Psalm 146:3 says, “Do not put your trust in princes, in mortal men, who cannot save.” When we make a politician our hope, we are bound to experience disappointment and disillusionment.

### *The Passive Response*

On the opposite end of the spectrum is passivity. Passive people see the chaos and conflict around them and choose to step back, disengage, and avoid getting involved. They think, “None of this really matters,” or “It’s too messy; I’ll stay out of it.” While this might seem like a peaceful approach, it’s rooted in a different kind of idolatry—the worship of comfort.

Passivity prevents us from standing up for what is right and speaking out against injustice. It’s a mindset that seeks self-preservation over making a difference. In the Bible, God never calls His people to be passive observers. From Moses to Daniel, God’s people were always called to engage, to speak truth to power, and to stand for His principles, even in the political arena.

### *Finding Balance*

The challenge for us as believers is to avoid these two extremes. We are not to be driven by panic, nor are we to be apathetic. Instead, we are called to be people of peace—people who engage thoughtfully, prayerfully, and confidently, knowing that our ultimate hope is in Christ and not in any human institution.

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## **Chapter 2: The Path to Peace—Understanding Shalom in the Bible**

The biblical concept of *Shalom* is far deeper than the modern understanding of peace. In the Bible, *Shalom* refers to a state of completeness, wholeness, and harmony that exists only when we are aligned with God’s will.

### *The Peace of Christ*

Jesus Christ is often referred to as the Prince of Peace. Yet, His life was anything but peaceful by worldly standards. He faced opposition, persecution, and even death. Despite this, He remained relaxed and composed. Dallas Willard once described Jesus in one word: *relaxed*. This is because Jesus’ peace was not dependent on external circumstances. His peace came from His deep relationship with the Father and His unwavering trust in God’s plan.

In John 14:27, Jesus tells His disciples, “Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” This peace is not merely the absence of conflict. It’s a peace that comes from knowing that God is in control, no matter what happens in the world around us.

### *Living in Shalom*

As followers of Christ, we are called to live in this same peace. This doesn’t mean avoiding political engagement or refusing to take a stand on issues that matter. Rather, it means engaging from a place of confidence and trust in God’s sovereignty. When we live in *Shalom*, we are able to have meaningful discussions, build bridges instead of walls, and show the world that our hope is not in political outcomes but in the eternal Kingdom of God.

Think about your own life. Do you reflect the peace of Christ when discussing politics? Do you handle political news with a calm assurance, or do you find yourself getting anxious and defensive?

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Living in *Shalom* allows us to remain involved without being overwhelmed, to care deeply without being consumed by fear.

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### **Chapter 3: God’s Faithfulness in All Circumstances—Good and Bad**

In 1 Thessalonians 5:23-24, Paul writes, “Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it.”

#### *God’s Sovereignty Over Politics*

Paul reminds us that God is faithful to complete the work He started in us, no matter what political events unfold. Our spiritual growth and sanctification are not dependent on who is in power or what policies are enacted. God is at work in all things—good and bad—using them for our growth and His glory.

This truth allows us to engage in politics without losing hope. Even when our preferred candidate loses or when policies we oppose are enacted, we can remain at peace, knowing that God is still in control. He uses both victories and defeats to sanctify us, to mold us into His image, and to deepen our trust in Him.

#### *Responding with Peace*

Reflect on your own life. When political outcomes don’t go your way, do you respond with panic or peace? Do you see it as an opportunity for God to work in your heart and increase your dependence on Him? Trusting in God’s faithfulness means believing that He is using every circumstance to make us more like Christ. This is the foundation of true peace.

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### **Chapter 4: Living Out Peace—Prayer as Our Weapon**

One of the most powerful ways to experience God’s peace is through prayer. In Philippians 4:6-7, Paul writes, “Do not be

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anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

### *Praying for Our Leaders*

We are commanded to pray for our leaders, whether we agree with them or not. This includes praying for their health, their families, and their wisdom. Praying for our leaders shifts our perspective. It reminds us that they are human beings, made in the image of God, and in need of His guidance and grace.

Praying for those in authority, even those we view as opponents, aligns our hearts with God’s will. It’s an act of humility and obedience, acknowledging that God is the ultimate authority. When we pray with faith, we are not just speaking empty words; we are partnering with God to bring about His purposes.

### *Praying for Our Enemies*

Jesus taught us to pray for our enemies and to bless those who curse us. This is one of the most radical teachings in the Bible, and it goes against every instinct of our flesh. Yet, when we pray for those who oppose us, we are imitating Christ. On the cross, Jesus prayed for His persecutors, saying, “Father, forgive them, for they know not what they do” (Luke 23:34). This is the ultimate expression of peace and love.

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## **Chapter 5: Reflecting Christ in Politics—A Call to Radical Peace**

The final chapter challenges us to embody the peace of Christ in all our political interactions. Whether in conversations, debates, or voting, our posture should be one of peace, love, and humility.

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### *Peace That Surpasses Understanding*

Philippians 4:7 speaks of a peace that “surpasses understanding.” This is a peace that doesn’t make sense to the world. It’s a peace that shines brightest in the darkest times. When we engage in politics with this peace, we become a light in the darkness, pointing others to the Prince of Peace.

### *Becoming Ambassadors of Peace*

Our role as Christians is not to avoid politics or become overwhelmed by it, but to stand as ambassadors of peace. Let our lives reflect the peace of Christ, and may we always point others to the true King—the Prince of Peace. Let us be people who bring calmness to conversations, who listen before speaking, and who choose love over fear.

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### **Conclusion: A Prayer for Peace and Engagement**

As we close, let’s remember that our hope is not in politicians or parties but in the One who holds all things together. May we be people who model the peace of Christ in all our dealings, especially in politics. Let’s resist the urge to panic or to be passive. Instead, let us actively engage from a place of peace, trusting in God’s ultimate authority.

“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” — John 14:27

*May we live in this peace, standing firm in the hope that comes from our Savior, Jesus Christ. Amen.*

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