

Keys to Dealing with a Crisis

- 1) **Quickly Ask for Prayer in a Crisis**---(QUICKLY ask for prayer from anyone that genuinely CARES about you and will REMEMBER to pray for you in your TIME of NEED.)
- 2) **Start to Grieve Immediately in a Healthy Way**---Grief described in the book *How People Grow* by Dr. John Townsend and Dr. Henry Cloud is the following. Grief is God's way of getting us through and past things. And we need others to help us do that. Therefore, the Bible says to "mourn with those who mourn" Romans 12:15 (NIV). *If we do that, people find out that it really is true what Jesus said: "Blessed are those who mourn, for they will be conformed"* Matt. 5:4 (NIV).
 - a) Grieving is personal---(griefshare.org).
 - b) We all grieve differently---(grieving can be like an emotional WAVE picking you up from the back and setting you back down).
 - c) Grieve with old photos and videos---(have a safe place to view and reflect on photos).
 - d) Grieve alone or with close friends and family, who are there in the moment with you.
 - e) Grieve in special locations that have your memories and experiences attached.
- 3) **Reach Out Quickly to Others**---Connect Only to others that are safe to you. (You will want to make sure you select only a few safe people to share your deep and personal feelings with.)
- 4) **Empathize With Others Pain and Suffering**---(Don't make it all about you,...know others may be hurting, suffering, and grieving in their own way. Again,...Others may be on their own personal private journey of grieving and letting go of their own PAIN and SHOCK of the crisis.)
- 5) **Cut Back on Some of Your Daily / Weekly Functions of Less Importance**---This will help you get through the crisis by focusing more on God and His guidance for you. If possible, re-schedule or delay less important things at work or in your social life.
- 6) **Breathe.....Breathe.....and Trust God**---(Know if God is in your boat,...your boat will not sink!) "*We live by faith, not by sight.*" 2 Cor. 5:7 (NIV)
- 7) **Look for God Working in the Situation**---(Ask yourself: What might God want you to do?)
- 8) **ASK, SEEK, KNOCK in all Areas of Your Crisis**---(Prayerfully ask for HELP from God, and to give you WISDOM and UNDERSTANDING, and to direct you thru ROAD BLOCKS in the crisis.) "*Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.*" Matt: 7:7-8 (NIV)
- 9) **Marinate on God's Words**---Reflect, study, or just be in God's Word,...(A suggestion is to close your eyes and say a simple prayer;...asking God to whisper and breath HIS WORDS into your pain and grieving process. Pray for Him to lift you up in the moment of your crisis.)
- 10) **Repeat and Say the Name of Jesus Christ Out Loud**---(If appropriate,...know there is POWER in just SAYING His name JESUS CHRIST. YES,...Satan will retreat just by you saying HIS name,...Jesus Christ OUT LOUD.)

Talking Points

- 11) **In a Quiet Safe Place Also Say Bible Verses Out Loud**---(Only if you feel it's appropriate). Again, learn Satan will also retreat when you are saying bible verses out loud.
- 12) **Avoid Distractions if at All Possible**---(Learn that some distractions can be traps from Satan to get you excited and to get you off track. LEARN to FOCUS and be SELF-DISCIPLINED in the midst of your crisis and your RECOVERY TIME.
- 13) **Pray...Pray...and Pray Some More**---(you can't over pray.) LEARN that PRAYER is your most POWERFUL WEAPON! Learn how to use PRAYER EFFECTIVELY with TWO or MORE people.
- 14) **Take Time to be With Family and Close Friends Who Will Rally Around in Your Time of Need.**
- 15) **Eat Healthy Foods/ Exercise and Sleep**---Often when you're going thru a challenging time, your body suffers...so a minimum of 7-8 hours of sleep and HEALTHY FOOD and EXERCISE can be very helpful.
- 16) **Know You Have to be Healthy First...before you can Help Others!**
- 17) **Know Yourself and Your Body**---Know when you're getting RUN DOWN, and when it is TIME to SLOW DOWN. Learn to READ your BODY, and what your body is saying...or NOT saying.
- 18) **Know That You're Not Going to Understand Everything**---Know it's impossible to understand everything...(Trust that God sees and understands everything and cares for you. Learn that God can take the bad in a situation and turn it around for His glory.)
- 19) **Crisis Is a Time for Growth and a Time to Empathize with Others That are Also in Need.**
- 20) **Crisis is a Time for You to be God with Skin On**---Learn to make yourself available for God to use you in the middle of a crisis!
- 21) **Learn to FACE your BIG GIANTS in LIFE**---Pray specifically, learning to break apart your giants in life. (Suggestion to write a SPECIFIC prayer list, giving God your PROBLEMS and challenges.)
- 22) **Know Your Personal Strengths, Weaknesses and Limitations**---Prayerfully find others around you that can help you with your weaknesses. (Know it is impossible to be strong in all areas of life. Rather in community, connected to Godly people you can be STRONG...with God's HELP!
- 23) **Pray Specifically for God's PROTECTION**---Protection for your health, your actions, for your family, your close friends, your home, your job, and anything that God has entrusted you with. *"The LORD protects and preserves them—they are counted among the blessed in the land—he does not give them over to the desire of their foes."*
Psalm 41:2New (NIV)
- 24) **Pray Specifically for God's WISDOM, DISCERNMENT and CLARITY in Your Crisis**---Know the shortest way thru the FIRE IS TO FACE the situation HEAD ON, TRUSTING GOD in the process.

"Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong."
2 Cor. 12: 9b-10 (NIV)

KEYS TO WALKING THRU A CRISIS: RECAP

Learn to reach out to God and safe people quickly in community.

- a) Know you need plenty of SLEEP, HEALTHY food, WATER and EXERCISE.
- b) ALONE TIME WITH GOD (Learn to marinate on God's words day and night is KEY).
- c) Know PRAYER is POWER to HELPING you THROUGH your CRISIS---Ask for prayer by anyone that genuinely CARES about you and WILL remember to pray for you in your CRISIS.)
- d) Know you can do everything easier while HAVING A COMMUNITY OF BELIEVERS AROUND YOU.
- e) Learn favorite MEMORY VERSES---(Say and REPEAT memory verses OUT LOUD, creating tools for your TOOLBOX to be used on a DAILY BASIS.)
- f) ASK, SEEK, and KNOCK---LOOKING for GOD at WORK in and AROUND the SITUATION.
- g) Make yourself AVAILABLE for GOD to USE YOU in ALL situations.

“That which is NOT of FAITH...IS SIN.” —Scott Meacham

Faith in Action: “Now faith is confidence in what we hope for and assurance about what we do not see.” Hebrews 11:1 (NIV)

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. Hebrews 11:1 (NIV)

A Suggestion to read Psalms 91 daily---(Reading Psalms 91 on a daily basis, OUT LOUD, can help add God's protection and security to your crisis or situation.)

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. ²I will say of the LORD, He is my refuge and my fortress, my God, in whom I trust. ³Surely he will save you from the fowler's snare and from the deadly pestilence. ⁴He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. ⁵You will not fear the terror of night, nor the arrow that flies by day, ⁶nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. ⁷A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only observe with your eyes and see the punishment of the wicked.

⁹If you say, “The LORD is my refuge,” and you make the Most High your dwelling, ¹⁰no harm will overtake you, no disaster will come near your tent. ¹¹For he will command his angels concerning you to guard you in all your ways; ¹²they will lift you up in their hands, so that you will not strike your foot against a stone. ¹³You will tread on the lion and the cobra; you will trample the great lion and the serpent.

¹⁴“Because he loves me,” says the LORD, “I will rescue him; I will protect him, for he acknowledges my name. ¹⁵He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. ¹⁶With long life I will satisfy him and show him my salvation.” Psalm 91:1-16 (NIV)

“God USES the VALLEYS in our LIFE to form OUR PERSONALITY.” —Lee Strobel