

Lesson Notes:

How to Respond to a Crisis

All of us eventually deal with a crisis in our life. How we respond to in a difficult situation is important in building character and enhancing our relationship with God. Below are scriptures relating to responding to a crisis.

Scriptural Principles for responding to a Crisis

1) Cast your cares upon God.

In **Psalm 55:22-23** the psalmist tells us to cast our cares upon God and that he will sustain us. Scripture goes on to tell us that God will never let the righteous fall.

2) We need to remember that God is sovereign in all things.

In **Psalm 97:1** David reminds us that God is sovereign (in control) in all situations. He will never abandon us or forsake us.

3) To feel anguish is a normal and human reaction

In **Psalm 22:1-2** David tells us that to feel anguish is perfectly normal. In **Matthew 27:46** we are told that Jesus cried out to his father in heaven in his last moments on the cross. Therefore, to feel sorrow in very difficult times is only natural.

4) Jesus is the source of all of our strength – Paul tells us in **Philippians 4:13** that we can do all things through God who is our source of strength.

5) God will guide us in difficult times – The psalmist tells us in **Psalm 139:7-10** that God guides us through difficult times. Many of us don't recognize this but God is seeing us through our difficulties and we may be completely unaware of it.

6) We need to remember that God has a Purpose for Our Lives

Paul tells us in **Romans 8:28** that all things work together for a "purpose" for those committed to God. And these difficult times will eventually pass.