

Lifequakes

STAYING SANE IN STRESSFUL TIMES

LESSON 9 // RESPONDING TO CRISIS— PART 1

Big Idea: Lifequakes include times of crisis. It's important for us to have something to hold onto in these times—to remember some important truths that anchor us in the storms of life. Remember that God sees, cares, protects and provides. Also remember that He has many ways to meet your needs.

1 Peter 3:12 (NIV) *For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil.*

1 Peter 5:7 (NLT) *Give all your worries and cares to God, for he cares about you.*

Isaiah 54:17 (NKJV) *“No weapon formed against you shall prosper, and every tongue which rises against you in judgment you shall condemn. This is the heritage of the servants of the Lord, and their righteousness is from Me,” says the Lord.*

Psalms 37:25 (NIV) *I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread.*

Ephesians 3:20-21 (NIV) *Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, 21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.*

Start Talking:

What's one of the most difficult crisis points you have faced? How well did you navigate it?

Start Thinking:

Read 1 Peter 3:12 and 5:7. What are some practical ways you can “give all your worries and cares to God”? Why is this particularly important in the midst of a crisis?

Read Isaiah 54:17. How can trusting God to protect you make a difference as you go through a crisis?

Read Psalm 37:25. Why is our past experience of God's faithfulness, and those of other believers through the centuries, so valuable in times of crisis?

Read Ephesians 3:20-21. How can these verses encourage and challenge your faith in God—especially as you face crises and challenges in your life?

Start Praying and Doing:

Pray for a fresh revelation of God's care for you to fill your heart and mind. Let your experience of His faithfulness and the clear promises of Scripture (like 1 Peter 3:12 and 5:7) anchor your hope in Him and prepare you to navigate well through upcoming challenges and crises.