

How to Help Myself and Others in a Crisis

Growing in a Crisis: Shock and Denial Part 1

Stages of Grief: Denial, Anger, Bargaining, Depression, Acceptance

John 8:32 Then you will know the truth, and the **truth will set you free.**"

Ecclesiastes 9:12 "People can **never predict** when **hard times** might come. Like fish in a net or birds in a snare, people are often **caught** by **sudden tragedy.**"

Jeremiah 5:30 (NIV) "A horrible and **shocking** thing has happened."

Ezekiel: "I sat for seven days, **shocked** at what had happened to me." In other words I didn't even move. I was paralyzed."

Isaiah: "I'm in terrible pain. I'm **shocked** and I hurt so much that I can't hear or see. My head spins. Early evening, my favorite time, has become a nightmare."

David says in Psalm 143, "I'm in total darkness, as someone long dead. My heart is heavy and I feel **numb** all over."

How to Help Others in a Crisis

Galatians 6:2 (Exb) "By **helping** each other with your **troubles**, you truly obey the law of Christ."

1. _____

Job 2:11 (Niv) "When Job's three friends...heard about all the troubles that had come upon him, **they set out from their homes** and met together by agreement to go and sympathize with him and comfort him."

2. _____

Job 2:12-13 (Niv) "Then they saw him from a distance...**they began to weep aloud**, and they tore their robes and sprinkled dust on their heads. Then **they sat on the ground with him** for seven days and seven nights. **No one said a word to him**, because they saw how great his suffering was."

Rom 12:15 (Nasb) Rejoice with those who rejoice, and **weep** with those who **weep**.

Job 2:13 (ERV) Then they sat on the ground with Job for seven days and seven nights. They **didn't say a word**, because they saw he was in so much **pain**.

Psalm 56:8 (Niv) Record my lament; list my **tears** on your scroll--are they not in your record?

Psalm 6:6 (Niv) I am worn out from groaning; all night long I flood my bed with weeping and drench my couch with **tears**.

Psalm 126:5 (Niv) Those who sow in **tears** will reap with songs of joy.

3. _____

Proverbs 3:27 (GNT) "Whenever you possibly can, **do good** to those who need it."

How to Help Myself in a Crisis

1. _____

Psalm 50:15 (GW) "**Call** to me in your day of **trouble**; and I shall rescue you, and you will honor me."

Lamentations 2:19 (Exb) "Get up, **cry out** in the night. **Cry** all through the night. Pour out your heart like water in prayer to the Lord. Lift up your hands in prayer to him."

2. _____

Proverbs 17:17 (Niv) "A **friend loves** at **ALL times**, and a brother is born for **adversity**."

Ecclesiastes 4:9-12 (LB) "**Two can accomplish more** than twice as much as one...and if one falls down, the **other can pull him up**; but if a man falls when he is **alone**, he's in **trouble**! ...One person standing alone can be attacked and defeated, but **two** can stand back-to-back and conquer; and having **three** is even better, for a triple-braided cord is not easily broken."

3. _____

Jeremiah 17:7-8 (NLT) "Blessed are those who trust in the Lord and have made the Lord their hope and confidence. They are like trees planted along a riverbank, with **roots that reach deep** into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they go right on producing delicious **fruit**."

Colossians 2:6-7 (LB) "Just as you trusted Christ to save you, trust him, too, for each day's problems; live in vital union with him. **Let your roots grow down into him** and draw up nourishment from him. See that you go on growing in the Lord, and become strong and vigorous in the truth..."