

# HOW TO RESPOND TO A CRISIS



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# 1. Pray

## Philippians 4:6–7 (ESV)

<sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

## 2 Chronicles 20:8–9 (ESV)

<sup>9</sup> 'If disaster comes upon us, the sword, judgment, or pestilence, or famine, we will stand before this house and before you—for your name is in this house—and cry out to you in our affliction, and you will hear and save.'

## 2 Chronicles 20:12 (ESV)

<sup>12</sup> O our God, will you not execute judgment on them? For we are powerless against this great horde that is coming against us. We do not know what to do, but our eyes are on you."

*What are your prayer request during this crisis? Please be as specific as possible.*

People to pray for	What is my prayer	Scripture to base prayer on

## 2. Get Control of Your Thinking

### **Philippians 4:8 (ESV)**

<sup>8</sup> Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

### **2 Corinthians 10:5 (ESV)**

<sup>5</sup> We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

### **2 Timothy 1:7 (ESV)**

<sup>7</sup> for God gave us a spirit not of fear but of power and love and self-control.

*What are the biggest worries in your life?*

*What adjustments are you having a difficult time making during this crisis?*

*What attitude do I need to change the most right now?*

<b>Changing the way I think about church</b>	
<b>Old Testament Temple</b>	<b>New Testament Temple</b>

### 3. Count Your Blessings

#### **Philippians 4:4 (ESV)**

<sup>4</sup> Rejoice in the Lord always; again I will say, rejoice.

#### **Psalms 103:2 (ESV)**

<sup>2</sup> Bless the Lord, O my soul, and forget not all his benefits,

#### **1 Thessalonians 5:16–18 (ESV)**

<sup>16</sup> Rejoice always, <sup>17</sup> pray without ceasing, <sup>18</sup> give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

*What do I have to be thankful for right now during this crisis?*

### 4. Continue to Do Your Part

#### **Philippians 4:9 (ESV)**

<sup>9</sup> What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

*How can I help others during this crisis?*

*What do I have that I can share with others?*

*Who can I help during this crisis?*

*What can my **family** do to take advantage of our time together during this crisis?*

What can I do to help my church during this crisis?

## **5. Stay Connected with Church Family**

## **6. What Promises Can I Claim from Scripture During this Crisis?**