

What to do in a Crisis situation?

1. Prepare your heart to seek the Lord.

This is very crucial. What to do in a crisis is **first simply what you do before a crisis which is to seek the Lord**. We prepare in all areas of life such as business, careers, battle and so forth, but not this area. Why is it? If that is important, preparing our hearts to seek the Lord is doubly important.

2 Chronicles 12:1 And it came to pass, when Rehoboam had established the kingdom, and had strengthened himself, he forsook the law of the LORD, and all Israel with him. 2 Chronicles 12:14 And he did evil, because he prepared not his heart to seek the LORD.

- a) The first thing to do is not done during the crisis, but after the crisis. It is done before the crisis. This is learning to prepare your heart. You need to prepare. Preparation is before the crisis.
 - i) In preparing your heart, you are making a decision or how you will act and respond in the midst of a crisis.
- b) Psalm 57:7 My heart is fixed, O God, my heart is fixed: I will sing and give praise.
 - i) If your heart is not fixed (Prepared) upon the Lord, if you are not walking in relationship and fellowship with the Lord, you may not be able to stand during a crisis.
 - ii) Deliberate effort to fix or prepare our hearts to seek the Lord is required. It doesn't just happen.
- c) **What we do when there is no pressure, or no crisis determines what we will do when pressure and crisis hits.**

2. Don't panic

John 14:1 Let not your heart be troubled: ye believe in God, believe also in me.

- a) The first thing most people do is panic and fall apart when they face a crisis. You need to grab control of those emotions. This is where people win or lose in the department of emotional control.

Some make emotional decisions that would forever alter their lives in the heat of the moment. We need to remove emotions in decisions.

- i) Be careful of quick reactions.
- b) How do you not let your heart be troubled?
 - i) Faith in God and in Jesus. We need to believe God rather than the news, doctor, any bad news bearers, and the things contrary to the Word of God. If we do not, our hearts will be troubled and overwhelmed.
 - ii) If you do not want your heart to be troubled. Believe God. This does not say believe God for healing and rescue. It says believe God. Your faith ought to be in God, not in God for something. If you have faith in God, you will receive everything you need.
- c) What does it mean to be troubled?
 - i) It means to be agitated.
 - ii) Having an inward commotion
 - iii) A lack of calmness of mind
 - iv) Being disquieted and restless on the inside.
 - o Psalm 42:5 Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.
 - o Psalm 42:11 Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.
 - o Psalm 43:5 Why art thou cast down, O my soul? and why art thou disquieted within me? hope in God: for I shall yet praise him, who is the health of my countenance, and my God.
- d) For us to be troubled, it is because:
 - i) We have let it. We have a choice not to let our hearts be troubled. If our hearts are troubled, we have it.
 - ii) We are out of faith.

- i) If we maintain faith and trust in the Lord, we will not let our hearts to be troubled.
- e) No matter what situation we encounter, we can choose not to let our hearts to be troubled.
- f) Valley of the shadow of death

Psalm 23:4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

- i) The shadow of death is a threat of death.
- ii) Why should I fear no evil? Because the Lord is with me. He has promised to never leave us nor forsake us.
- iii) God is not with us to watch us suffer and go through pain. He is with us to deliver us. It may not be apparent to some, but it is true. God is a good God and is in the deliverance business.

3. Right perspective

Many battles are won in our perspective. When are in any situation, we need to get the right perspective because it removes fear.

I read a story about a Reverend who was approached by a man who told him he had lost everything. His wife was gone, he had lost his business. He was in great distress, and it was all over for him. The Reverend asked him if he could see, hear, think, was healthy enough to work. The man answered yes to all the questions. The Reverend turned around and said, "Well, you have not lost everything yet." You still have great potential and much to live for."

One thing is common about most of the people When they face a difficult time, they tend to over stress the negative part and leave of the positive part. They paint the picture of Egypt by do not paint the picture of God's protection and support through Egypt and the desert. They definitely do not paint the picture of the promised land. In other words, they do not put things in the right perspective. You have not come to the end of the road. All possibilities and opportunities are not over.

- a) John 14:2 In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.

- i) You need to put all things into the right perspective You cannot look at things from only the physical perspective.
 - ii) All death is a separation from a physical body. It is not over like it may look. What happens if one dies when they are born again and know the Lord? They would go straight into the presence of God. The best place ever.
 - iii) If he wins (gets healed), he wins. If he loses (doesn't get healed), he wins (by going and being in the presence of God). What is the worst-case scenario? He knows the Lord.
 - b) Romans 8:18 For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.
 - i) The suffering of this world. There will be a time when all things will be perfect.
 - c) 2 Corinthians 4:17-18 For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.
 - i) Looking at things in the light of eternity will shrink your problems.
 - ii) Your problems are for a moment. They are light. This was spoken by Paul who had been through some serious problems and hardships.
 - o Our focus and perspective will make things of a light affliction. It will make things lighter and insignificant.
 - o Don't focus on the things that can be seen.
 - d) Putting things in the right perspective. Don't amplify it or make it bigger than it is.
4. Get a Word from the Lord

I'm thinking of a friend who was diagnosed with cancer. It was a tough moment for him, but he was not afraid. He was quarantined for almost a year. He had received a word from the Lord saying "he shalt not die." This Word was the key thing that helped him hold on during the crisis regardless of the challenges he faced. You need a Word from the Lord during a crisis—yet not just a crisis alone.

- a) Matthew 8:13 And Jesus said unto the centurion, Go thy way; and as thou hast believed, so be it done unto thee. And his servant was healed in the selfsame hour.

- b) Matthew 14:22 And straightway Jesus constrained his disciples to get into a ship, and to **go before him unto the other side**, while he sent the multitudes away.
- c) Matthew 14:29 And he said, **Come**. And when Peter was come down out of the ship, he walked on the water, to go to Jesus.
 - i) I have found that those who survive a crisis are those who get or have a Word from the Lord.
 - ii) A Word from the Lord is one of the most valuable things you can have as you go through life. There is nothing that can hold you through a difficult time as a Word from the Lord. Get a Word!

5. Rehearse your past victories.

Testimony—A testimony puts things into the perspective.

And David said unto Saul, Thy servant kept his father's sheep, and there came a lion, and a bear, and took a lamb out of the flock: And I went out after him, and smote him, and delivered it out of his mouth: and when he arose against me, I caught him by his beard, and smote him, and slew him. Thy servant slew both the lion and the bear: and this uncircumcised Philistine shall be as one of them, seeing he hath defied the armies of the living God. David said moreover, The LORD that delivered me out of the paw of the lion, and out of the paw of the bear, he will deliver me out of the hand of this Philistine. And Saul said unto David, Go, and the LORD be with thee. —1 Samuel 17:34-37

- a) You have a testimony. You have history with God. Believe it or not. Your testimony is one of the fall backs and things you can rely employ when in a crisis situation.
- b) The victories we had, the giants we defeated, and all the good things God has done in the past can be used as the anchor in a crisis we are facing for today and tomorrow.
- c) Faith is released when we remember, recall, and rehearse what God has done and what He has brought us through in the past.
 - i) Boldness is released as you rehearse your victories.
 - o You can take on any challenge you face.
 - o If God did it in the past, He can do it again and even greater today. **Never shy away from the victories God has wrought in your life (Psalm 40:5).**

6. Fear not

Psalm 34:4 I sought the Lord, and he heard me, and delivered me from all my fears.

- a) One key to being delivered from or overcome our fears is through seeking the Lord. Colossians 3:1-2 If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth.
 - i) Seeking the Lord is setting our mind or affection upon Him.
- b) When we seek the Lord, He hears us. Some have believed or thought otherwise. God hears us.
- c) He not only hears us, but He also delivers us. Thank you, Lord.
- d) Even more, He delivers us not from some of our fears, but ALL. We do not have to live in fear of anything. We can be delivered from all our fears such as:

A. Fear has torment

1 John 4:18 There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

- a) We need to get to a place where our lives are not dominated by fear. Fear torments. Fear is hell since hell is a place of torment.

B. Perfect love casts out fear

1 John 4:18 There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

- a) What is perfect love?
 - i) This is a fully accomplished and developed kind of love. Hence, when we have this Agape love of God completely developed in us, we will not fear nor walk in fear.
- b) This verse clarifies that there is no fear in love. God's kind of love has no fear.
- c) A revelation of God's love for us such as the finished work of the cross will drive out fear. Again, knowing how much God loves and cares for us will cause fear to depart. His perfect love will cast out fear.

- i) If we are experiencing fear, then we are not experiencing God's love in its completion and perfection.
- ii) Understanding the love of God for us will cause us to serve Him out of love, not out of fear as religion has taught. God's love is exceedingly great toward us that we would just serve Him with no fear factor or motivation. This would also help us enjoy serving Him and our relationship with Him. Serving out of fear is milk waiting to be spilled. It is a ticking time bomb. It will not last.

□ Love is a superior motivation than fear.

C. I have not given you a spirit of fear.

2 Timothy 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

a) Fear

This would mean timidity, cowardice, worry, dread, fright, and terror.

Fear not only refers to what could harm us, death, or failure but also what others think (Jeremiah 1:8-9) of us that would paralyze us into inaction.

b) Did you know that fear is a spirit? It is NOT the spirit of God.

c) If you are walking in fear, we can rest assured God is not behind it. God does not give us fear, nor does He use fear towards us. Understanding this should help us deal with one another not based on or motivated with fear, but love.

- ii) Love is a better motivator than fear.

d) Where is this power, love, and sound mind (self-control)?

- i) There are all residing in our born-again spirit.

□ Ephesians 1:19-20 and Galatians 5:22-23.

e) Walking in fear robs us of power, love, and sound mind. We have lost our power if we allow the spirit of fear to rule over us and dominate our lives.

f) Fear can cause us to make decisions that do not flow out of love but selfishness.

g) Fear will cause us not to act in a sound mind, self-discipline, or self-control. Fear will affect our ability to think straight and make godly and sound decisions.

h) Fear is to the devil the same way faith is to God. Fear activates death and Satan while faith activates life and God.

i) Notice that with power, we need love, and to walk in it then will we have a sound mind. Power without love is detrimental to others and the one with it. Such a person will not act with a sound mind.

7. In everything give thanks

1 Thessalonians 5:18 In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

a) Giving thanks is the will of God, not everything. Everything you are going through is not the Word of God.

b) We are to give thanks to IN everything, not FOR everything.

c) Notice what 2 Corinthians 2:14 say, "Now thanks be unto God, which always causeth us to triumph in Christ, and maketh manifest the savour of his knowledge by us in every place."

i) It is God who causes us to triumph win, and conquer; not to slack, lose or be defeated. Because He causes us to triumph, we give him thanks.