



TRUSTING GOD DURING A CRISIS

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One week into the latest crisis, I sat up at 4:00 am filled with anxious thoughts. The “what ifs” started pouring in. The “if onlys” came right after. Following the intermission of this heart-racing play was the third act, “Now what?” I grabbed my pen and began to listen.

Speak, Lord, I am listening.

Where are You in this crisis?

What are You doing?

Do you see our fears?

What do You want us to know?

Opening the Bible that stays on the pillow next to me, I began to search, read, dig, and search some more. Moses had much to say. Peter also chimed in. The history of Judah gave insight, as well as David in the Psalms.

What did God’s Word do? What does it always do? My anxiety subsided. My heart slowed to its normal rhythm. My thoughts were filled with peace. God’s counsel and guidance from His Word once again led me to trust in the unchanging character and love of our Father.

Trusting God During a Crisis arose from these moments. This plan leads you to consider God’s truth while facing your fears, hardships, or disappointments. The chosen passages enable you to find hope amidst your current situations. The reading of God’s Word becomes personal and insightful, giving you a greater taste of the truth—He indeed, is with you.



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SUGGESTED SCRIPTURES

REFUGE

Week 1: Psalm 91:1-4

Week 2: 1 Peter 1:6,7

Week 3: 2 Chronicles 7:14

Week 4: Psalm 46:1-3

FEAR

Week 1: Psalm 27:5

Week 2: Psalm 34:4-5

Week 3: Psalm 62:5-8

Week 4: Romans 8:38-39

ANXIETY

Week 1: Luke 12:25

Week 2: Philippians 4:6,7

Week 3: Psalm 9:9,10

Week 4: 1 Peter 5:6,7

COMFORT

Week 1: Psalm 28:6-8

Week 2: Psalm 31:1-3

Week 3: Psalm 23:4

Week 4: Psalm 40:1-2

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STUDY GUIDE



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WEEK: _____ **SCRIPTURE:** _____

Each day: **read** the Scripture, **pray** for understanding, and **answer** the questions.

DAY 1

List the fears, hardships, or disappointments you have today.

Read the passage. What are your general observations?

What do you learn about the character of God?

DAY 2

Read the passage in context (verses before and after, the surrounding paragraph, or the complete chapter) to glean a fuller meaning. How does reading it in context enhance the meaning of this passage?

What added insight might this give you in relation to your fears, hardships or disappointments?



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DAY 3

What are the truths from God's Word mentioned in this passage?

What is revealed about God's relationship to His people?

How does this encourage you to trust Him during today's crisis?

DAY 4

Reread the verse out loud. Put your name in the passage every time "you" is mentioned.

What do you hear the Lord saying?

Write a prayer honestly expressing to God what you are going through and what He is teaching you.

DAY 5

What practical step can you take to let God's truth transform you?

Who would you like to share this with?