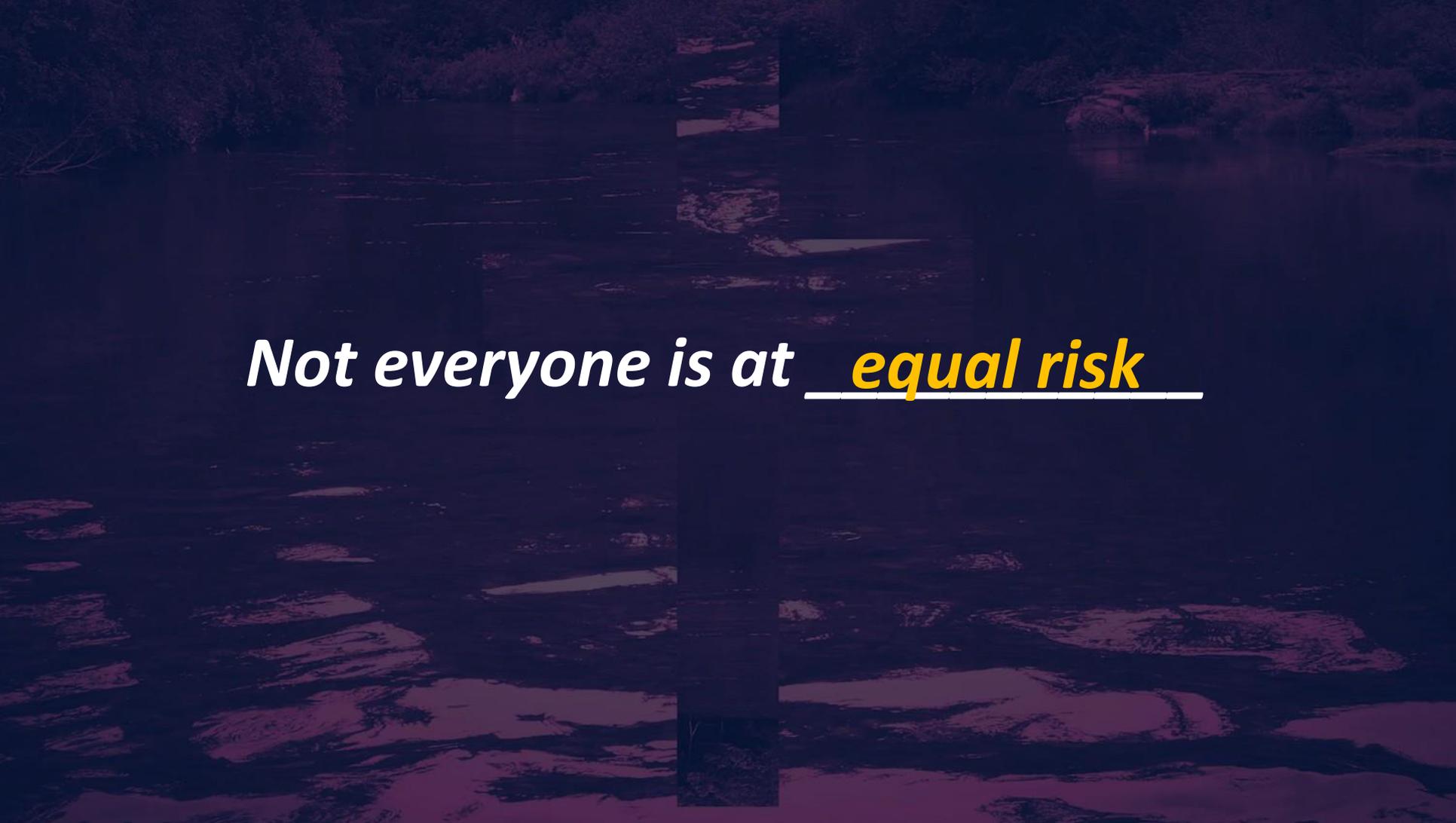


***“How to Get Through Crisis”  
Walking Through the Valley 2***

*This too shall pass*

*Psalm 23:4*

*“And even though I walk Through the darkest valley, I will fear no evil, for you are with me;*

A dark, moody landscape with a path leading through a field of tall grasses towards a body of water. The scene is dimly lit, with a purple and blue color palette. The path is the central focus, leading the viewer's eye from the foreground towards the background. The water in the distance is dark and still, reflecting the ambient light. The overall atmosphere is somber and mysterious.

*Not everyone is at equal risk*

Get information from Reliable sources

*Proverbs 13:16 “All who are prudent act with knowledge, but fools expose their folly.”*

*Proverbs 14:15 “only simpletons believe everything they’re told! The prudent carefully consider their steps.”*

**Anchor** your mind and soul to **God**

To **God's grace**

Anchor yourself to **God's truth**, and

Shelter yourself in **God's love for you**

TRUST that, **God will go through it with you**

*Isaiah 43:2.... “When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you a blaze. For I am the Lord your God, the holy one of Israel, your Savior;” ....*

## Anchor, you mind and soul to God

*“Because God wanted to make the unchanging nature of his purpose very clear.... we who...take hold of the hope offered to us may be greatly encouraged. We have this hope as an anchor for the soul, firm and secure.” Hebrews 6:17..18..19*

*2 Corinthians 4: 18 “So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.”*

*When you feel anxious; choose to pray*

*When you start to worry; choose to worship*

## *God is With His People*

*2 Corinthisan 4:8-9& 14 "We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed..... Because we know that the one who raised the Lord Jesus, (Easter) from the dead will also raise us with Jesus and present us with you in His presence."*

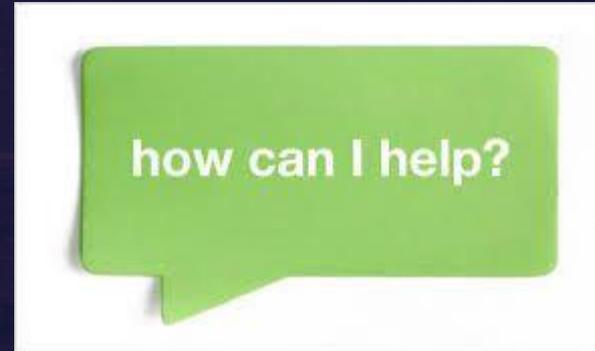
*Even when we don't what the future holds, we  
do know WHO holds the future*

*“And we know, that in all things God works for  
the good of those who love him. ... If God is for  
us, who can be against us?”*

*Romans 8:28 & 31b*

[newhamptoncc.org](http://newhamptoncc.org)

*Looking for help or looking for ways to help?  
NHCC is ramping up our outreach. Click here for more  
information.*



*Keep these things in mind:*

*God is still God*

*You are not alone*

*“Now you are the body of Christ, and each one of you is a part of it.” 1 Corinthians 12:27*

***“A new command I give you: love one another.  
As I have loved you so you must love one  
another.” John 13:34***

***“By this all men will know that you are my  
disciples, if you love one another.”  
John 13:35***



SCRIPTURE

GOD IS OUR REFUGE  
AND STRENGTH,  
AN EVER-PRESENT HELP  
IN TROUBLE.

PSALM 46:1

