



Sunday March 22, 2020

**“How to get through a crisis”**

Walking through the valley ~ Part 1

Psalm 23

*“The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right path for his name’s sake. And even though I walk through the darkest valley, I will fear no evil, for you are with me;*

*“And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort”*

2 Corinthians 1:7

❖ our \_\_\_\_\_

❖ Is \_\_\_\_\_

❖ Because we \_\_\_\_\_

❖ Not everything I hear \_\_\_\_\_

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

Proverbs 23:23 *“Buy the truth and do not sell it – wisdom instruction and insight as well”* (NIV) / *“Get the truth and never sell it; also get wisdom, discipline, and good judgment.”* NLT

❖ Remember not everyone is at \_\_\_\_\_

❖ Remember this \_\_\_\_\_

1 Peter 4:12 *“Dear friends don’t be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you.”*

Isaiah 24:5-4 *“The earth suffers for the sins of its people, they have twisted God’s instructions, violated his laws, and broken his everlasting covenant.”* NLT

2 Corinthians 4:17- 18 *“For our light and momentary troubles are achieving for us an eternal glory that far outweighs the mall. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is seen is eternal.”*

❖ Remember to focus on what \_\_\_\_\_

Focus on \_\_\_\_\_,

Focus on \_\_\_\_\_,

Focus on \_\_\_\_\_

Focus on, no matter what you go through, \_\_\_\_\_

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;”....*

❖ Remember this is not the \_\_\_\_\_

2 Corinthian 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 to himself .”*

Philippians 4:8-9 *“Finally, brothers and sisters, (focus on) whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things..... In the God of peace will be with you.”*