

## CRISIS KIT

**Definition: Crisis**(Psychology Today): An emotionally stressful event or traumatic change in a person's life.

### Step 1: Choose Container - The Word of God

#### John 1:1-4 (NLT)

*“In the beginning the Word already existed. The Word was with God, and the Word was God. He existed in the beginning with God. God created everything through him, and nothing was created except through him.”*

**QUOTE:** The Word is our foundation. It is our Truth!

#### John 17:17 (NLT)

*“Make them holy by your truth; teach them your word, which is truth.”*

#### Psalms 119:105 (TPT)

*“Truth’s shining light guides me in my choices and decisions; the revelation of your Word makes my pathway clear.”*

#### Hebrews 4:12 (GNT)

*“The word of God is alive and active, sharper than any double-edged sword. It cuts all the way through, to where soul and spirit meet, to where joints and marrow come together. It judges the desires and thoughts of the heart.”*

### Step 2: Add Courage

#### Psalms 23:4 (NLT)

*”Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.“*

#### Ephesians 6:10-18 (MSG)

*“And that about wraps it up. God is strong, and he wants you strong. So take everything the Master has set out for you, well-made weapons of the best materials. And put them to use so you will be able to stand up to everything the Devil throws your way. This is no afternoon athletic contest that we’ll walk away from and forget about in a couple of hours. This is for keeps, a life-or-death fight to the finish against the Devil and all his angels. Be prepared. You’re up against far more than you can handle on your own. Take all the help you can get, every*

*weapon God has issued, so that when it's all over but the shouting you'll still be on your feet. Truth, righteousness, peace, faith, and salvation are more than words. Learn how to apply them. You'll need them throughout your life. God's Word is an indispensable weapon. In the same way, prayer is essential in this ongoing warfare. Pray hard and long. Pray for your brothers and sisters. Keep your eyes open. Keep each other's spirits up so that no one falls behind or drops out."*

### **2 Corinthians 10:3-6 (MSG)**

*"The world is unprincipled. It's dog-eat-dog out there! The world doesn't fight fair. But we don't live or fight our battles that way—never have and never will. The tools of our trade aren't for marketing or manipulation, but they are for demolishing that entire massively corrupt culture. We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ. Our tools are ready at hand for clearing the ground of every obstruction and building lives of obedience into maturity."*

### **Step 3: Add Obedience**

#### **Luke 6:46 (TPT)**

*"What good does it do for you to say I am your Lord and Master if you don't put into practice what I teach you?"*

#### **Proverbs 3:5-6 (GNT)**

*"Trust in the Lord with all your heart. Never rely on what you think you know. Remember the Lord in everything you do, and he will show you the right way."*

#### **Matthew 7:24-27 (NLT)**

*"Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock. But anyone who hears my teaching and doesn't obey it is foolish, like a person who builds a house on sand. When the rains and floods come and the winds beat against that house, it will collapse with a mighty crash."*

**QUOTE:** Obedience to God = Victory in life

### **Step 4: Add Faith**

**Hebrews 11:1-2 (MSG)**

*“The fundamental fact of existence is that this trust in God, this faith, is the firm foundation under everything that makes life worth living. It’s our handle on what we can’t see. The act of faith is what distinguished our ancestors, set them above the crowd.”*

**Romans 8:31-39 (MSG)**

*“So, what do you think? With God on our side like this, how can we lose? If God didn’t hesitate to put everything on the line for us, embracing our condition and exposing himself to the worst by sending his own Son, is there anything else he wouldn’t gladly and freely do for us? And who would dare tangle with God by messing with one of God’s chosen? Who would dare even to point a finger? The One who died for us—who was raised to life for us!—is in the presence of God at this very moment sticking up for us. Do you think anyone is going to be able to drive a wedge between us and Christ’s love for us? There is no way! Not trouble, not hard times, not hatred, not hunger, not homelessness, not bullying threats, not backstabbing, not even the worst sins listed in Scripture: They kill us in cold blood because they hate you. We’re sitting ducks; they pick us off one by one. None of this fazes us because Jesus loves us. I’m absolutely convinced that nothing—nothing living or dead, angelic or demonic, today or tomorrow, high or low, thinkable or unthinkable—absolutely nothing can get between us and God’s love because of the way that Jesus our Master has embraced us.”*

**Step 5: Add Peace****Psalms 46:10 (TPT)**

*“Surrender your anxiety. Be still and realize that I am God. I am God above all the nations, and I am exalted throughout the whole earth.”*

**John 14:27 (AMPC)**

*“Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]”*

**Isaiah 26:3 (TPT)**

*“Perfect, absolute peace surrounds those whose imaginations are consumed with you; they confidently trust in you.”*