



STAYING  
CALM IN A  
CRISIS

Staying Calm in a Crisis!

[1] \_\_\_\_\_ Challenges!

John 16:33 (NLT)

I have told you all this so that you may have peace in me. Here on earth you will have many **trials** and **sorrows**. But take heart, because I have overcome the world."

- Don't be \_\_\_\_\_!

1 Peter 4:12 (NIV)

Dear friends, **do not be surprised** at the painful trial you are suffering, as though something strange were happening to you.

- Don't act \_\_\_\_\_!

John 16:33 (NLT)

I have told you all this so that you may have **peace in me**. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

[2] \_\_\_\_\_ Challenges!

- Challenges have a divine \_\_\_\_\_!

Romans 5:3-4 (NLT)

We can rejoice, too, when we run into problems and trials, for we know that they are good for us — they help us learn to endure. <sup>4</sup> And endurance develops strength of character in us, and character strengthens our confident expectation of salvation.

- Challenges can be embraced by an eternal \_\_\_\_\_!

2 Corinthians 4:17 (NIV)

For our light and momentary troubles are achieving for us an **eternal glory** that far outweighs them all.

[3] \_\_\_\_\_ Challenges!

- Challenges are temporary \_\_\_\_\_!

2 Corinthians 4:17 (NIV)

For our light and **momentary troubles** are achieving for us an eternal glory that far outweighs them all.

1 Peter 1:6-7a (NLT)

So be truly glad. There is wonderful joy ahead, even though you have to endure many trials for **a little while**. <sup>7</sup> These trials will show that your faith is genuine...

- Challenges are best endured by \_\_\_\_\_!

Philippians 4:6-7

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup>

**Then you will experience God's peace...**

Isaiah 26:3 (NLT)

You will keep in perfect peace all who trust in you, **all whose thoughts are fixed on you!**