

## **What Should I Do When the Walls are Closing In?** (The Christian's Guide to Crisis Management)

2 Chronicles 20:1-30 *“Do not fear or be dismayed ... the battle is not yours but God's.”*

### ***Purpose:***

All of us at times either have faced or will face personal crises. Circumstances like this strike at the core of our being – physical, spiritual, and emotional. The Bible is a great comfort to us any time, but especially during difficult times. This lesson provides a way to deal with our problems that is methodical, scriptural, and effective. (You may want to save this for future reference.)

### ***Step 1: Recall God's Promises***

The first place to turn to is to the Bible. Get your attention off of your problem and on to God. Read and meditate upon God's promises and how He has solved problems in the past. This has a vastly therapeutic effect. Examples:

Deuteronomy 31:6	Psalms 55:22	Isaiah 26:3-4	Romans 8:28
Psalms 23:1-6	Psalms 56:3-4	Isaiah 40:31	1 Corinthians 10:13
Psalms 30:4-5	Psalms 68:19-20	Isaiah 41:10	Philippians 4:6-7
Psalms 34:4,7,19	Psalms 91:1-6; 11-12	Isaiah 43:2	Philippians 4:13,19
Psalms 37:3-5,18-25	Psalms 103:1-5	Matthew 28:19-20	James 1:2-5
Psalms 46:1	Proverbs 3:5-6	John 14:27	Revelation 21:4

Read your Bible regularly, not just when you have a crisis. Memorize scripture verses. That way, when a crisis arises, you can immediately draw upon the comforting words of scripture, and you will be better equipped to deal with those difficult situations when they occur. Note that Christian bookstores carry several “pocket promise” books that provide a convenient reference of hundreds of God's promises organized by topics of interest (such as dealing with worry, frustration, or forgiveness).

### ***Step 2: Put Your Trust in God through Prayer***

Confess your sins to God (1 John 1:8-9). Then, ask Him to take care of the problem. Trust Him to act (Proverbs 3:5-6). Ask God to take care of the problem according to His will, not your own (1 John 5:14-15). Pray that God will be glorified in this circumstance (1 Thessalonians 5:16-18).

### ***Step 3: Solicit Prayer Support from other Christians***

Other Christians can bring you much encouragement by praying with you or for you. Share your need with others, and ask for their prayers. When you are “down,” others can pray from strength and lift you up. “Plug in” with one or more small groups of Christians, for example, a Bible study or prayer group, or a fellowship group. Small groups can provide you tremendous personal support (Matthew 18:19-20; Acts 4:23-31; Galatians 6:2; James 5:13-16).

***Step 4: Believe that God Will Act***

Keep the faith. Remember that you have prayed. Keep on praying. Don't give up. Feed your faith, not your doubts. Whichever one you feed will grow (Luke 18:1-5; Mark 9:23; Mark 10:27; John 14:12-14; Psalm 37:5; Hebrews 11:6; James 5:16).

***Step 5: Testify Publicly to the Results that God Provides***

Tell others how God answered your prayers. By this, you will encourage other people. Jesus expects you to "go public" with your testimony about His work in your life – that He may be glorified (Matthew 10:32; Mark 5:18-20; Psalm 66:16).

-----

Praise God that His word never passes away (Matthew 24:35)! We can always count on God to help us through difficult times. His promises are true and everlasting.

Mr. Whitney V. Myers  
Originally written February 8, 1980, this edition June 1, 2008