

## COPING IN A CRISIS

**Theme:** *God Is Present in the Storm*

**Scriptures:**

 *Psalm 23* – “Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me.”

**Reflection:**

Let’s be honest—some days life hits hard before your feet even hit the floor. The news is heavy, your to-do list is overflowing, and the tension in your chest won’t let up. You’re doing your best, but still wondering: *Where is God in all of this?*

You’re not alone in asking that. Joseph, betrayed by his brothers and falsely imprisoned, had every reason to believe God had abandoned him. Daniel stayed faithful in prayer and got a death sentence for it. David—warrior, poet, king—cried out to God from dark, lonely valleys. Yet what’s consistent through each of their stories? *God was there.*

Storms don’t mean God has left. In fact, they often reveal just how near He really is. Psalm 23 doesn’t promise a life without valleys, but it *does* promise a Shepherd who never leaves your side. Daniel’s den turned into a place of divine protection. Joseph’s prison cell became the path to purpose. And your storm? It can become sacred ground.

Maybe your storm looks like anxiety, loss, rejection, or uncertainty. But hear this: **God is not waiting for the skies to clear before He shows up. He is present *in* the chaos, walking beside you, whispering peace that doesn’t depend on circumstances.**

**Action Step:**

Find a moment today—go for a walk, sit in stillness, or pause in your car before the next thing. No distractions. Just you and God. Breathe deeply and say aloud:

 “Even here, I am not alone. God is with me.”

Say it until you believe it. Storms may rage, but His presence never wavers.

### **Prayer:**

*God, I admit—I don't always feel You in the middle of my mess. Sometimes the noise is loud and the fear is real. But I choose to believe what Your Word says: that You are with me. Just like You were with Joseph in the pit, with Daniel in the den, and with David in the valley, I trust You are here with me now. Quiet my heart. Remind me of Your promises. Give me the courage to keep walking, even when the path is unclear. Thank You for being a God who never leaves. I trust You, even in the storm. In Jesus' name, Amen.*

### **Discussion Questions:**

- 1. Which of the three scriptures (Psalm 23, Daniel 6, Genesis 39) spoke to you most personally? Why?**
- 2. Can you recall a time when you felt like you were in a “storm”? How did you see or feel God's presence during that time—or after it was over?**
- 3. What do you tend to do when life feels overwhelming—withdraw, panic, pray, distract yourself? How might you respond differently knowing God is with you?**
- 4. Joseph and Daniel were faithful even when things didn't go their way. What helps you stay grounded in your faith when life feels unfair?**
- 5. Psalm 23 says, “I will fear no evil, for You are with me.” What would change in your life if you truly believed that in every situation?**
- 6. What's one practical way you can remind yourself of God's presence when the storms of life hit?**