

## COPING IN A CRISIS – Day Three

**Theme: “You’re Not Alone”**

Scripture Readings:

Psalm 23

John 15:5

Philippians 2:14

1 Thessalonians 5:18

Crisis has a way of isolating us. We feel like we must figure it all out on our own, carry the weight, solve the problem, or just “push through.” But here’s the truth: People need people. God didn’t create us to handle life in isolation. Even Jesus surrounded Himself with friends and community—and He invites you to do the same.

Psalm 23 reminds us that even when we walk through the darkest valley, we are not alone. God is with us. And not only that, but He also often sends people—friends, counselors, pastors, loved ones—to walk beside us, too.

That said, people aren’t our only resource. Jesus said in John 15:5, “I am the vine; you are the branches.” Staying connected to Him daily is vital. Without Him, we wither. But with Him, we find life, peace, and power to endure. Don’t wait until the stress builds to a breaking point—invite Him into your crisis now.

Crisis can also tempt us to complain, argue, or get stuck in negativity. Philippians 2:14 challenges us: “Do everything without grumbling or arguing.” Gratitude and peace begin with perspective. If we want to know God’s will, we start with thankfulness. “In everything give thanks” (1 Thessalonians 5:18). This doesn’t mean pretending everything is fine—it means acknowledging God’s presence and faithfulness even when everything isn’t.

Take a breath. Prioritize what matters. You can’t pour from an empty cup. Rest. Nourish your body and spirit. Ask for help. Don’t let shame keep you from reaching out. You are not weak for needing others—you are wise.

Above all, let God help you. He’s not waiting for you to fix everything before you talk to Him. He’s already in your crisis, inviting you to let Him carry some of the load.

**Prayer:**

God, thank You for walking with me through the valleys of life. Help me to remember that I am not alone. Teach me to stay connected to You and to the people You've placed in my life. Forgive me for complaining and help me to grow a thankful heart, even in hard times. Give me wisdom to take care of myself and courage to ask for help when I need it. In Jesus' name, Amen.

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**Discussion Questions:**

1. When you're in crisis, do you tend to isolate or reach out? Why?
2. What does it mean to you to "stay connected to the Vine" (John 15:5)?
3. How can gratitude change your perspective during a crisis?
4. What are some practical ways you can take care of yourself this week—physically, emotionally, and spiritually?
5. Who in your life can you lean on for support—and how might God be calling you to be that support for someone else?