

## COPING IN A CRISIS DAY TWO

Theme: When You're in the Storm

**Scripture:** Luke 12:18-19 (NIV)

“Then he said, ‘This is what I’ll do. I will tear down my barns and build bigger ones, and there I will store my surplus grain. And I’ll say to myself, “You have plenty of grain laid up for many years. Take life easy; eat, drink and be merry.”’

There are days when it feels like the storms are rolling in and just won't stop. A couple days last week I was feeling it. Begging for it to all stop. I knew I was sitting on cliff and feeling like I was about to be pushed off to my limit of demands and problems. Kids, death, health issues and work even seemed to be overwhelming on that day. I'm sure you too have days where you feel like you just can't take many more punches. Maybe you are still dealing with the aftermath of Helene or facing new troubles financially through a job loss. The bills never stop and it feels like you just can't get ahead.

When life feels like a storm—chaotic, overwhelming, and uncertain—we often cry out for a miracle. We want someone to show up and make it all stop. The good news? Jesus does show up. He may not always calm the storm immediately, but He always comes to be with us in it.

In Mark 4, Jesus calms the storm for His disciples, but not before He challenges their fear and reminds them of His presence. When we lose sight of God's love in crisis, our internal warning lights begin to flash. Here are four signs that we're drifting:

1. Fear Takes Over – We get scared, anxious, and overwhelmed. It's natural to feel this way, but fear often signals we're not resting in God's perfect love (1 John 4:18).
2. We Take the Credit – Like the man in Luke 12:18–19, we start believing we've built our security by ourselves. That pride keeps us from seeking God and giving Him glory.
3. Prayer Fades – In crisis, we sometimes stop asking God for help. Our silence reveals that we're trying to manage things on our own strength.
4. We Stop Trusting – When hard times come, our faith is tested. If we stop trusting God, we miss the chance to experience His peace and provision.

Jesus doesn't promise a storm-free life, but He does promise to walk through it with us. The storm can become sacred space—where fear is confronted, pride is humbled, prayer is restored, and trust is renewed.

**Prayer:**

Lord, when the storms of life come, remind me that You are near. Help me recognize the warning signs when I begin to drift from Your love. Replace my fear with faith, my pride with humility, and my silence with prayers. Teach me to trust You even when the skies are dark. Thank You for showing up—every time. In Jesus' name, Amen.

**Discussion Questions:**

1. What “warning lights” have you seen in yourself when going through a crisis?
2. How has fear shaped your thoughts or decisions during a stormy season?
3. Why do you think it's tempting to take credit for our stability instead of giving it to God?
4. What helps you restore your trust in God when it feels like He's silent?