

Coping in a Crisis – Day Four

Theme: How to Be Led by God

Scripture Reading:

“Your word is a lamp to my feet and a light to my path.” – Psalm 119:105 (NRSV)

Devotional Thought:

Do you feel lost sometimes? Maybe you're in a crisis and you just don't know what to do next. It's like being on a road trip, missing a turn, and suddenly realizing you're far from where you intended to be. Panic sets in, questions rise, and you wonder if you'll ever find your way again.

But here's the good news: God has given us navigational tools for the journey.

1. His Word – The Map:

The Bible is our spiritual map. Just like a GPS outlines roads and highlights hazards, God's Word lights our way and gives us direction. In seasons of crisis, scripture provides reassurance, correction, and clarity. But we have to open it—daily. Skipping the Word in a crisis is like trying to navigate a stormy sea with no compass.

2. The Holy Spirit – Our Inner Guide:

Have you ever had a nudge in your spirit that told you to call someone, go a different route, or wait before making a decision? That's often the Holy Spirit leading you. Jesus called Him our Helper and Guide (John 14:26). He's not just a backup voice; He's your main navigation system. He gently whispers the way when your heart is overwhelmed.

3. God's Principles – The Compass:

Sometimes we're looking for a sign, but God has already given us principles to live by. Forgiveness, integrity, faith, love—these are His unchanging truths that point us north when emotions or circumstances try to throw us off course.

Now, here's where it gets practical.

Think about how many of us want to lose weight. We know what we need to do: stop eating junk food and start exercising. But knowing isn't enough—we have to act on it. And not just once. It takes consistent, disciplined practice to form new habits and see

results. It's the same with being led by God. We can't just open the Bible once in a while or pray only when we're in trouble. We must develop daily rhythms of listening, learning, and following. Over time, we become more familiar with His voice, more confident in His guidance, and more at peace—even in crisis.

Prayer:

Lord, I admit that sometimes I feel lost and unsure of what to do next. Thank You for giving me Your Word, Your Spirit, and Your truth to guide me. Help me to be disciplined and consistent, not just when things go wrong, but every day. I trust that You are leading me, even when I don't see the full picture. In Jesus' name, Amen.

Reflection Questions:

- What “junk” do you need to stop consuming—mentally or spiritually?
- Are you giving God space each day to speak, or are you rushing past Him?
- What is one step you can take today to practice following God more closely?