



The Word of God gives us **such powerful truth** in times like this!

LOOK AT

Psalm 91:15

When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them.

1. Hope Comes Through Prayer

- Only God understands our trouble, and He knows how to help people in trouble.

Psalm 145:18

The LORD is near to all who call on him, to all who call on him in truth.

GREAT PRAYER RESOURCE

<https://www.jackhayford.org/teaching/articles/how-to-pray-through-a-crisis/>

2. Trusting in God Brings Hope

1 Peter 5:7 ESV

Casting all your anxieties on him, because he cares for you.

Make the decision to trust God in the dark until the light returns.

Philippians 4:6-7

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

3. Believing God Will Bring You Through Brings Hope

Crisis brings us face to face with our inadequacy, and our inadequacy, in turn, leads us to the inexhaustible sufficiency of Christ.

Psalm 55:22

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.

1 Peter 5:7

Cast all your anxiety on him because he cares for you.

Psalm 121 is one of my favorites:

I lift up my eyes to the hills – where does my help come from?

My help comes from the Lord, the Maker of heaven and earth.

He will not let your foot slip—he who watches over you will not slumber...

...The Lord watches over you ... The Lord will keep you from all harm—

He will watch over your life; the Lord will watch over your coming and going both now and forevermore.