

## HOW TO THINK IN A CRISIS

### Beliefs define my attitudes and determine my actions

#### Faith...when I cannot see

*Faith is the confidence that what we hope for will actually happen; it gives us assurance about things we cannot see...By faith we understand that the entire universe was formed at God's command, that what we now see did not come from anything that can be seen. (Hebrews 11:1,3)*

#### Love...when I am afraid

*Such love has no fear, because perfect love expels all fear... (1 John 4:18)*

### Life-changing beliefs

#### Life-changing faith

Psalm 62

- “God alone” person

*My soul finds rest in **God alone**; my salvation comes from him. **He alone** is my rock and my salvation; he is my fortress, I will never be shaken...Find rest, O my soul, in **God alone**; my hope comes from him. **He alone** is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, O people; pour out your hearts to him, for **God is our refuge**. (Psalm 62:1,2,5-8)*

- “God and” person

*So many enemies against one man—all of them trying to kill me. To them I'm just a broken-down wall or a tottering fence. They plan to topple me from my high position. They delight in telling lies about me. They praise me to my face but curse me in their hearts...Common people are as worthless as a puff of wind, and the powerful are not what they appear to be. If you weigh them on the scales, together they are lighter than a breath of air. Don't make your living by extortion or put your hope in stealing. And if your wealth increases, don't make it the center of your life. (Psalm 62:3,4,9,10)*

### Life-changing beliefs (cont.)

#### Life-changing faith

Psalm 62

- Lessons

*One thing God has spoken, two things have I heard: that you, O God, are **strong**, and that you, O Lord, are **loving**... (Psalm 62:11-12)*

Where am I a “God and” person?

What promise am I holding on to?

*So we don't look at the **troubles we can see now**; rather, we fix our gaze on things that cannot be seen. For the things we **see** now will soon be **gone**, but the things we **cannot see will last forever**. (2 Corinthians 4:18)*

My psalm

#### Life-changing love

Psalm 63

*O God, you are my God; I earnestly **search** for you. My soul **thirsts** for you; my whole body **longs** for you in this parched and weary land where there is no water...**Your unfailing love** is better than life itself; how I praise you! I will praise you as long as I live, lifting up my hands to you in prayer. **You satisfy** me more than the richest feast. I will praise you with songs of joy. (Psalm 63:1,3-5)*

Where am I afraid?

Where / how have I experienced God's love?

*This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will **receive his mercy**, and we will **find grace** to help us when we need it most. (Hebrews 4:15-16)*

My psalm