

# FINDING CALM IN CRISIS

## Series: Taking Aim At Life's Toughest Challenges

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NOTES

TEXT: James 1:1-12

### I. THE TRUTH ABOUT TROUBLES

James 1

**1. Troubles are Inevitable.**

*"When all kinds of troubles crowd into your lives..."*

v 2a

**2. Troubles are Varied.**

*"When all kinds of troubles crowd into your lives..."*

v 2b

**3. Troubles are Unpredictable.**

*"When all kinds of troubles crowd into your lives ...as intruders..."*

v 2c

**4. Troubles are Productive.**

*"Realize these troubles come ...to produce in you..."*

v 3

### II. WHEN CRISES COME

#### CRISES...

**1. Test my Faith**

*"These troubles come to test your faith..."*

v 3a

**2. Develop my Endurance**

*"You know that such testing of your faith produces endurance"*

v 3a

**3. Mature my Character**

*"Let it grow, for when your endurance is fully developed, you will be strong character and ready for anything."*

v 4

#### I Lose When I...

\_\_\_\_\_ it

*"Do not give the devil a foothold"*

Eph 4:27

\_\_\_\_\_ it

*"Above all, my brothers and sisters, do not swear..."*

James 5:12

\_\_\_\_\_ it

*"But one thing I do, forgetting what lies behind and reaching forward to what lies ahead."*

Phil 3:13

#### I Win When I...

\_\_\_\_\_ it!

*"Do not be conformed to the pattern of this world, but be transformed by the renewing of your mind."*

Rom 12:2

### III. FINDING CALM IN CRISIS

#### 1. Rejoice - knowing God Can Use It

*"My friends, when you have many kinds of troubles, you should be full of joy..."*

*James 1:2*

*"We know that in everything God works for the good of those who love him."*

*Rom 8:28*

#### 2. Relax - don't Panic...Pray!

*"If, in the process any of you doesn't know how to meet any particular problem, you only have to ask God*

*who gives wisdom generously to any who ask without making them feel guilty – and you may be sure that the necessary wisdom will be given to you."*

*James 1:7*

#### 3. Rely on God - believing He Will Help Me

*"But when you ask God, you must sincerely believe and expect him to answer without doubting him."*

*James 1:8*

*David: "When I was helpless, God saved me. I said to myself, "Relax, because the Lord takes care of you."*

*Ps 116:6-7*

#### 4. Refuse to Quit - remembering God's Promises

*"Happy are those who remain faithful under trials, because when they succeed in passing such a test, they will receive as their reward the life which God has promised to those who love him."*

*James 1:1-2*