



FIRST AID FOR A CRISIS

1. Am I expecting or wanting something from another person or situation?
– 2 Cor. 5:15, 1 Cor. 10:24, Psalm 121
2. Am I looking to a human for my joy, peace, strength, hope, fulfillment?
– Ps. 146:5-6, 33:20-22, 62:1-2, 7-8; Is. 50:10-11, Rom. 15:13; Ps. 18, 2 Peter 1:3; 1 Peter 5:10
3. Am I controlling my thoughts? This greatly determines emotion, actions.
– Phil. 4:8, Col. 3:1-2, Matt. 22:37, 2 Cor. 10:5
4. Am I focusing on positives, blessings, and the character of God?
– 1 Thess. 5:16, 1 Chron. 29:10-14, Phil. 4:13, 19, Eph. 3:16-20, Isaiah 25:1, 4; 28:29; 40:11, 18, 25-26, 28-31
5. Am I harboring anger, unforgiveness, bitterness, pride, selfishness, despair, fear, worry, self-pity, etc.?
– Colossians 3:8-14, Ephesians 4:31-32
6. Are my emotions controlling me or am I living by what I know is truth?
– Psalm 119:30, 67, 68, 71, 105; John 14:15, Colossians 2:8, 1 Cor. 15:58, Gal. 6:9-10, 1 Tim. 3:11, Phil. 4:13
7. Have I been consistently in God's Word and prayer so that my spiritual and emotional needs are being met?
– Ps 119:16, 28, 92, 93, 97, 114, 147; Psalm 121, Ps. 5:3; 2 Cor. 4:16-18
8. Have I persistently gone to the Lord about this or am I trying to fight this battle on my own?
– 1 Cor. 10:13; 2 Cor. 1:3, 4, 5, 9; 2 Cor. 3:5; 2 Cor. 12:9,10; Eph. 3:20, Is. 58:9; Phil. 4:4-7
9. For whom am I doing things? For God, other people, or self?
– Colossians 3:23; Phil 1:20-21

10. Am I praying diligently for my husband?

– *Colossians 4:2; Ephesians 6:18; 1 Thessalonians 5:17*

11. Am I letting Satan deceive me in some area? What lie am I believing?

– *John 8:44; Col. 1:9-13, 1 John 3:7-10; John 14:6; Eph. 6:10-18; Prov. 30:5; Prov. 28:13; Prov. 21:30*

12. Am I causing additional pain by an improper response?

– *2 Peter 1:5-9; Gal. 5:16-26; Prov. 14:1; Eph. 4:1-3; Rom. 12:12, Luke 6:27-36; 1 Peter 3:8-9*

13. Am I forgiving and ministering to the person who hurt me?

– *Colossians 3:13-14; Rom. 15:1-2; Rom. 12:14, 17-21, Matt. 6:14-15; Matt. 18:21-22*

14. Am I thanking God for working in my life through every circumstance and situation?

– *Psalms 5:11-12; Psalm 9:1-2; Psalm 18:30-33; Col. 3:17; Psalm 138:8; 1 Thess. 5:18; Romans 8:28*

15. Do I remember that God is in control of this situation and I am responsible for my own thoughts and actions no matter what anyone else does?

– *Phil. 1:27; 1 Thess. 4:11, 12; 2 Cor. 5:9, 10; 2 Cor. 9:8; Isaiah 25:1, 9, Isaiah 26:3-4; 43:1-2; 46:9-11; 55:8-9*

16. Have I forgotten the definition of love? Giving of myself to meet others' needs whether they deserve it or not and expecting nothing in return.

– *John 13:34; 1 Cor. 13; 1 Peter 4:8-11; 1 John 3:11, 16-18, 23; 1 John 4:7-12, 19; 1 Thess. 3:12, 13*