

Psalms 4:8 (NIV)

"I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety."

Isaiah 26:3 (ESV)

"You keep him in perfect peace whose mind is stayed on you, because he trusts in you."

John 16:33 (NIV)

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

Finding Peace in the Midst of Panic

Psalms 25

To you, O LORD, I lift up my soul; in you I trust, O my God. Do not let me be put to shame, nor let my enemies triumph over me. Show me your ways, O LORD, teach me your paths; guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Good and upright is the LORD; therefore he instructs sinners in his ways. He guides the humble in what is right and teaches them his way. All the ways of the LORD are loving and faithful for those who keep the demands of his covenant. My eyes are ever on the LORD, for only he will release my feet from the snare. Turn to me and be gracious to me, for I am lonely and afflicted. The troubles of my heart have multiplied; free me from my anguish. Look upon my affliction and my distress and take away all my sins. Guard my life and rescue me; let me not be put to shame, for I take refuge in you.

What God's People Do in times of Crisis:

I. They Find STRENGTH in God's promises.

Verses 4-5 – "Show me your ways, O LORD, teach me your paths; guide me in your truth and teach me."

Psalms 119:24

My soul is weary with sorrow; strengthen me according to your word.

Psalms 119:50

My comfort in my suffering is this: Your promise preserves my life.

Psalms 119:92

If your law had not been my delight, I would have perished in my affliction.

II. They KEEP an ETERNAL perspective.

Verse 5 – “You are God my Savior, and my hope is in You all day long.”

Hebrews 11:25-26

He chose to be mistreated along with the people of God rather than to enjoy the pleasures of sin for a short time. He regarded disgrace for the sake of Christ as of greater value than the treasures of Egypt, because he was looking ahead to his reward.

2 Corinthians 4:16-18

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

Fanny Crosby

“It seemed intended by the blessed providence of God that I should be blind all my life, and I thank him for the dispensation...If perfect earthly sight were offered me tomorrow I would not accept it... I believe it was His intention that I should live my days in physical darkness, so as to be better prepared to sing His praises and incite others so to do.”

Romans 8:18 (NIV)

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.

III. They are most comforted by God’s PRESENCE

Verse 15 – “My eyes are ever on the LORD.”

Psalms 27:1-5 (NIV)

The LORD is my light and my salvation — whom shall I fear? The LORD is the stronghold of my life — of whom shall I be afraid? When evil men advance against me to devour my flesh, when my enemies and my foes attack me, they will stumble and fall. Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident. One thing I ask of the LORD, this is what I seek: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to seek him in his temple. For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock.

Philippians 4:6-7 (NIV)

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

II Corinthians 1:3-5 (NIV)

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows.

Randy Alcorn

“God uses suffering to strengthen our commitment to Him, force us to depend on His grace, bind us together with other believers, produce discernment, foster sensitivity, discipline our minds, impart wisdom, stretch our hope, cause us to know Christ better, make us long for truth, lead us to repentance of sin, teach us to give thanks in times of sorrow, increase our faith, and strengthen our character. And once He accomplishes such great things, often we can see that our suffering has been worth it.”