

# CRISIS

## SURVIVAL GUIDE

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**FACING CRISIS  
FINDING HOPE**

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***Crisis Survival Guide***  
***Facing Crisis Finding Hope***

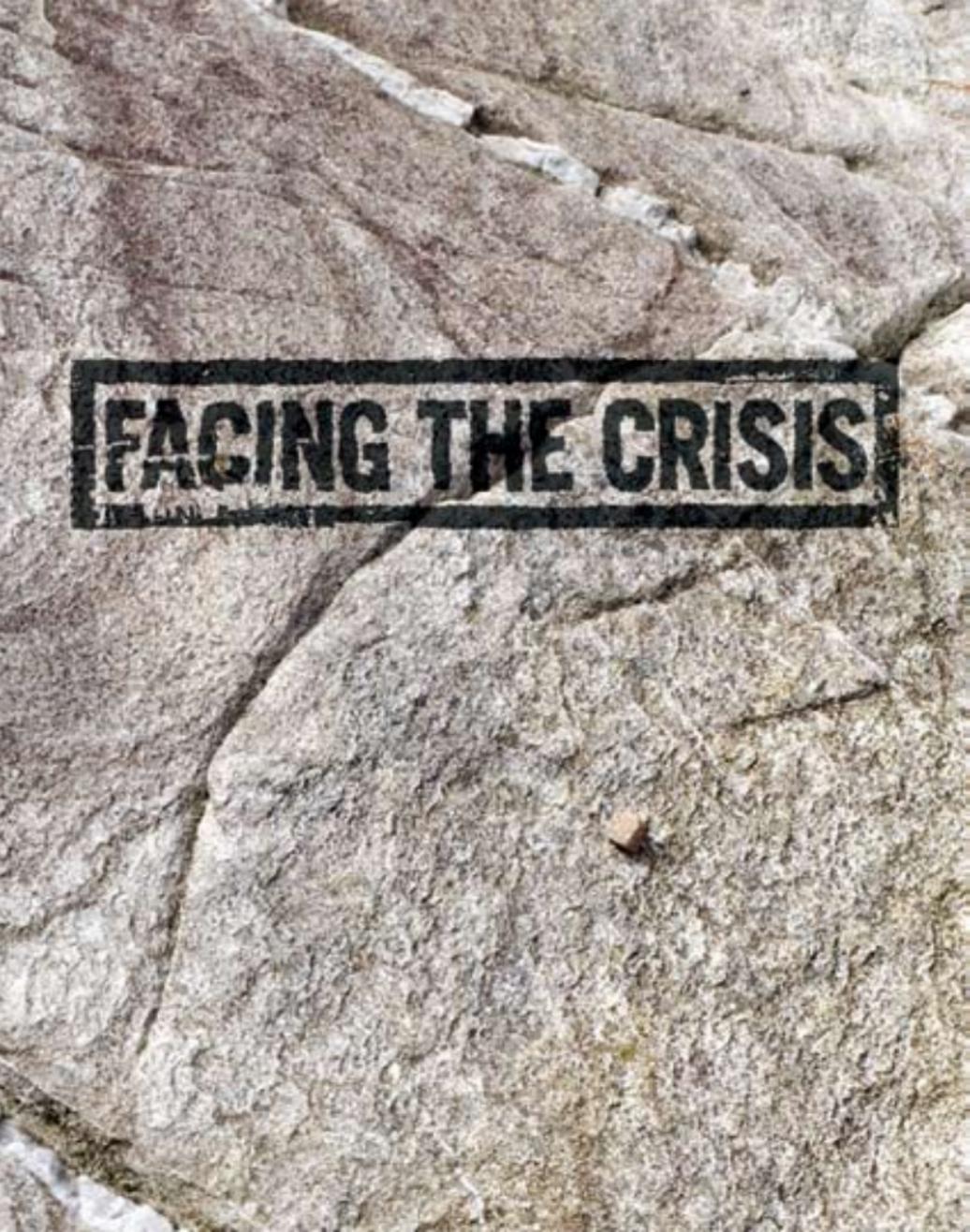
By Kris DenBesten

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**FACING THE CRISIS**

A CRISIS CAN BUILD SLOWLY LIKE A HURRICANE OR STRIKE RAPIDLY LIKE A TORNADO WREAKING HAVOC IN OUR LIVES. SOONER OR LATER WE ALL WILL FACE THE STORMS OF CRISIS. YET, THERE IS A SHELTER—A SAFE REFUGE—IN THE MIDST OF EVERY STORM. IT IS HERE PROVISION FOR THE JOURNEY FROM FACING CRISIS TO FINDING HOPE IS FOUND.



*Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the LORD: “He alone is my refuge, my place of safety; He is my God and I trust him” (Psalm 91:1-2 NLT).*



## When crisis crushes you... know God is with you.

Do not misinterpret a growing crisis as the absence of God. Scripture calls Him *Immanuel*, which means “God with us” (Matthew 1:23). When we fear the Lord we need not fear anything else because He is always with us.



*“Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go” (Joshua 1:9 NIV).*



## When you are losing control... release your burden to God.

We cannot control our crisis but God can. By letting go of our own hopelessness we can then grasp His hope. Place the burden in His hands and trust Him.



*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 (Philippians 4:6-7 NIV).*



## When you struggle with *why*... seek *what* instead of *why*.

Laboring over *why* crises occur can weaken our faith. Focusing on *what* to do next can strengthen our faith. Rather than asking God *why* this crisis is happening, we can ask God to reveal *what* miracle He is working, *what* plan He is revealing, and *what* He is teaching us through these challenges.



“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future” (Jeremiah 29:11 NIV).

## Positive Coping Skills for Facing Crisis

-  You need strength for the journey. Eat healthy meals at regular intervals. Drink plenty of water. Exercise, if able. Get plenty of rest.
-  Keep an immediate perspective. Use the 24/7-approach to prioritizing in time of crisis. If something is not critical for the next 24 hours or within the next 7 days, either delay or defer the decision or task. Focus your energy on what lies directly in front of you.
-  Remember you are not alone. It is important to let people help you. Allow caring people, pastors, chaplains, family, friends, and others who have been through similar crises to help out and encourage you. It is okay to ask for help.

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## Positive Coping Skills for Facing Crisis



Focus your energy on moving forward. Do not get wrapped up on trying to figure out why this crisis happened. Rather, stay focused on what the next positive forward step entails. Do not worry about what could have been. Rather, focus on what will be.

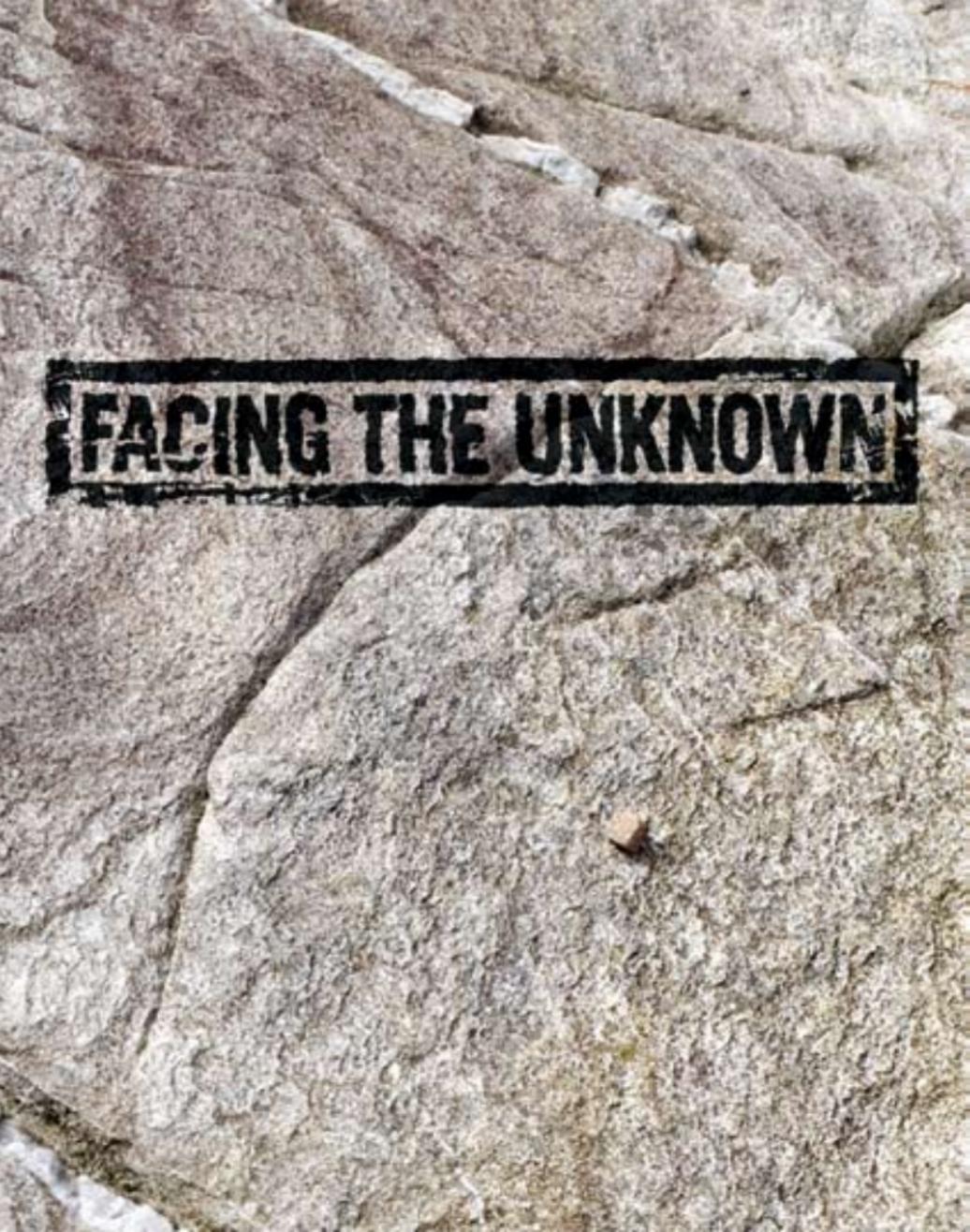


Be thankful for the blessings in your life. Intentionally take some time to focus on and express gratitude for the good things in life. Write down things for which you are thankful. Keep a blessings list going. Worship God and praise Him in the midst of your storm. It will make you feel better and become a powerful witness to those around you.

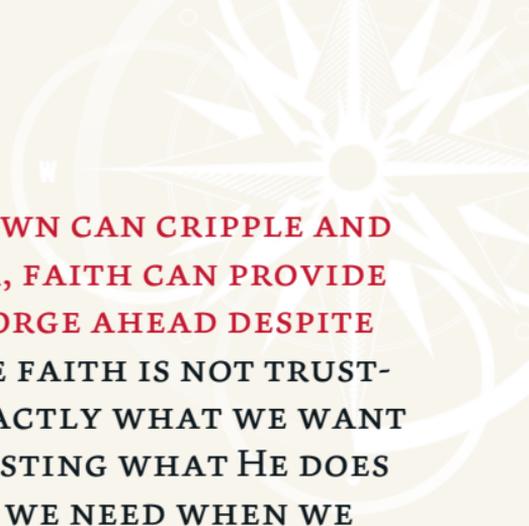
## Prayer for Facing Crisis



*Mighty God, I know that You are with me. You understand the fury that surrounds me. I cannot face this journey alone. I will place my trust in You. Lift me up and carry me in Your arms. Rescue me. Be my Refuge. Be my Strength. Radiate Your peace and courage within me. I release my burden to You. You are my Protector. You are my Provider. You are all I need. I thank You for Your bountiful blessings. I thank You for what You are doing in the midst of my pain. You are my Fortress. You are my Hope. You are my God. Amen.*

A close-up photograph of a textured, layered rock surface. The rock has various shades of brown, tan, and grey, with visible cracks and mineral veins. A black banner with a distressed, ink-like texture is overlaid horizontally across the middle of the image. The text on the banner is in a bold, black, sans-serif font.

**FACING THE UNKNOWN**



FEAR OF THE UNKNOWN CAN CRIPPLE AND  
CONFUSE; HOWEVER, FAITH CAN PROVIDE  
THE COURAGE TO FORGE AHEAD DESPITE  
UNCERTAINTY. TRUE FAITH IS NOT TRUST-  
ING GOD WILL DO EXACTLY WHAT WE WANT  
HIM TO DO, BUT TRUSTING WHAT HE DOES  
IS EXACTLY WHAT WE NEED WHEN WE  
NEED IT.



*“Be still, and know that I am God”  
(Psalm 46:10a NIV).*



## When you don't know what's next... trust in God's life-changing power.

We cannot see the future, but God can. Place the future outcome in God's hands, and ask Him for enough strength and guidance to take the next step in faith.



*“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand” (Isaiah 41:10 NIV).*



## When you are praying for a miracle... believe God still works miracles.

Miracles are God's power at work. His ways are higher than our ways and His thoughts higher than our thoughts. He is still in the miracle business, daily working wonders that align with His will.



*Lord my God, no one can compare with you. You have done many miracles. And you plan to do many more for us. There are too many of them for me to talk about (Psalm 40:5 NIRV).*



## When you don't think you can do it... rely on God's perfect strength.

The walk of faith includes peaks and valleys, sorrow and joy, peace and exhaustion. Yet, God is always there to renew us. His strength is perfect when our strength is gone. When we are weak, He is strong.



*But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint (Isaiah 40:31 NIV).*

## Positive Coping Skills for Facing the Unknown

- Face today's challenges rather than tomorrow's fears. It is normal to feel confusion and uncertainty in the midst of crisis. Don't allow uncertainty to stop you from doing what needs to be done today.
- Getting organized will help you deal with the unknown. Pause, pray, and plan your time. Put some thoughts, tasks, and priorities down on paper then purposely work your plan.
- Do not deny your feelings of anger, anxiety, guilt, or apathy. Talk to someone about how you are feeling. Through prayer talk openly to God about it. Many people find emotional relief through writing a journal or a letter to a friend to release some of the pressure.

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## Positive Coping Skills for Facing the Unknown



Find strength in your faith. Calm down. Take a breath, and then take another. To find peace, focus your thinking on faith. Read or think about miracles from the past and how God faithfully has answered prayers. Then, with confidence in Him, ask God to hear you and work a miracle that aligns with His perfect will.



Focus on what you can control rather than on what you cannot. Set some attainable short-term goals, and then build strength by taking positive action towards achieving those goals today. Focus your energy on short-term progress rather than depleting your energy with worry over the unknowns of the future.

## Prayer for Facing the Unknown

*Lord, You know my fears and apprehensions. I place my future solely in Your hands. I trust where You are taking me. Grow my faith each step of the way. Let Your grace flow freely through me so that Your power can be made perfect in my weakness. Guide me not by sight but by faith. You are the God who performs miracles among your people. You are majestic in holiness, awesome in glory. Open my eyes to clearly see Your miraculous works. I ask for a miracle that will glorify You, fulfills Your will, and points others to You. Amen.*

A close-up photograph of a rock face with a black banner overlaid. The rock is light-colored with some darker veins and a rough, textured surface. The banner is black with white text.

**FACING THE LONG HAUL**

CRISIS CAN HAPPEN IN AN INSTANT BUT RECOVERY OFTEN TAKES A LONG TIME. OUR CHALLENGE IS TO KEEP WALKING IN FAITH REGARDLESS OF HOW LONG IT MAY TAKE. TRY TO FOCUS LESS ON WHEN THIS TRIAL WILL END AND MORE ON EXPERIENCING GOD'S LOVE AND SEEKING HIS GUIDANCE.



*Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight (Proverbs 3:5-6 NIV).*



## When you are sick of waiting... recognize God's plan is worth the wait.

Waiting can be the hardest part of any crisis. Remain steadfast. Do not lose hope. Trust in God. Remember: God has a plan and His timing is always perfect.



*I say to myself, "The Lord is everything I will ever need. So I will put my hope in him." The Lord is good to those who put their hope in him. He is good to those who look to him. It is good when people wait quietly for the Lord to save them"*

*(Lamentations 3:22-24 NIRV).*



## When you just want normal again... focus on what's most important.

Crisis can flip our normal life upside-down. It often reveals how insignificant the insignificant things in life are and how important the important things truly are. When facing crisis, our relationship with God is our greatest asset.



*Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you... And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast (1 Peter 5:6-7, 10 NIV).*



## When things change in an instant... live life prepared.

Since we do not know the duration or severity of the storms ahead, it is best to prepare daily by building on the foundation of faith. Mountain-moving faith is not found in an instant but revealed over time through the refining process of trusting God through trials.



*“Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won’t collapse because it is built on bed-rock” (Matthew 7:24-25 NLT).*

## Positive Coping Skills for Facing the Long Haul

-  Keep a daily routine or schedule to help manage your days. Pace yourself. Do not be in a hurry. Learning to wait is never easy but is always required. Life happens in minutes not years. Master your minutes, and your days will be more productive.
-  Being sick and discouraged about waiting does not make your day go any faster. It just makes you feel sick and discouraged.
-  Normal life is not coming back again. Trying to bring back your normal life from before the crisis is an impossible goal. New normal is the new goal, and new normal is attainable. Look ahead. Spend your energy building your future rather than trying to recapture the past.

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## Positive Coping Skills for Facing the Long Haul



Find joy in the midst of crisis. Regardless of how difficult it may be, just do it. Smile. Laugh. Have some fun. Find strength in simple activities. Enjoy music. Read encouraging stories. Memorize Scripture. Praise God and thank Him. Do whatever it takes to find some enjoyment in the midst of whatever trouble may be surrounding you.



Positive relationships are of key importance. Focus on your faith, your family, and your friends. By trusting God and staying positive through faith you will become an inspiration to others. God can use this for good in your life and the lives of those around you.

## Prayer for Facing the Long Haul

*Lord, teach me to view this trial from your perspective. I know You have a plan and Your timing is always perfect. So, Lord, I wait.*

*I wait in faith...*

*acknowledging You are in control.*

*I wait in confidence...*

*knowing You are almighty.*

*I wait with expectancy...*

*knowing your plan is perfect.*

*I wait in thankfulness...*

*for what You are going to do.*

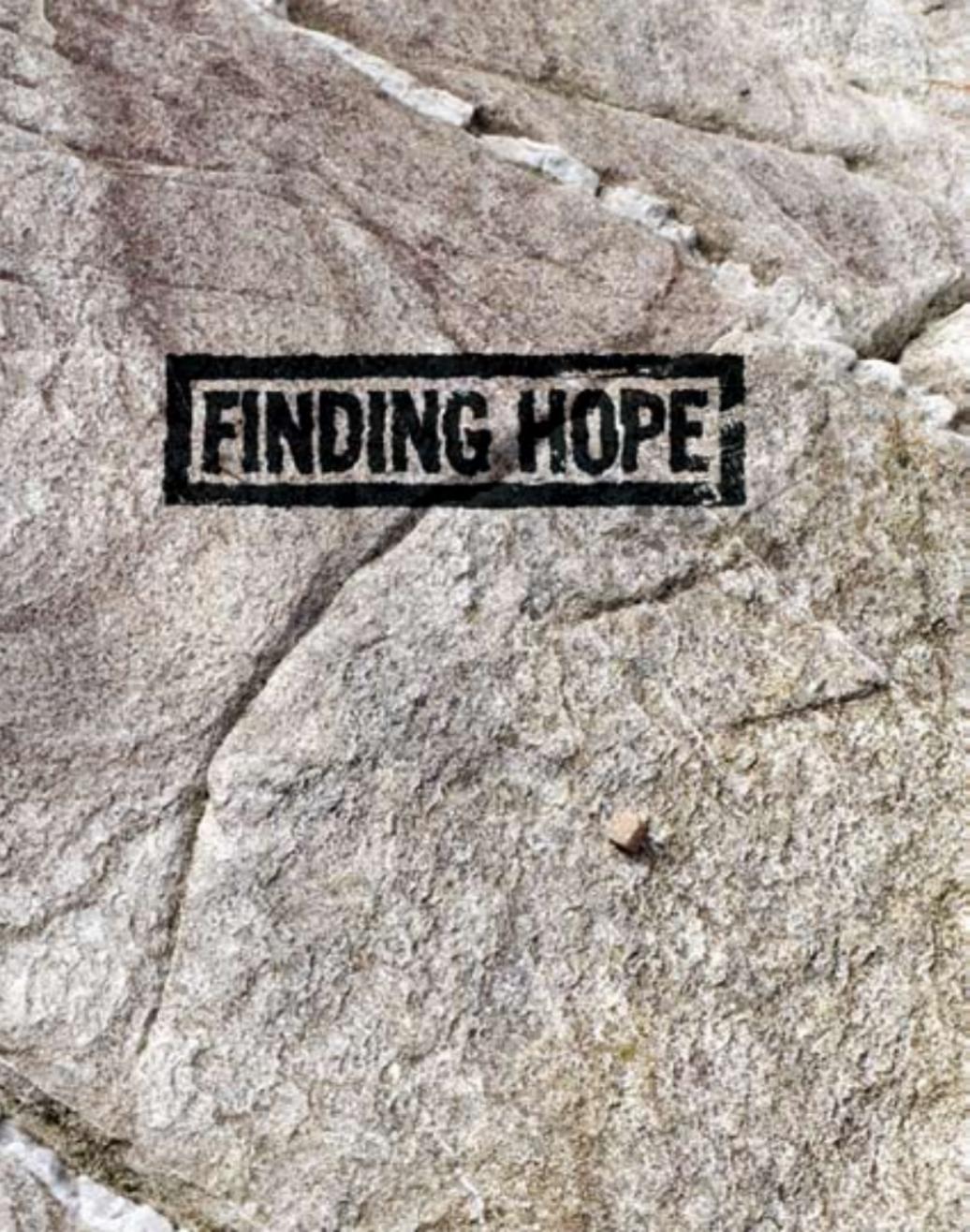
*I wait in dependence...*

*knowing You are all I need.*

*And I wait in stillness...*

*knowing You are my God.*

*Amen*

A close-up photograph of a textured, layered rock surface. The rock has various shades of brown, tan, and grey, with visible cracks and mineral veins. A black rectangular box is superimposed over the center of the image, containing the text "FINDING HOPE" in a bold, white, sans-serif font.

**FINDING HOPE**

TRIALS IN OUR LIVES ULTIMATELY REVEAL THE TRUE MEASURE OF OUR FAITH. WE CAN DENY GOD, OR WE CAN TRUST AND EMBRACE GOD AS OUR DELIVERER. BY FAITH OUR HOPE IS FOUND IN HIM.



*Let all that I am wait quietly before God, for my hope is in Him. He alone is my rock and my salvation, my fortress where I will not be shaken (Psalm 62:5-6 NLT).*



## Stick to the plan.

When facing crisis take one step at a time and by faith, stick to the plan:

-  Know God is with you.
-  Release your burden to God.
-  Seek what instead of why.
-  Trust in God's life changing power.
-  Believe God still works miracles.
-  Rely on God's perfect strength.
-  Recognize God's plan is worth the wait.
-  Focus on what is most important.
-  Live life prepared.



## Seek the good.

We may not comprehend why or how, but God can take our storms and use them for good, to:

-  Draw us closer to Him.
-  Strengthen our faith.
-  Show us His love.
-  Show us His power.
-  Grow our relationships.
-  Provide a testimony for pointing others to Him.
-  Reveal His glory through us.



## Embrace His hope.

Remember our crises do not last forever; however, God's love does. The storms of this life are temporary; God's hope is everlasting. By focusing on His love and fully trusting in Him we can embrace His eternal hope.



*I was patient while I waited for the Lord.*

*He turned to me and heard my cry for help.*

*I was sliding down into the pit of death, and he pulled me out.*

*He brought me up out of the mud and dirt.*

*He set my feet on a rock.*

*He gave me a firm place to stand on.*

*He gave me a new song to sing.*

*It is a hymn of praise to our God.*

*Many people will see what he has done and will worship him.*

*They will put their trust in the Lord  
(Psalm 40:1-3 NIRV).*

This survival guide was born out of crisis and a painful journey. On Christmas Eve 2008 our nine-year-old daughter was placed on full life support due to a virus that was attacking her heart. On Christmas morning the doctors informed us there was nothing more they could do for her. Eventually, she received an experimental artificial heart. This led to a long and painful wait for a heart transplant. On April 15, 2009 God provided a new heart for Gracyn. Her miraculous story is captured in an encouraging book entitled *Gracyn's Song: A Journey From Facing Crisis to Finding Hope*. This *Crisis Survival Guide* is based on the lessons from that book. We pray it will be an encouragement to you. We also pray you will pass it on to others who are facing crisis and need to find hope.

--Kris DenBesten

**Kris DenBesten** is the author of several books, including *SHINE: 5 Empowering Principles for a Rewarding Life* and *Gracyn's Song: A Journey from Facing Crisis to Finding Hope*. He is a business owner who lives in central Florida with his wife, Robin and their three children: Cole, Gracyn, and Brooks.



Author, nationally certified counselor, and life coach **Dwight Bain** provided invaluable help in writing the coping skills sections in this guide. For added counseling and coaching resources visit his website: **[www.lifeworkgroup.org](http://www.lifeworkgroup.org)**