

# COPING WITH CHANGE AND CRISIS

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- Situation that causes change
  - Within Church
  - Career
  - Personal Relationship
  - Loss of Loved One
  - Politics
  - Laws
  - Personal Safety
  - Personal Health
  - Personal Finances

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- Living Conditions
  - Neighbors
  - Neighborhood
  - Home
  - Weather
  - Technology
  - Receiving Food/Gifts/Traveling-Uber. Uber Eats. Amazon

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- Exodus 6: 9-12
  - So Moses told the people of Israel what the Lord had said, but they refused to listen anymore. They had become too discouraged by the brutality of their slavery. Then the Lord said to Moses, “Go back to Pharaoh, the king of Egypt, and tell him to let the people of Israel leave his country.” But Lord! Moses objected. “My own people won’t listen to me anymore. How can I expect Pharaoh to listen? I’m such a clumsy speaker.”

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- Numbers 10:21
  - Next came the Kohathite division of the Levites, carrying the sacred objects from the Tabernacle. Before they arrived at the next camp, the Tabernacle would already be set up at its new location.

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- Jesus is a friend. John 15:12-15

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- 2 Timothy 1: 13,14
  - Hold on to the pattern of wholesome teaching you learned from me- a pattern shaped by the faith and love that you have in Christ Jesus. Through the power of the Holy Spirit who lives within us, carefully guard the precious truth that has been entrusted to you.

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- Hebrews 5: 7-8
  - While Jesus was here on earth, he offered prayers and pleadings, with a loud cry and tears, to the one who could rescue him from death. And God heard his prayers because of his deep reverence for God. Even though Jesus was God's Son, he learned obedience from the things he suffered.

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- Cope: to deal with and attempt to overcome problems and difficulties

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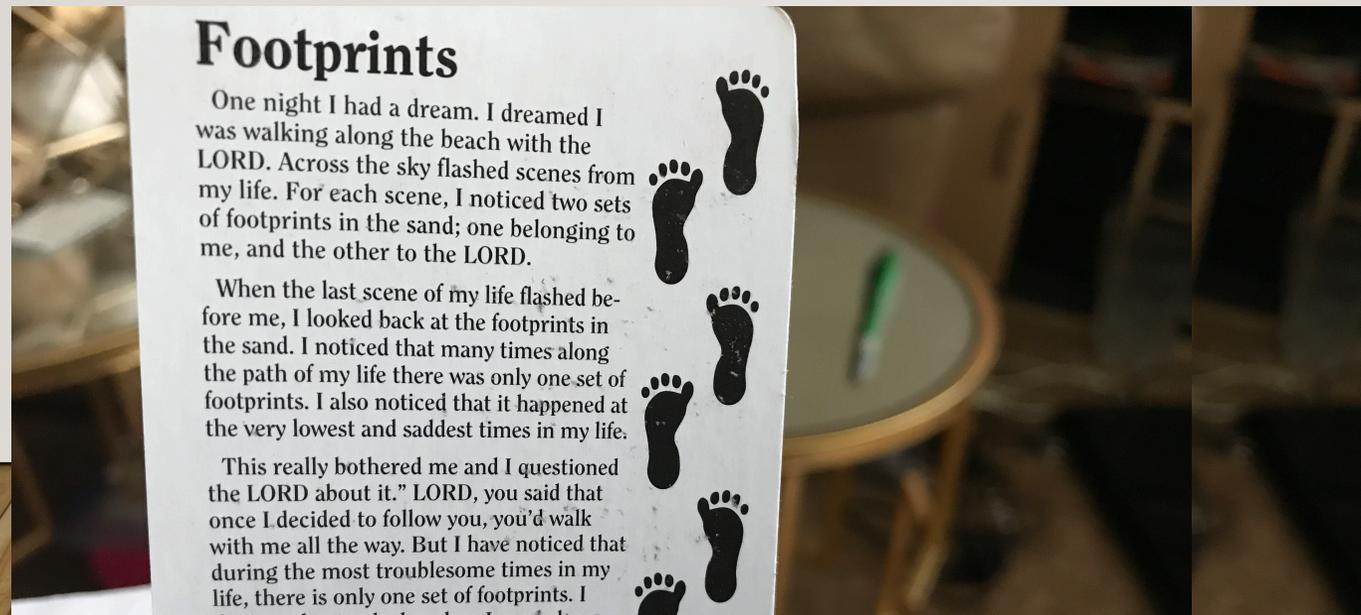
- Part 2—Coping With Crisis—Covid

- Helplessness: You may feel like your voice is not heard, or that you have lost control over your life. You may feel like a victim of something unexpected and beyond your control. The world may not make sense. You may not know who or what to believe.
- Anger: You may be angry at leaders who have made poor decisions, or at people who are critical of leaders you support. You may be angry at people who are not following the rules or using good judgment. You may be angry at how others are treating you, or you may even be angry at yourselves for mistakes you may have made. Sometimes, when we examine our anger, we find that beneath it we are expressing our fear

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- Fear (False Evidence Appearing Real): You may fear death, or change, or loss of job, home, way of life, or sense of purpose. If you test positive for the virus or are from a group with high infection rates, you may fear being stigmatized. You may fear being unable to get medical care for yourself or your loved ones. You may fear overreacting or under-reacting.
  - Loss: You may have lost your job, your income, your home, or contact with your loved ones. You may have lost the opportunity for farewells, ceremonies, or funerals. Events you had been looking forward to may be canceled. You may have lost the predictable rhythm of life.

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- Isolation: You may feel sad, lonely, worried, suicidal, trapped, or bored. If you have stayed at home with family members in close quarters, you may feel crowded or harassed. These emotions may take all your energy and leave you feeling tired all the time. Some of these feelings may continue long after the quarantine is over
  - Remembering God's love during this pandemic

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- Romans 8: 38-39 For I am certain that nothing can separate us from his love: neither death nor life, neither angels nor other heavenly rulers or powers, neither the present nor the future, neither the world above nor the world below-there is nothing in all creation that will ever be able to separate us from the love of God which is ours through Christ Jesus our Lord



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- How Can We Heal
  - For Emotions: Recognize that this is a traumatic situation and accept your feelings as normal. By paying attention to what they are telling you, you can respond better.
  - Make a list of your losses. It is normal to feel sad when we have losses.
  - Learn ways to calm your strong emotions such as breathing slowly and deeply, imagining scenes that help you feel calm, and so forth.
  - Pay attention to where you feel stress in your body. Try to relax any parts of your body that feel tense.

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- Talk about your feelings with people who are safe and know how to listen. Listen to their stories.
  - Tell God honestly how you feel—Psalm lamentation
  - Rest in God's care for you
  - Encourage children and teens to express their feelings, in words or art or play, and listen to them.
  - Find a reliable source of information about the disease- variant, the dangers, and appropriate responses.



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- For Isolation:
  - Connect with others without having close physical contact: by phone, online, or in other creative ways
  - Share with others some Scripture passages that encourages or comfort you
  - Establish routines
  - Get exercise and fresh air, if possible. Rest regularly and go to bed at a regular time each night
  - Do something you enjoy

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- Help others, perhaps those who have been most affected by the virus
  - Find some meaningful activities
  - Put together a card package for someone
  - Play games
  - Find good news online and share it

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- In a lament, people call out to God and tell God their complaint
  - Three basic parts: Address God, Complaint, Request
  - Psalm 13