3. Pray More than Ever

A crisis is no time to neglect prayer. We need more prayer when we are in trouble.

- As Jesus faced the prospect of crucifixion, "He prayed fervently" (Lk 22:44).
- When Paul and Silas were beaten and thrown into prison, they were praying and singing hymns to God" (Acts 16:25).
- We too need to pray in times of trouble. "Do not be anxious about anything, but in everything by prayer and supplication, let your requests be made known to God..." (Php 4:4-6).
- Sometimes, in trouble, we just don't know how to pray as we should. Words seem unable to express our feelings and fears. God understands, and provides the intercession of the Holy Spirit to help us in our weakness (Rom 8:26-28).

4. Be Strengthened by the Holy Spirit

- Not only does the Holy Spirit intercede for us (as just mentioned) but he dwells in us to strengthen us. "God will strengthen you with power through his Spirit in your inner being" (Eph 3:16).

5. Shift the Mind's Focus

Obviously we cannot help thinking about our troubles, however they should not be the constant focus. Even in times of trouble we should focus our minds on those high and noble things in which our hope is based.

- "Whatever is true... noble... right... pure... lovely... admirable... excellent... praiseworthy... think on these things" (Php 4:8).
- "The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control..." (Gal 5:22).
- "In your faith supply virtue... knowledge... self-control... perseverance... godliness... brotherly kindness... love..." (2Pe 1:3-8).
- If we will focus our mind on these at least as much as we focus on our tribulations, then we will help our minds to cope with our troubles and assist us in dealing with them.

6. Seek Christian Fellowship

Fellow Christians can be a source of strength and relief in time of need. Christian fellowship is much more than social get-togethers. Being at a party or a picnic is the last thing you feel like doing if you have great worries and your life is in turmoil. But when someone reaches past the shallowness that often passes for fellowship, and links hands with you in a considerate caring way, then you have had true fellowship to help you to survive another day.

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