

# How to Stay Calm in a Crisis

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## WHY WE EXPERIENCE STORMS

### 1. WE LISTEN TO THE WRONG “EXPERTS.”

*“But the officer in charge of the prisoners listened more to the ship’s captain and the owner than to Paul.” (Acts 27:11, NLT)*

### 2. WE DO WHAT’S EXPECTED.

*“...the majority decided that we should sail on...” (Acts 27:12, NIV)*

### 3. WE RELY ON THE EXTERNAL.

*“When a gentle wind from the south started blowing, the men thought it was a good time to do what they had planned...” (Acts 27:13, CEV)*

## HOW STORMS TEND TO AFFECT OUR LIVES

### 1. STORMS CAN CAUSE US TO DRIFT.

*“The sailors couldn’t turn the ship into the wind, so they gave up and let it run before the gale.” (Acts 27:15, NLT)*

*“...We couldn’t do anything, so we were carried along by the wind.” (Acts 27:15, GW)*

### 2. STORMS CAN CAUSE US TO DISCARD.

*“The next day, as gale-force winds continued to batter the ship, the crew began throwing the cargo overboard. The following day they even took some of the ship’s gear and threw it overboard.” (Acts 27:18–19, NLT)*

### 3. STORMS CAN CAUSE US TO DESPAIR.

*“The terrible storm raged for many days, blotting out the sun and the stars, until at last all hope was gone.” (Acts 27:20, NLT)*

## WHAT TO HOLD ONTO IN A STORM

*In the midst of the storm, we cling to 3 anchors...*

⚓ **THE PRESENCE OF GOD.**

*“For last night an angel of the God to whom I belong and whom I serve stood beside me,”  
(Acts 27:23, NLT)*

*Storms cannot DEFEAT God’s presence.*

⚓ **THE PURPOSE OF GOD.**

*“and he said, ‘Don’t be afraid, Paul, for you will surely stand trial before Caesar...’” (Acts  
27:24, NLT)*

*Storms cannot DETER God’s purpose.*

⚓ **THE PROMISE OF GOD.**

*“So take courage! For I believe God. It will be just as he said.” (Acts 27:25, NLT)*

*Storms cannot DESTROY God’s promise.*

**ACTION STEPS**

1. REMEMBER, BE STILL AND KNOW THAT HE IS GOD (Psalm 46:10).
2. REPLACE YOUR FEAR WITH FAITH (Hebrews 11:27).
3. REACH OUT TO THOSE WHO ARE FEARFUL (Isaiah 35:4).