

Week 3-Crisis Moments

Even though I walk through the darkest valley I will fear no evil, for you are with me. Psalm 23: 4a

Many of us have dealt with various crisis events that have deeply shaped our lives. Some of these crisis events may include a broken relationship, church hurt, an illness, the death of a loved one, or covid. Each of these are challenging examples that leave us feeling we are in the dark, wondering where God is. Sometimes we wonder how we can make sense of “the new normal.” Take time today to reflect on those dark valleys.

- Take a minute in prayer and ask the Lord to reveal a dark valley that you have walked through (a moment or season of crisis).
- What made this experience particularly challenging for you? How did it affect or change your life? (Think through shifts in relationships, daily life, the direction of your future, etc.)
- How did you respond to this crisis or valley, and was your response what you hoped it would be?
 - Think through your gut emotional response (anger, fear, anxiety).
 - Think about how you treated others or your surroundings in the midst of it. To what extent were you able to allow others to support you in your valley? To what extent did you withdraw from others, lash out, or react from your own pain?
 - Consider how you related to God in this dark season. Be honest about this. Many of us find ourselves avoiding, distrusting, or even becoming angry at God, but we will pretend otherwise. Acknowledging the truth can allow God to come in and bring us to a place of trust.

Part of being human is experiencing incredibly difficult and painful dark valleys. As these things are revealed, bring them to God, and acknowledge the pain of them. Now end your time asking God to help you trust Him on your journey. God is present in your pain. Isaiah 53:3; Psalm 34:18.