

# The Christian Arsenal

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## CELEBRATE RECOVERY Recovering From Life's Disasters

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### Part 1 of 9

*"Sometimes something useless happens on earth. Bad things happen to good people, and good things happen to bad people." Eccl. 8:14 (NCV)*

There are 2 mistakes you can make regarding disaster:

1. Think all the good things that happen to me prove I'm good.
2. Think that all the bad things that happen to me prove I'm bad.

### HOW TO RESPOND TO TRAGEDY

#### 1. RELEASE MY GRIEF

*"Blessed are those who mourn, for they will be comforted." Matt. 5:4*

Tragedy always produces strong emotions.

Matt 5:4 – "Blessed are those who mourn, for they shall be comforted."

Write out by the verse – "It's OK to grieve."

Ps 62:8 "Pour out your heart to God, for He is our Refuge."

Ps. 34:18 "The Lord is close to the broken-hearted and saves those who are crushed in spirit."

If you don't talk it out you will take it out on yourself or someone else.

#### 2. RECEIVE FROM OTHERS

*"Carry each others' burdens ... By helping each other with your troubles, you obey the law of Christ." Gal. 6:2 (NCV)*

It is a big mistake to isolate yourselves from others when you're going through a crisis.

You need other's

1. perspective
2. support
3. encouragement
4. presence

*"Look after each other so that not one of you will fail to find God's best blessing." Heb 12:15 (LB)*

He's saying, to make it through a crisis, we need not only the promises of God; we need the people of God.

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## 3. REFUSE TO BE BITTER

*“Some people have no happiness at all: they live and die with bitter hearts.” Job 21:25 (GN)*

You must decide when you go through a tragedy, “Am I going to allow this to make me a bitter person, or a better person?” It’s your choice, but you can’t have both.

One thing I have learned in being in the ministry for many years is that there’s absolutely no correlation in life between your experiences and your happiness.

You are as happy as you choose to be.

*“Watch out that no bitterness takes root among you. ...It causes deep trouble, hurting many in their spiritual lives.” Heb 12:15 (LB)*

Blaming others never changes anything; it only makes you feel worse.

### THE ANTIDOTE:

- Accept what cannot be changed.

*“... Reach out to God ... then face the world again, firm and courageous.” Job 11:13,16*

Faith is facing the facts and not getting discouraged. It is not pretending that everything is great because everything is not great.

- You focus on what’s left – not what’s lost.

*“No matter what happens, always be thankful, for this is God’s will for you.” 1 Thess 5:18 (LB)*

You choose to focus on God’s goodness, because gratitude and depression cannot exist in the same body.

## 4. REMEMBER WHAT’S IMPORTANT

Disasters have a way of clarifying values.

*“Jesus said ... Life is not measured by how much one owns.” Luke 12:15 (NCV)*

Don’t confuse your net worth with your self worth.

Don’t confuse your possessions with your purpose in life.

Don’t confuse what you’re living on with what you’re living for.

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*"We brought nothing into this world, and we can take nothing out of it." 1 Tim 6:7 (NIV)*

You're never going to see a hearse with a U-Haul behind it.

Here's the point: If you want real security, you must build your life on something that can never be taken from you.

## 5. RELY ON JESUS

*"I have learned the secret of being happy at any time in everything that happens. I can do all things through Christ, because He gives me strength." Phil. 4:13 (NCV)*

### HOW?

- Lean on Christ for stability!

*"Those who trust in the Lord are steady as Mount Zion, unmoved by any circumstances." Ps 125:1 (LB)*

*"You, Lord, give true peace to those who depend on you" Is. 26:3 (NCV)*

*"Such a person will not be overthrown by evil circumstances. God's constant care of him will make a deep impression on all who see it. He does not fear bad news, nor live in dread of what may happen. For he is settled in his mind that God will take care of him." Ps 112:6-7 (LB)*

- Listen to Christ for direction!

*"I know what I am planning for you, says the Lord. I have good plans for you, not plans to hurt you. I will give you hope and a good future." Jer. 29:1 (NCV)*

- Look to Christ for salvation!

*"God is our protection and our strength. He always helps in times of trouble. So we will not be afraid even if the earth shakes, or the mountains fall into the sea." Ps. 46:2 (NCV)*

*"We were really crushed and overwhelmed, and feared we would never live through it ... we saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us ... And He did help us and saved us ... and we expect Him to do it again and again." 2 Cor. 1:10 (TLB)*