

# 7 Steps to Recovering from Crises in the Home

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## Introduction

- i. Job 5:7; 14:1; 1 Corinthians 5:4
- ii. Some of the greatest heroes of the Bible experienced personal crises (e.g. Heb. 12:1-3).
- iii. From our Lord's "Sermon on the Mount," we are challenged to take seven steps away from "our cares" and into "God's care"!

### 1. Live for Heaven (Matt. 6:19-23)!

- a. Jesus' admonition – *Do not lay up for yourselves treasures on earth...but...treasures in heaven.*
- b. Colossians 3:1-2 – Personal questions:
  - (1) Why do you want to go to heaven?
  - (2) How much do you think of it?
  - (3) Why?

### 2. Love/Be Loyal to God (Matt 6:24-25)!

- a. Jesus' admonition – *No one can serve two masters...Therefore...do not worry about your life...*
- b. Romans 12:11 – Personal questions:
  - (1) What is the first item on your personal budget?
  - (2) What is the largest item on your personal budget?

### 3. Become a Birdwatcher (Matt. 6:26)!

- a. Jesus' admonition – *Look at the birds of the air...Are you not of more value?*
- b. Matthew 10:29 + Luke 12:5-6 – Personal questions:
  - (1) How important are you to God?
  - (2) How important are you to Jesus?

### 4. Learn to Appreciate Flowers (Matt. 6:27-30)!

- a. Jesus' admonition – *Consider the lilies...if God so clothes the grass...will He not much more clothe you?*
- b. John 14:1 – Personal questions:
  - (1) Ever had your faith tested?
  - (2) What grade would you give yourself?

### 5. Give God Your Cares (Matt. 6:31-32)!

- a. Jesus' admonition – *Therefore, do not worry...your heavenly Father knows...*
- b. 1 Peter 5:6-7 – Personal questions:
  - (1) Who controls your life?
  - (2) Now, what kind of future do you expect?

### 6. Commit Yourself to a Cause (Matt. 6:33)!

- a. Jesus' admonition – *But seek first the kingdom of God and His righteousness...*
- b. Luke 14:25, 33 – Personal questions:
  - (1) How do you spend the majority of your free time?
  - (2) How do you spend the majority of your monies?

### 7. Live One Day at a Time (Matt. 6:34)!

- a. Jesus' admonition – *Therefore, do not worry about tomorrow...*
- b. James 4:13-14 – Personal questions:
  - (1) Can you predict [no guessing] the details of tomorrow?
  - (2) Why worry?

## Conclusion

- i. Someone has said, "Worry is like a rocking chair. It gives you something to do, but it gets you nowhere."
- ii. Philippians 4:6-7 – NOTE the sequence: (a) Problems? (b) Pray. (c) Peace!
  - a. An exclusion: Do not worry about anything! – *Be anxious for nothing!*
  - b. An inclusion: Pray about everything! – *In everything by prayer...let your requests be made known to God!*
  - c. A conclusion: Peace! – *The peace of God, which surpasses all understanding, will guard!*