



# RCCG OCEANIA

Faith & Trust

## FAITH AND RESILIENCE IN CRISIS

### AT A GLANCE

#### BIG IDEA

In times of crisis, it is crucial to remember that nothing is permanent except God and His promises. By understanding that everything has a season, we can find hope and resilience through faith. Crisis can be a catalyst for creativity and growth, allowing us to develop our unique gifts and prepare for future opportunities.

#### PRIMARY PASSAGES

Ecclesiastes 3:1

Genesis 8:22

Psalm 1

John 16:33

1 John 5:4

## KEY TAKEAWAYS

- Recognize that crises are temporary and seasons change.
- God and His promises are the only constants.
- Faith provides victory and resilience in challenging times.
- Crisis can be an opportunity for creativity and growth.
- Plan and work diligently during crises to prepare for the future.

## INTRODUCTION

Crises are an inevitable part of life, but they are not the end. By anchoring ourselves in faith and understanding the temporary nature of our struggles, we can find resilience and even discover new opportunities for growth. This study explores how faith in God can transform our perspective during challenging times.

## SCRIPTURE READING

- **Ecclesiastes 3:1** — Highlights the impermanence of crises and the constancy of God's promises.
- **Genesis 8:22** — Assures that seasons will continue, offering hope and stability.
- **Psalm 1** — Illustrates the stability and fruitfulness of those who delight in God's law.
- **John 16:33** — Encourages believers to take heart in Jesus' victory over the world.
- **1 John 5:4** — Emphasizes faith as the victory that overcomes worldly challenges.

## KEY POINTS

**1. THE IMPERMANENCE OF CRISIS** — Crises are not permanent; they are part of the changing seasons of life. Ecclesiastes 3:1 reminds us that there is a time for everything, and Genesis 8:22 assures us that the cycles of life will continue. Understanding this can provide hope and perspective during difficult times.

- Reflect on past crises and how they eventually passed.
- Identify current challenges and remind yourself of their temporary nature.
- Meditate on God's promises that remain constant through all seasons.

Scripture: Ecclesiastes 3:1   Genesis 8:22

**2. FAITH AS RESILIENCE** — Faith is the victory that overcomes the world, as stated in 1 John 5:4. It is the assurance of things hoped for, even when circumstances seem bleak. Faith provides the strength to endure and the resilience to rise above challenges.

- Strengthen your faith through regular prayer and study of Scripture.
- Recall instances where faith has helped you overcome difficulties.
- Encourage others by sharing testimonies of faith and resilience.

Scripture: 1 John 5:4

**3. OPPORTUNITIES IN CRISIS** — Crisis can be a catalyst for creativity and growth. John 16:33 reminds us that Jesus has overcome the world, and in Him, we can find peace and courage. Challenges can push us to develop our unique gifts and prepare for future opportunities.

- Identify new skills or talents you can develop during challenging times.
- Seek creative solutions to problems you face.
- View each crisis as an opportunity for personal and spiritual growth.

Scripture: John 16:33

## KEY POINTS (CONT.)

**4. PLANNING AND WORKING IN CRISIS** — Psalm 1 illustrates the stability and fruitfulness of those who delight in God's law. Planning and diligent work during crises can prepare us for the next season. Faith helps maintain hope and resilience as we work towards future goals.

- Set realistic goals for yourself during challenging times.
- Develop a plan to achieve these goals, relying on God's guidance.
- Stay committed to your plans, trusting in God's timing and provision.

Scripture: [Psalm 1](#)

## GROUP DISCUSSION

Tip: Use these questions to guide the group from seeing → understanding → applying.

## OBSERVATION

- What does Ecclesiastes 3:1 say about the nature of time and seasons?
- How does Genesis 8:22 provide assurance during uncertain times?
- What characteristics of a person who delights in God's law are highlighted in Psalm 1?

## INTERPRETATION

- How can understanding the impermanence of crises change our perspective?
- In what ways does faith act as a source of resilience according to 1 John 5:4?
- How can crises serve as opportunities for growth and creativity?

## APPLICATION

- What practical steps can you take to strengthen your faith during a crisis?
- How can you identify and develop new opportunities during challenging times?
- What plans can you make now to prepare for future seasons of life?

## PRAYER FOCUS

- Pray for strength and resilience to endure current challenges.
- Ask for a deeper understanding of God's promises during difficult times.
- Seek guidance to recognize and develop opportunities for growth in crisis.
- Thank God for His constant presence and faithfulness through all seasons.

## NEXT STEP

Reflect on past crises and identify how faith provided resilience and growth opportunities.

## CONCLUSION

In the face of crisis, faith in God provides the resilience needed to endure and grow. By recognizing the temporary nature of our struggles and the constancy of God's promises, we can find hope and opportunity even in the most challenging times. Let us embrace each season with faith, creativity, and diligent preparation for what lies ahead.