

How To Help in a Personal Crisis Situation

Introduction:

1. **Sometimes a personal crisis brings people to God.** There was a businessman in a hotel room at point of crisis—pulled in 1 direction toward balcony—the other toward bible
2. **A car accident, a heart attack, a teenage son arrested, the Dr. says 'it's cancer'**
 - a. A Personal Crisis begins w/ Shock—but when that wears off—all the stages of Grief Begin.
3. **What is a personal crisis? A traumatic event, or series of traumatic events that are so overwhelming that it exceeds a person's ability to cope with it.**
 - a. A failing marriage, a Divorce, A Health Crisis, the loss of a loved one or death in the family.
4. **One of the most difficult situations is knowing what to do in a crisis situation.**
 - a. If we don't know what to do—then we spin-out in analysis-paralysis and don't do anything.
5. **This lesson is intended to Equip us to Help in a Personal Crisis Situation**

I. A BIBLICAL EXAMPLE OF CRISIS INTERVENTION

A. THE SAMARITAN WAS PREPARED FOR CRISIS (Luke 10:33-34)

1. He Was PHYSICALLY PREPARED For Helping in a Crisis:

When the Samaritan saw the man beaten, bleeding, and left for dead...

- a) He Immediately tended to the man's wounds with bandages and w/ oil and wine
- b) Where did he get all this stuff? He Was Prepared!
- c) He used knowledge and skill to Help this man who was left for dead.

2. He Was MENTALLY PREPARED For Helping in a Crisis:

- a) He Did Not Just Pass By! — He Saw Man in Need...
- b) and "when he saw him, he had compassion" (v.33)
- c) He Had Already Prepared His Heart to help—
- d) so when he found someone in a crisis situation he was able to step in and help, rather than walk by on the other side!

3. THE LESSON FOR US:

Being Prepared to Help in a Crisis—First Begins in the Heart.

- a) If We Don't Prepare our Hearts to Help—Then We Go Into 'Analysis Paralysis' and Just Spin-out on Opinions or Worry or Fear.
- b) **To Prepare Your Heart—You Must Open Your Heart w/ Compassion (v.33)**
- c) In a Crisis Situation — A Heart of Compassion is what motivates us to help
- d) The Priest and the Levite Didn't Have Compassion—the Samaritan Did!

B. THE SAMARITAN OFFERED IMMEDIATE ATTENTION (v.33-34)

1. This man was beaten, bleeding, stripped of his clothes and left for dead

But the Samaritan wasted no time attending to his wounds...

- a) He Bandaged His Wounds... Carried Him to Safety... Provided shelter to recover

2. What Good Would it have done if the Samaritan Passed By on the other side and Went Home to Think About How to Help?

- a) Notice what James said about just “passing by” (**James 2:15-16**)
- b) The Context of this passage is about Faith.
- c) James is talking about how faith works in action—Faith Responds.
- d) But he Uses a Down to Earth illustration of how useless faith is w/o action.
- e) I’m Sure the Priest and the Levite Both Had Their Opinions of this man
- f) But Faith is not just an opinion—it is conviction to do what is right...
based on the Truth of God’s Word

Faith comes by hearing and hearing by the word of God (Romans 10:17)

3. Faith Without Works is as Useless as a Christian Who Sees a Need but “passes by on the other side!”

- a) The Samaritan Gave Him His Time and Attention when it was needed most

4. THE LESSON FOR US: WHEN FACED WITH A CRISIS SITUATION— —OFFER IMMEDIATE ATTENTION.

- a) It is Always Better to Be Prepared Before a Crisis Situation than to be Caught Off Guard After a crisis hits...

5. How Can We Help Someone Who is Experiencing a Life Crisis?

(1) Be Present.

- (a) Depending on the severity of the crisis—we often don’t know what to say.
- (b) But Your Very Presence is an encouragement
- (c) When Job lost everything his three friends traveled to see him and didn’t say anything for 7 days!
- (d) But when they did start talking it made things worse!

(2) Be Compassionate

- (a) “Rejoice with those who rejoice, and weep with those who weep.” (Rom 12:15)

(3) Be Sympathetic.

- (a) 1 Peter 3:8 “be sympathetic, love one another, be compassionate and humble”
- (b) Be a Sympathetic Listener—and let them talk it out.

“Listen. It is the greatest compliment you give: That I am worth hearing.” –Dona Hoffman

(4) Be Understanding.

- (a) When someone is experiencing grief they are feeling a range of emotions
- (b) They may say things that they normally would not say.
- (c) But Feelings are NOT Facts — It Helps to be Understanding of this

“People must be given the opportunity to hurt out loud” –Lady Bird Johnson

C. THE SAMARITAN PROMISED FURTHER HELP (v.35)

1. Crisis Situations can vary in duration and length of time...

- a) Grief is a complex spectrum of emotions that accompanies a crisis
—and the grieving process takes time.

2. But the Samaritan did not limit the amount of time needed for recovery.

- a) He did not predict how long or short of a time was needed for healing
- b) He told the Inn-Keeper, “When I return...” > This was a Promise of Further Help!

3. **THE LESSON FOR US: IN A CRISIS SITUATION—OFFER FURTHER HELP.**

SO HOW THEN CAN WE HELP?

- (1) **Be Available:** Just knowing someone is available can be a big help.
 - (a) You Not Asked to be a Hero—Just a Friend who cares!
- (2) **Be Kind:** *“Be kindly affectionate to one another with brotherly love” (Rom 12:10a)*
- (3) **Be Encouraging:**
Therefore encourage one another and build one another up (1 Thess 5:11 ESV)
A Phone Call. A Card. A Prayer, A Visit. The ministry of presence

D. THE SAMARITAN MADE AN OPEN-ENDED COMMITMENT (v.35)¹

- 1. **Notice This Commitment He Made: To Return & Pay Whatever Was Needed**
 - a) He provided some money to help for his care / and left room for unexpected costs
- 2. **Sometimes the crushing afflictions, the painful questions, the injustices of the world fall upon the human spirit (2 Corinthians 4:8–9)**
- 3. **Paul Experienced This Personally Himself! (2 Corinthians 1:8–9)**
- 4. **We Are Called to Comfort Those Who Are Hurting (2 Corinthians 1:3–4)**
- 5. **THE LESSON FOR US: IN A CRISIS SITUATION—BE COMMITTED TO HELP.**
- 6. **One Reason we shy away from those in pain—is we don’t know what to say and we don’t want to say the wrong thing & make it worse.**
 - a) But everyone’s situation is different—everyone’s pain is different
 - b) there’s no standard set of answers or magical phrase that makes the pain go away.
- 7. **However—TRUTH is the Fiery core of counseling and life change**
Jesus said: *“And you will know the truth and the truth will set you free”*
 - (1) **Only Truth Can Counter-Act the False Beliefs of the Enemy...**
 - (a) *The mis-beliefs and false beliefs that keep us in bondage...*
 - (b) *Example: ANGER is a Secondary Emotion > There is always something else beneath it*
 - (c) **CHART: Situations > Beliefs > Thoughts > Emotions > Actions (p.145)**
 - (d) **CHART: p. 147 Search for Significance²**
 - (2) **Be Truthful: *“Speaking the truth in love” (Ephesians 4:15)***
 - b) If Someone says: God doesn’t love me anymore, you can help them to understand that God does love them.
 - c) Someone says: God doesn’t care about me anymore. You can help remind them that you know they are hurting but God does care.
 - d) Grief brings many emotions to the surface—including anger, guilt, sadness, questions trying to make sense... Just like Job did.
- 8. **Jesus said: *“Blessed are those who mourn, For they shall be comforted.”***
—Matthew 5:4

¹ Thanks to Bob Whiddon Jr. for sharing these 4 main points on crisis intervention, MAC Vol 1, p.28

² Robert S. McGee, The Search for Significance p.145-147

II. A BIBLICAL TRUTH OF CRISIS INTERVENTION

A. JESUS KNEW OUR CRISIS SITUATION BUT DIDN'T JUST PASS BY

1. Like the Samaritan—Jesus was prepared to help us
2. The Creator of Time & Space – Entered Time & space
3. Not to be served but to serve and give His life as a ransom for us.

B. JESUS HAD COMPASSION ON US AND PERSONALLY HELPED US

1. Even While We Were Still Sinners—Even Though We Were Unworthy
2. He Knew the Terrible Cost He Would Face (John 12:27–28)
3. Jesus experienced a personal crisis in the garden (Mt 26:37–38)

C. JESUS HEALED OUR WOUNDS

1. The Samaritan bandaged up the wounds of the man beaten & left for dead
2. Jesus had compassion for us *'By His Wounds We Are Healed'* (Is 53:5-6 NIV)
3. Jesus didn't just pass by on the other side—He saved us (Romans 5:7–9)

D. JESUS PAID OUR DEBT IN FULL AT THE CROSS

1. Just as the Samaritan paid the debt to care for the man beaten
2. Jesus paid our debt in full at the cross
3. On the Cross He said 'It is Finished' (Gk: tetelestai) means 'paid in full'

E. JESUS HAS PROMISED US HIS PRESENCE

1. While He was still in the Shadow of the Cross—
 - a) Jesus had been speaking in such a fatalistic way about His death—that the disciples were afraid He would leave and they'd never see Him again!
 - b) But Jesus reassured them... (John 16:20, 22)
2. Just as the Samaritan promised future help...

Jesus has promised He Will Always Be With Us!

a) 'I Am with you always even unto the end of the world' (Mt 28:8)

F. JESUS HAS PREPARED A PLACE FOR US

1. John 14:1-3
2. Revelation 21:4

CONCLUSION:

1. Christ has suffered for us, leaving us an example that we should follow His steps. (1 Peter 2:21)
2. Jesus Told the Lawyer... "Go thou and do likewise" (v. 37).
3. Notice what He has commanded of us... (John 13:34–35)