

Support for Stormy Seasons

First, remember a few things:

- Don't let what you see make you forget His promises and words He's given you! This storm, this season is no surprise to Him; the promise still stands!
- Remind yourself of God's faithfulness in past storms and the fruit He created in you as a result. God can use anything for good if you allow Him to!
- If He brought you to it, He can bring you through it. But you determine by response if you thrive in process.

7 Tips for Storms:

1. **Turn on the light and keep it on!** Be honest with yourself and others about your situation and how it's impacting you.
2. **Turn to The Light.** Saturate yourself in the power of prayer and the word daily. This literally rewires your brain and perspective of life/storms! Have a list of scriptures handy for when you feel discouraged or overwhelmed; declare them aloud!
 - And stay in church. Keep it a priority. Don't take yourself out of the race just because conditions aren't favorable! Checking out of church won't do anything good for you!
3. **Strengthen yourself in the Lord with worship!** There's nothing like spirit lifting tunes and raising your voice in praise to reinvigorate a weary soul. Declare God's goodness and faithfulness out loud! It's biblical to have joy and gratitude right where you are in the midst of it all!
4. **Take care of yourself.** Rest in Him. Know your limits. Enlist help. Manage expectations. Adjust your schedule and priorities as needed in this season.
5. **Get support.** Assess what you may need and access the support immediately available to you. It's not a sign of weakness; it's a step towards your best you!
 - Talk with a trusted individual.
 - Get help from the appropriate professional as is in your best interests. Access pastors and mental health professionals for counseling as needed.
 - Join an in-person or online church bible study/life/grow group (Grief-share, Financial Peace, Propel, mom's groups, etc.).
 - Locate local community resources for basic needs. Try starting at your church or [United Way's 211](#); Aspiring Christian [Resource Connection](#) tab if you need additional help finding resources!
6. **Fix your focus.** You often see what you look for. Search for the silver lining in all things! God is good!
7. **Don't shortchange yourself by just turning to God when you have storms...** make a habit of relying on Him through every situation and season so He can guide you and strengthen your faith, resilience and confidence to victoriously weather any storm!

Eleven Psalms for Victoriously Weathering Storms

- ❖ I wait quietly before God, for my victory comes from Him. He alone is my rock and salvation, my fortress when I will never be shaken. – Ps. 62:1,2
- ❖ God is our refuge and strength, always ready to help in times of trouble. So we will not fear when earthquakes come and mountains crumble into the sea. – Ps. 46:1,2
- ❖ But as for me, I will sing about your power. Each Morning I will sing with joy about your unfailing love. For You have been my refuge, a place of safety when I am in distress. – Ps. 59:16
- ❖ The Lord is my light and my salvation – whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid? – Ps. 27:1
- ❖ You know what I am going to say even before I say it, Lord. You go before me and follow me. You place your hand of blessing on my head. – Ps. 139:4,5
- ❖ Behold, God is my helper; The Lord is the sustainer of my soul. – Ps. 54:4
- ❖ The Lord directs the steps of the godly. He delights in every detail of their lives. Though they stumble, they will never fall, for the Lord holds them by the hand. – Ps. 37:23, 24
- ❖ The Lord is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. – Ps. 18:2
- ❖ Praise the Lord, who is my rock. He trains my hands for war and gives my fingers skill for battle. – Ps. 144:1
- ❖ They did not conquer the land with their swords; it was not their own strong arm that gave them victory. It was Your right hand and strong arm and the blinding light from Your face that helped them, for You loved them. – Ps. 44:3
- ❖ He will cover you with His feathers. He will shelter you with His wings. His faithful promises are your armor and protection. – Ps. 91:4