



James 1:2–4 (The MSG)

The pressure we experience in times of crisis can create tension within ourselves and our family. Pressure has a way of bringing out what is unhealthy and hidden within us. When ignored, our family relationships suffer.

Jesus and the Disciples as a Family

Luke 6:12–13

After Jesus called the twelve, they became His apprentices following Him and living as a close-knit family. In the hours before Jesus' death they began to experience a personal crisis. As a result, various tensions began to arise. Often, when we experience crisis as a family, these same tensions can surface and create conflict.

Learning From the Disciples

The Tensions of a Family in a Time of Crisis

- Opportunist (Judas) – Focus is on self and selfish gain. (Mark 14:11)
- Emotional Enthusiast (Peter) – Reacts rather than responds (Matthew 26:31–33)
- Overwhelmed (Peter, James, John) – Lives with emotional and physical crisis stress. (Matt. 26:34–45)

Living with Family Peace in Times of Crisis

1. Choose to be Christ focused rather than _____.
 - Redirect your heart to where Christ is. (Colossians 3:1)
 - Live with humility for the sake of others. (Philippians 2:3–4)
2. Learn to _____ rather than react.
 - Slow down and learn the art of active listening. (James 1:19)
 - Rely on the Holy Spirit to help you process what you've heard. (John 16:14)
3. Learn to live with an attitude of _____.
 - Guard your heart. It reveals your true intentions. (Proverbs 4:23)
 - Know your true enemy and his tactics. (1 Peter 5:8–9)

During times of crisis it is important to recognize that each family member is God's unique creation. Because this is true each one will process the crisis differently. We can experience peace within our families as we learn to live with patience towards those still trying to make sense of it all.

1 Corinthians 10:13 (The MSG)

Answers: self-centered; respond; spiritual alertness



Want to listen again or share with a friend?
Sermon podcasts are available at gracecovenant.org
or on our grace app.