



BE STEADY in a Storm

Mindset of a Crisis Survivor (8 Principles)

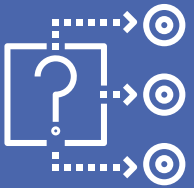
ADEL Downloadable Study Document

Individual Study or Group Discussion

Posted: Wednesday, November 9, 2022



Purpose



**How to BE STEADY in the
Midst of **Your** Crises!**

The background features a dark blue-to-purple gradient with several light purple gear icons of varying sizes. A solid blue rectangle is positioned on the right side of the slide.

Four Crisis Stages You Should Master



CRISIS LIFE CYCLE

LIFE SIGNATURES PRINCIPLES
[HTTP://LIFESIGNATURES.LIBSYN.COM](http://lifesignatures.libsyn.com)

4. THE END OF A CRISIS

FORTIFY. Build reserves. You went through the crisis easily because of this. If not, time to build reserves: Financially, Resource and Retool yourself, Relationships and Connections, etc.

3. DURING THE CRISIS

CHOOSE TO LEARN. It is a blessing in disguise. What can you discover about yourself, the world, the way you have been living? Every adversity comes clothed with the same or equal benefit. Learn.



1. JUST BEFORE A CRISIS

TAKE HEED. Listen to the warnings, the red flags, the unease. Do not ignore the signs. Maintaining normalcy can be traded off by vigilance

2. BEGINNING OF A CRISIS

MAKE QUICK ADJUSTMENTS. What you feared is now a reality. Adjust quickly, especially mentally. It is not the same anymore. Your life has been disrupted, or interrupted. Adjust fast.

"At times I felt that I could not have my husband die. But these words seemed to be impressed on my mind: "Be still, and know that I am God." I keenly feel my loss, but dare not give myself up to *useless grief*. This would not bring back the dead. And I am not so selfish as to wish, if I could, to bring him from his peaceful slumber to engage again in the battles of life. Like a tired warrior, he has lain down to sleep. I will look with pleasure upon his resting place.

"The best way in which I and my children can honor the memory of him who has fallen, is to take the work where he left it, and in the strength of Jesus carry it forward to completion. We will be thankful for the years of usefulness that were granted to him; and for his sake, and for Christ's sake, we will learn from his death a lesson which we shall never forget. We will let this bereavement make us more kind and gentle, more forbearing, patient, and thoughtful toward the living."

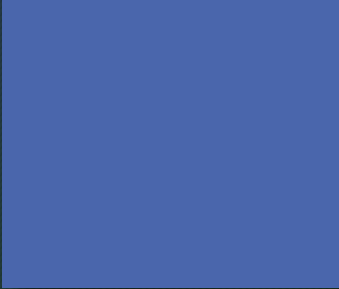
Case Study: *Ellen White has just recounted the death of her husband and of the deaths of two of her four children. It is a touching section showing how she dealt with her storms. Notice her testimony in the above words...*

(<https://ellenwhite.org/correspondence/187162>)

Ellen White
Testimony
Vol 1, pg. 111



B.E. S.T.E.A.D.Y.
Eight Mindset Principles to Anchor You in a Crisis



BE
STEADY

¹B: BECOME CRISIS AWARE—Know It!

1. Financial
2. Interpersonal
3. Career/Work
4. Technological
5. Domestic (Family)
6. Natural Calamity/Disasters
7. Violence—Physical/Emotional
8. National/International
9. Spiritual Crisis
10. Existential



BE
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²E: EMOTION Self Check—Examine It!

“Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?—unless indeed you fail to meet the test!” 2 Corinthians 13:5

**Pathway to Exterminate Bad Emotions:
Face It - Trace It - Lace It - Case It - Erase It!**

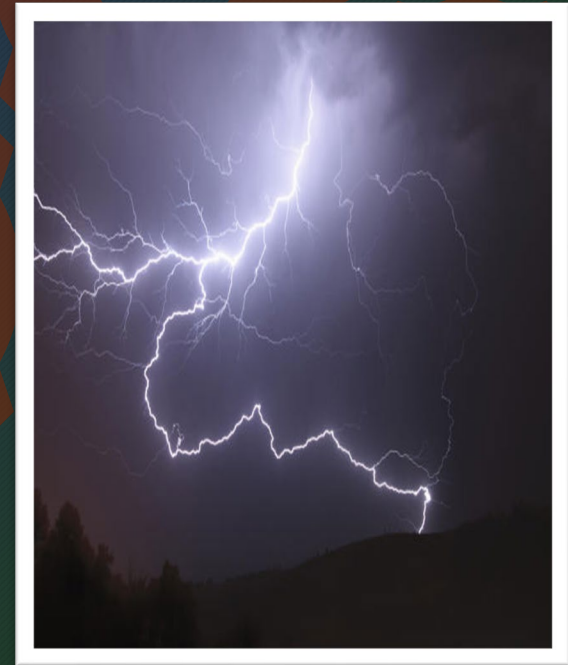


BE
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³S: STORMS (World of sin & Character development)—Expect It!

“Be still and know that I am God.” Psalm 46:10

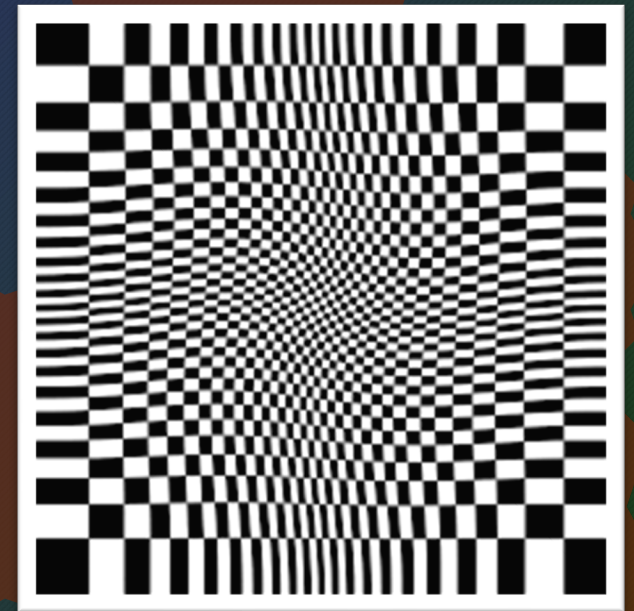
Recite this Passage in a Storm: “The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. ...” Psalm 23:1-6



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4T: TRIAL TEST Time—Face It!

“Training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age.” Titus 2:12



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⁵E: ENVISION Outcome—See It!



“For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.”

Romans 8:18

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6A: ACT Intentionally—Do It!

“Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.”

Joshua 1:9



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STEADY

7D: DISCIPLINE Mental Muscle—Use It!

“With all these things in mind, dear brothers and sisters, stand firm and keep a strong grip on the teaching we passed on to you both in person and by letter.”

2 Thessalonians 2:15 (NLT)



BE
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8Y: YIELD to Providence—Trust Him!

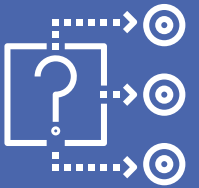
“Though he slay me, yet will I trust in him: but I will maintain mine own ways before him.”

Job 13:15





Summary



**BE STEADY in the
Midst of **Your** Crises!**

A Counter-Intuitive Hierarchy to Rise Above Chaos

Thinking

1. Focus Thoughts not Frenetic Thoughts
2. Core Beliefs not Cosmetic Beliefs
3. Praying Default not Pouting Default
4. Eternal Narrative not Earthly Narrative
5. Reflective Time not Reactive Time

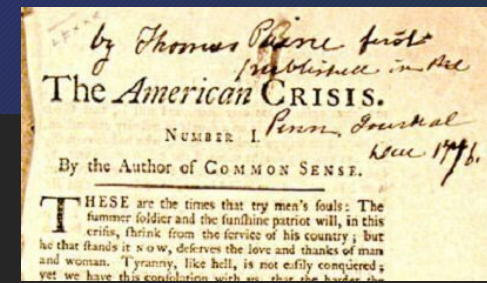
Acting

6. Pace Yourself not Panic Yourself
7. Vital Support not Vice Support
8. Healthy Habits not Hurtful Habits
9. Resilient Partners not Rattled Partners
10. Anti-fragility not Anti-faith

Knowledge
+ Action

= Power

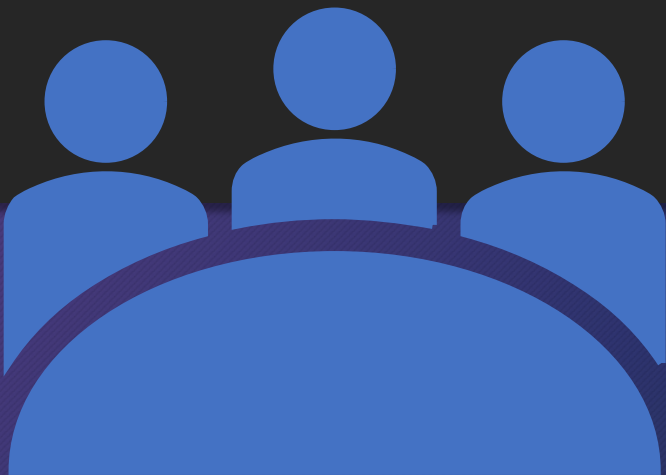
Be Inspired to Overcome Your Crises



The publication of Thomas Paine's *Common Sense* caused a sensation in 1776 as it explained the need for freedom. But the second series of pamphlets published on December 19 of that year inspired a huge American military victory.

“These are the times that try men’s souls: The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of their country; but he that stands it now, deserves the love and thanks of man and woman. Tyranny, like Hell, is not easily conquered; yet we have this consolation with us, that the harder the conflict, the more glorious the triumph,” said Paine in *The American Crisis*, a new pamphlet that appeared in the *Pennsylvania Journal*.

Four days later, General George Washington had Paine’s words read out loud to his troops at McConkey’s Ferry on the Delaware River. An inspired Washington and his troops, who adopted the motto “Victory or Death,” crossed the Delaware River during a Nor’easter on Christmas Day and routed the Hessian garrison at Trenton. The much-needed victory galvanized the Revolutionary forces and the Continental Congress.

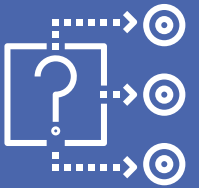


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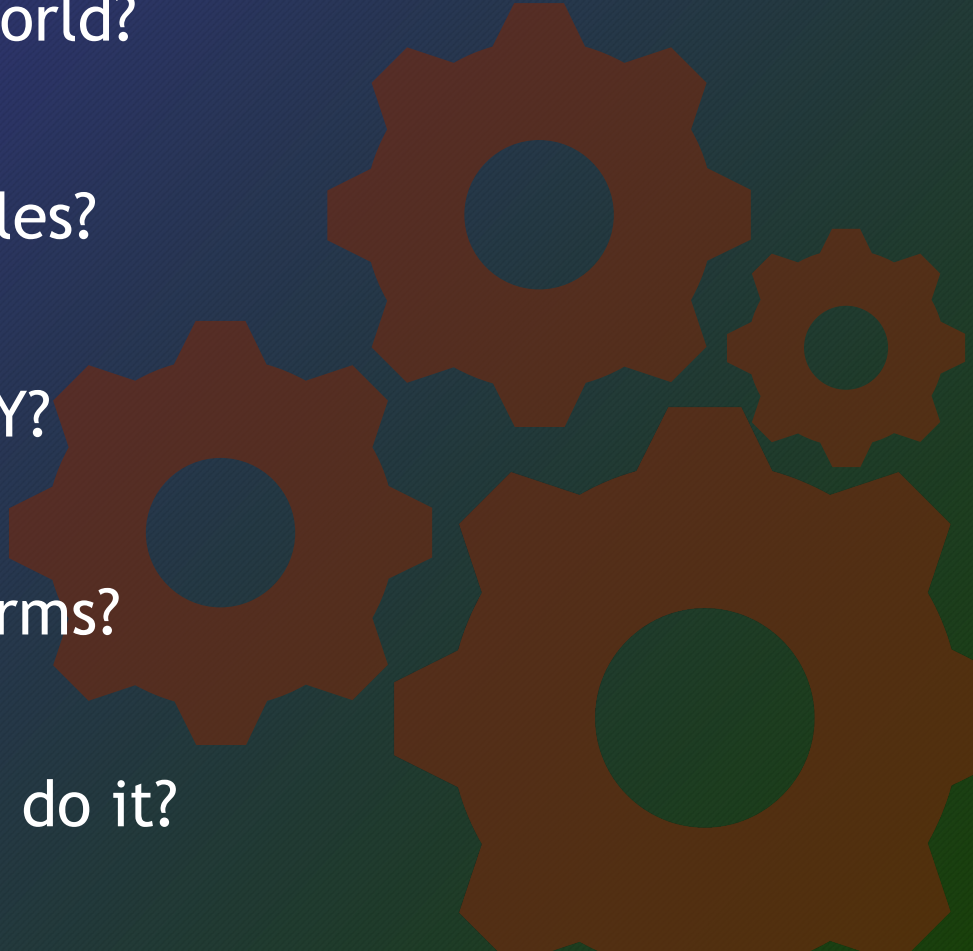


Extra Resources



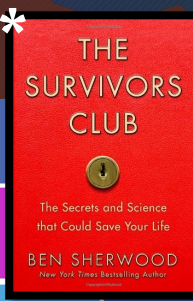
**How to BE STEADY in the
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Self Administered Quiz

1. What is the cause of sin and suffering in the world?
 2. Why will it help to master the mindset principles?
 3. How should I go about incorporating BE STEADY?
 4. What will happen if I do/don't prepare for storms?
 5. What will I do to prepare for my storms? Will I do it?
- 

Survivor's Toolkit, 12 Survivor's (HIPI LIFERAFT)

Tools that Make a Difference in Persisting through Difficult Situations*



H - Hope: no matter how bad things are, it will turn out good ultimately.

I – Intelligence: talent for learning, thinking, understanding gets solutions.

P – Purpose: you have a reason to be alive and goals to strive for.

I – Instinct: gift to innately think, intuit and instinctively know what to do.

L – Love: ultimate devotion and loyalty to the people and cause you love.

I – Ingenuity: know-how to cross-transfer learning to diverse situations.

F – Faith: trust that God has a plan and will love and cover you.

E – Empathy: desire and ability to help others and yourself in crises.

R – Resilience: ability to bend and bounce back, to recoil from challenges.

A – Adaptability: skill to adapt attitudes, actions to different situations.

F – Flow: flexibility to change attitudes, actions adapt to situations.

T – Tenacity: capacity, persistence to hold fast in the most tough times.



1. BECOME CRISIS AWARE

2. EMOTIONS SELF CHECK

3. STORMS > SIN & CHARACTER

4. TRIAL TEST MOMENT

5. ENVISION OUTCOME

6. ACT INTENTIONALLY

7. DISCIPLINE MENTAL MUSCLE

8. YIELD TO PROVIDENCE

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