

# HOW TO GET THROUGH WHAT YOU'RE GOING THROUGH

## Session 2: When Your World Collapses

### PART 1

*“People can never predict when hard times might come. Like fish in a net or birds in a snare, people are often caught by sudden tragedy.”*

**ECCLESIASTES 9:12**

### HOW TO HELP A FRIEND

*“By helping each other with your troubles, you truly obey the law of Christ.”*

**GALATIANS 6:2**

1. \_\_\_\_\_

*“When Job’s three friends...heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him.”*

**JOB 2:11**

2. \_\_\_\_\_

*“Then they saw him from a distance...they began to weep aloud, and they tore their robes and sprinkled dust on their heads. Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.”*

**JOB 2:12-13**

3. \_\_\_\_\_

*“Whenever you possibly can, DO GOOD to those who need it.”*

**PROVERBS 3:27**

## SURVIVING A CATASTROPHE

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*“Call to me in your day of trouble; and I shall rescue you, and you will honor Me.”*

**PSALM 50:15**

*“Get up, cry out in the night. Cry all through the night. Pour out your heart like water in prayer to the Lord. Lift up your hands in prayer to him.”*

**LAMENTATIONS 2:19**

*“A friend loves at ALL times, and a brother is born for adversity.”*

**PROVERBS 17:17**

*“Two can accomplish more than twice as much as one... and if one falls down, the other can pull him up; but if a man falls when he is alone, he’s in trouble!... One person standing alone can be attacked and defeated, but two can stand back-to-back and conquer; and having three is even better, for a triple-braided cord is not easily broken.”*

**ECCLESIASTES 4:9-12 (LB)**

*“Blessed are those who trust in the Lord and have made the Lord their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they go right on producing delicious fruit.”*

**JEREMIAH 17:7-8 (NLT)**

*“Just as you trusted Christ to save you, trust him, too, for each day’s problems; live in vital union with him. Let your roots grow down into him and draw up nourishment from him. See that you go on growing in the Lord, and become strong and vigorous in the truth...”*

**COL. 2:6-7 (LB)**

