

# Coping Strategies:

Replacing our Flawed Strategies with the Character of God

1

“Today, we embark on a voyage into the profound realm of coping strategies, the invaluable tools that empower us to weather the storms, find strength in vulnerability, and emerge from the depths of despair with newfound wisdom and resilience. Whether you're here seeking solace in the face of personal tribulations, aiming to support others through their challenges, or simply intrigued by the secrets of human adaptation, you've come to the right place.”

- ChatGPT

2

## Definition

A coping strategy is a behavior or thought process we use to manage ourselves and our world when we deem the circumstances threatening.

3

## Definition

A coping strategy is a behavior or thought process we use to manage ourselves and our world when we deem the circumstances threatening.

- Conscious or Subconscious

4

## Definition

A coping strategy is a behavior or thought process we use to manage ourselves and our world when we deem the circumstances threatening.

- Conscious or Subconscious
- Healthy or Unhealthy

5

## Definition

A coping strategy is a behavior or thought process we use to manage ourselves and our world when we deem the circumstances threatening.

- Conscious or Subconscious
- Healthy or Unhealthy
- Inwardly or Outwardly focused

6

## Roadmap

- Thinking Biblically about the Complexity
- The Character of God on Display in his Common Grace Provision
- Coping Strategies Can Propel Us Forward to Christ
- Practical Implications

7

## Thinking Biblically

1. Weakness

8

## Weakness

- Psalm 103:13-14 - As a father shows compassion to his children, so the LORD shows compassion to those who fear him. For he knows our frame; he remembers that we are dust.

9

## Weakness

- Psalm 103:13-14 - As a father shows compassion to his children, so the LORD shows compassion to those who fear him. For he knows our frame; he remembers that we are dust.
- Psalm 40:17 – As for me, I am poor and needy, but the Lord takes thought for me. You are my help and my deliverer; do not delay, O my God!

10

“Today, we embark on a voyage into the profound realm of coping strategies, the invaluable tools that **empower us** to weather the storms, **find strength in vulnerability**, and emerge from the depths of despair with **newfound wisdom and resilience**. Whether you’re here seeking solace in the face of personal tribulations, aiming to support others through their challenges, or simply intrigued by the secrets of human adaptation, you’ve come to the right place.”  
- ChatGPT

11

## Thinking Biblically

1. Weakness
2. Sin

12

## Thinking Biblically

1. Weakness
2. Sin
3. Common Grace

13

“Through the operation of common grace, sin is restrained in the lives of individuals and in society. The element of corruption that entered the life of the human race is not permitted, for the present, to accomplish its disintegrating work.”

- Berkhof, *Systematic Theology*, 442

14

The heavens proclaim the glory of God and the sky above declares his handiwork...it reveals knowledge (Ps 19:1-2)

The Law of the LORD is perfect, reviving the soul...making wise the simple...rejoicing the heart...enlightening eyes (Ps 19:7-9)

15

## The Character of God on Display In His Common Grace Provision

16

## The Character of God on Display

1. Love

17

## The Character of God on Display

1. Love
2. Goodness

18

Matthew 6:26 – Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

Psalm 104:21 – The young lions roar for their prey, seeking their food from God.

Matthew 5:45 – For he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust.

Luke 6:35 – But love your enemies, and do good, and lend, expecting nothing in return, and your reward will be great, and you will be sons of the Most High, for he is kind to the ungrateful and the evil.

19

## The Character of God on Display

1. Love
2. Goodness
3. Grace

20

## The Character of God on Display

1. Love
2. Goodness
3. Grace
4. Mercy

21

## The Character of God on Display

1. Love
2. Goodness
3. Grace
4. Mercy
5. Longsuffering

22

## The Character of God on Display

1. Love
2. Goodness
3. Grace
4. Mercy
5. Longsuffering
6. Sovereign Power

23

## Coping Strategies Can Propel Us Forward to Christ

24

## Coping Strategies Can Propel Us Forward to Christ

- 1.Reveal a true threat that needs a real answer

25

## Coping Strategies Can Propel Us Forward to Christ

- 1.Reveal a true threat that needs a real answer
- 2.Reveal a true need for refuge

26

## Coping Strategies Can Propel Us Forward to Christ

- 1.Reveal a true threat that needs a real answer
- 2.Reveal a true need for refuge
- 3.Reveal a true need for order

27

“His heart beats, His blood begins to flow  
 Waking up what was dead a moment ago  
 And His heart beats, now everything is changed  
 ‘Cause the blood that brought us peace with God  
 Is racing through His veins  
 And His heart beats  
 His heart beats, He will never die again  
 I know that death no longer has dominion over Him  
 So my heart beats with the rhythm of the saints  
 As I look for the seeds the King has sown  
 To burst up from their graves “  
 - Andrew Peterson

28

## Practical Implications

29

## Practical Implications

1. Changes our posture towards a coping strategy at work in another person

30

## Practical Implications

1. Changes our posture towards a coping strategy at work in another person
2. Changes where we might start

31

## Practical Implications

1. Changes our posture towards a coping strategy at work in another person
2. Changes where we might start
3. Gives us a trajectory for how we might walk alongside another person

32

## Practical Implications

1. Changes our posture towards a coping strategy at work in another person
2. Changes where we might start
3. Gives us a trajectory for how we might walk alongside another person
4. Provides hope

33