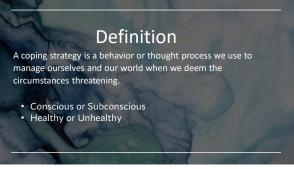


"Today, we embark on a voyage into the profound realm of coping strategies, the invaluable tools that empower us to weather the storms, find strength in vulnerability, and emerge from the depths of despair with newfound wisdom and resilience. Whether you're here seeking solace in the face of personal 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. Conscious or Subconscious



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

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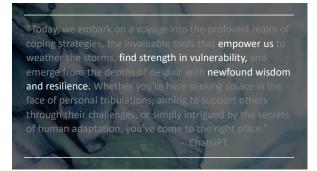






Weakness • Psalm 103:13-14 - As a father shows compassion to his children, so the LORD shows compassion to those who fear him. For he knows our frame; he remembers that we are dust. • Psalm 40:17 – As for me, I am poor and needy, but the Lord takes thought for me. You are my help and my deliverer; do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

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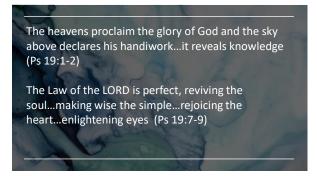
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"Through the operation of common grace, sin is restrained in the lives of individuals and in society. The element of corruption that entered the life of the human race is not permitted, for the present, to accomplish its disintegrating work."

- Berkhof, Systematic Theology, 442

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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
4. Mercy



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23 24





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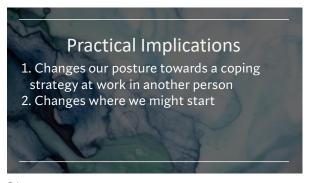
"His heart beats, His blood begins to flow Waking up what was dead a moment ago And His heart beats, now everything is changed 'Cause the blood that brought us peace with God Is racing through His veins And His heart beats His heart beats, He will never die again I know that death no longer has dominion 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

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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

31 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

33

4. Provides hope