

Kev's Fire Extinguisher – gaining resilience - when emotions are inflamed, when bad things happen, and when you are left asking why? – revised 5/17/2020

Prayer for Home and Family - By Robert Louis Stevenson: “Lord, behold our family her assembled. We thank Thee for this place in which we dwell; for the love that unites us; for the peace accorded us this day; for the hope with which we expect the morrow; for the health, the work, the food, and the bright skies that makes our lives delightful; for our friends in all parts of the earth. Let peace abound in our small company. Purge out the every heart of lurking grudge. Give us grace and strength to forbear and to preserve. Offenders, give us the grace to accept and to forgive offenders. Forgetful ourselves, help us to bear cheerfully the forgetfulness of others. Give us courage and the quiet mind. Spare to us our friends, soften to us our enemies. Bless us, if it may be, in all our innocent endeavors. If it may not, give us the strength to encounter that which is to come, that we may be brave in peril, constant in tribulation, temperate in wrath, and in all changes of the fortune, and down to the gates of death, loyal and loving one to another.”

Proverbs 3:5-6 (NIV): “Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.”

Joshua 1:7-9 (NIV): “Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

Job 1:21 NIV: “Naked I came from my mother's womb, and naked I will depart. The LORD gave and the LORD has taken away; may the name of the LORD be praised.”

Psalms 23:1-8 NIV: “The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides 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. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.”

Paul's 2nd letter to Corinthians 12:7-8 (NIV): “To keep me from becoming conceited because of these surpassingly great revelations, there was given to me a thorn in my flesh . . . Three times I pleaded with the Lord to take it away from me. But he said to me, My (God's) grace is sufficient for you, for my (God's) power is made perfect in weakness.” **Additional thoughts by Pastor Andy Stanley:** “Your circumstantial faith will eventually fail you. The sorrows and pleasures life will eventually cause your faith to become inconvenient. Definition of Faith: Living your life with the expectation and confidence that God will deliver on what he promised. Faith is being sure things that God promised. Faith is having certainty for those things that are unseen. Faith is being sure of those things that you had previously only hoped for. This is the grid to view all other biblical teachings. So, what exactly has God promised?

- Healing for some.
- Not to reverse the consequences of a bad decision
- Not to answer all of our prayers
- Not to be rich.
- Empathize with us (not sympathize with us). Your savior says I know how that feels. Jesus has been there. Our savior was tempted in every way we are (he dreaded the events of a following day before his crucifixion, experienced the rejection of his closest friends, experienced rejection of a family member, and experienced crushing temptation).
- Provides the clarity of an example of a sinless and perfect life.
- Mercy and grace in our time of need. Approach God with both grace and confidence (without formality) so that you may receive mercy and grace in your time of need. Mercy = God is going to lean in your direction because “I know”. Sometimes mercy is tangible. Grace is the strength and energy to endure.
- God has not promised to deliver us from our circumstances, he has promised to deliver us through our circumstances.”

Psalm 77: 1 to 12: Psalm 77: “1 I cried out to God for help; I cried out to God to hear me. 2 When I was in distress, I sought the Lord; at night I stretched out untiring hands, and I would not be comforted. 3 I remembered you, God, and I groaned; I meditated, and my spirit grew faint. 4 You kept my eyes from closing; I was too troubled to speak. 5 I thought about the former days, the years of long ago; 6 I remembered my songs in the night. My heart meditated and my spirit asked: 7 “Will the Lord reject forever? Will he never show his favor again? 8 Has his unfailing love vanished forever? Has his promise failed for all time? 9 Has God forgotten to be merciful? Has he in anger withheld his compassion?” 10 Then I thought, “To this I will appeal: the years when the Most High stretched out his right hand. 11 I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. 12 I will consider all your works and meditate on all your mighty deeds.”

When Bad Things Happen to Good People by Rabbi Harold Kushner: “It may be that Einstein and the Book of Genesis are right. A system left to itself may evolve in the direction of randomness. On the other hand, our world may not be a system left to itself. There may in fact be creative impulses acting on it, the Spirit of God hovering over the dark waters, operating over the course of the millennia to bring order out of the chaos. It may yet come to pass that, as “Friday afternoon” of the world’s evolution ticks toward the Great Sabbath which is the End of Days, the impact of random evil will be diminished. Or it may be that God finished His work of creating eons ago, and left the rest to us. Residual chaos, chance, and mischance, things happening for no reason, will continue to be with us, the kind of evil the Milton Steinberg has called “the still un-removed scaffolding of the edifice of God’s creativity.” In that case, we will simply have to learn to live with it, sustained and comforted by the knowledge that the earthquake and the accident, are not the will of God, but represent that aspect of reality which stands independent of His will, and which angers and saddens God even as it angers and saddens us.”

The Shack by William Young: I (God) am not evil. You (humans) are the ones who embrace fear and pain and power and rights so readily in your relationships. But your choices are also not stronger than my purposes, and I will use every choice you make for the ultimate good and the most loving outcome. . . . Broken humans center their lives around things that seem good to them, but that will neither fill them nor free them. Humans are addicted to power, or the illusion of security that power offers. When a disaster happens, those same people will turn against false powers they trusted. In their disappointment, they either become softened toward me or they become bolder in their independence. If you could only see how all this ends and what we will achieve without the violation of the human will – then you would understand. One day you will.”

Isaiah 53:5 “But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.”

1 Peter 2:24: “He himself bore our sins” in his body on the cross, so that we might die to sins and live for righteousness; “by his wounds you have been healed.”

Galatians 3:13-14: “Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: “Cursed is everyone who is hung on a pole.” He redeemed us in order that the blessing given to Abraham might come to the Gentiles through Christ Jesus, so that by faith we might receive the promise of the Spirit.”

Proverbs 4:20-22: “20 My son, pay attention to what I say; turn your ear to my words. 21 Do not let them out of your sight, keep them within your heart; 22 for they are life to those who find them and health to one’s whole body.”

2 Corinthians 1:20: “For no matter how many promises God has made, they are “Yes” in Christ. And so through him the “Amen” is spoken by us to the glory of God.”

2nd Cor 4: 7-9: “But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. 8 We are hard pressed on every side, but not crushed; perplexed, but not in despair; 9 persecuted, but not abandoned; struck down, but not destroyed.”

Isaiah 58:8: “Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard.”

Psalm 34:10: “The lions may grow weak and hungry, but those who seek the Lord lack no good thing.”

John 10:10: “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

John 14:12: “Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father.”

Mark 16:15-18: “He said to them, “Go into all the world and preach the gospel to all creation. Whoever believes and is baptized will be saved, but whoever does not believe will be condemned. And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well.””

Romans 4:18-21: 18 Against all hope, Abraham in hope believed and so became the father of many nations, just as it had been said to him, “So shall your offspring be.” 19 Without weakening in his faith, he faced the fact that his body was as good as dead—since he was about a hundred years old—and that Sarah’s womb was also dead. 20 Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, 21 being fully persuaded that God had power to do what he had promised.

Romans 4:20-21: “Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, being fully persuaded that God had power to do what he had promised.”

Ephesians 6:13-18: “Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.”

Isaiah 54:17: “no weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me,” declares the Lord.”

Proverbs 17:22: “A cheerful heart is good medicine, but a crushed spirit dries up the bones.”

Charles Spurgeon: “Has He not declared us to be in union with Him? If the angels, who are but friends and neighbors, shall be with Him, it is abundantly certain that His own beloved in whom is all His delight shall be near to Him and sit at His right hand. Here is a morning star of hope for you, of such exceeding brilliance that it may well light up your darkest and most desolate experience.”

2 Corinthians 1:5 “FOR AS THE SUFFERINGS OF Christ abound in us—so our consolation also abounds by Christ.” – Additional thoughts by Charles Spurgeon: Here is a blessed proportion. The Ruler of Providence bears a pair of scales—in this side He puts His people’s trials, and in that He puts their consolations. When the scale of trial is nearly empty—you will always find the scale of consolation in nearly the same condition. And when the scale of trials is full—you will find the scale of consolation just as heavy. When the black clouds gather most—the light is the more brightly revealed to us. When the night lowers and the tempest is coming on—the Heavenly Captain is always closest to His crew. It is a blessed thing, that when we are most cast down—then it is that we are most lifted up by the consolations of the Spirit. One reason is, because trials make more room for consolation. Great hearts can only be made by great” troubles. The spade of trouble digs the reservoir of comfort deeper, and makes more room for consolation. God comes into our heart—He finds it full—He begins to break our comforts and to make it empty; then there is more room for grace. The humbler a man lies—the more comfort he will always have, because he will be more fitted to receive it. Another reason why we are often most happy in our troubles, is this—then we have the closest dealings with God. When the barn is full—man can live without God: when the purse is bursting with gold—we try to do without so much prayer. But once take our gourds away—and we want our God; once cleanse the idols out of the house—then we are compelled to honor Jehovah. “Out of the depths have I cried unto you, O Lord.” There is no prayer half so hearty—as that which comes up from the depths of the soul, through deep trials and afflictions. Hence they bring us to God, and we are happier—for nearness to God is happiness. Come, troubled believer—do not fret over your heavy troubles, for they are the heralds of weighty mercies.

“EVENING FATHER, I DESIRE THAT THEY ALSO, WHOM YOU HAVE GIVEN ME, MAY BE WHERE I AM” – John 17:24:

Additional discussion by Charles Spurgeon: “O death! Why do you touch the tree beneath whose spreading branches weariness finds rest? Why do you snatch away the excellent of the earth, in whom is all our delight? If you must use your axe,

use it upon the trees that yield no fruit; then you may be thanked. But why will you chop down the best trees? Hold your axe, and spare the righteous. But no, it must not be; death strikes the best of our friends; the most generous, the most prayerful, the most holy, the most devoted must die. And why? It is through Jesus' prevailing prayer — "Father, I desire that they also, whom you have given me, may be with me where I am." It is that which bears them on eagle's wings to heaven. Every time a believer moves from this earth to paradise, it is an answer to Christ's prayer. A good old divine remarks, "Many times Jesus and His people pull against one another in prayer. You bend your knee in prayer and say 'Father, I desire that Your saints be with me where I am'; Christ says, 'Father, I desire that they also, whom you have given me, may be with me where I am.'" In this way the disciple is at cross-purposes with his Lord. The soul cannot be in both places: The beloved one cannot be with Christ and with you too. Now, which of the two who plead shall win the day? If you had your choice, if the King should step from His throne and say, "Here are two supplicants praying in opposition to one another, "which shall be answered? Oh, I am sure, though it were agony, you would jump to your feet and say, "Jesus, not my will, but Yours be done." You would give up your prayer for your loved one's life, if you could realize the thoughts that Christ is praying in the opposite direction — "Father, I desire that they also, whom you have given me, may be with me where I am." Lord, You shall have them. By faith we let them go.

John 14:26-27: 26 But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. 27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Psalms 56:3-4 3: When I am afraid, I put my trust in you. 4 In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?

Romans 5:1-5: Peace and Hope. 5 Therefore, since we have been justified through faith, we[a] have peace with God through our Lord Jesus Christ, 2 through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. 3 Not only so, but we[c] also glory in our sufferings, because we know that suffering produces perseverance; 4 perseverance, character; and character, hope. 5 And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

Hebrews 6:13 to 19: 13 When God made his promise to Abraham, since there was no one greater for him to swear by, he swore by himself, 14 saying, "I will surely bless you and give you many descendants." [d] 15 And so after waiting patiently, Abraham received what was promised. 16 People swear by someone greater than themselves, and the oath confirms what is said and puts an end to all argument. 17 Because God wanted to make the unchanging nature of his purpose very clear to the heirs of what was promised, he confirmed it with an oath. 18 God did this so that, by two unchangeable things in which it is impossible for God to lie, we who have fled to take hold of the hope set before us may be greatly encouraged. 19 We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain.

Ephesians 1:18-21: 18 I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, 19 and his incomparably great power for us who believe. That power is the same as the mighty strength 20 he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, 21 far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come.

Deuteronomy 31: 7 to 8: 7 Then Moses summoned Joshua and said to him in the presence of all Israel, "Be strong and courageous, for you must go with this people into the land that the Lord swore to their ancestors to give them, and you must divide it among them as their inheritance. 8 The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

James 3:17-18: 17 But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. 18 Peacemakers who sow in peace reap a harvest of righteousness.

Psalms 86 11-12: 11 Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name. 12 I will praise you, Lord my God, with all my heart; I will glorify your name forever.

Psalm 25:5: Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.

Psalm 29:11 The Lord gives strength to his people; the Lord blesses his people with peace.

Isaiah 26:3: You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Deuteronomy 31:6 Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”

Lamentations 3:21-25: 21 Yet this I call to mind and therefore I have hope: 22 Because of the Lord’s great love we are not consumed, for his compassions never fail. 23 They are new every morning; great is your faithfulness. 24 I say to myself, “The Lord is my portion; therefore I will wait for him.” 25 The Lord is good to those whose hope is in him, to the one who seeks him;

Philippians 4:12-13: 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength.

Psalm 9:18: 18 But God will never forget the needy; the hope of the afflicted will never perish.

Romans 15:13: May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Proverbs 3:13-18: 13 Blessed are those who find wisdom, those who gain understanding, 14 for she is more profitable than silver and yields better returns than gold. 15 She is more precious than rubies; nothing you desire can compare with her. 16 Long life is in her right hand; in her left hand are riches and honor. 17 Her ways are pleasant ways, and all her paths are peace. 18 She is a tree of life to those who take hold of her; those who hold her fast will be blessed.

Psalm 27:3: Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident.

Colossians 3:15: Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

Psalm 4:8: In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.

Galatians 5:22-23: But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.

Hebrews 12:11: No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

1 Thessalonians 5:23-24: 23 May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. 24 The one who calls you is faithful, and he will do it.

Psalm 119:114: You are my refuge and my shield; I have put my hope in your word.

Acts 2:25-28: 25 David said about him: “I saw the Lord always before me. Because he is at my right hand, I will not be shaken. 26 Therefore my heart is glad and my tongue rejoices; my body also will rest in hope, 27 because you will not abandon me to the realm of the dead, you will not let your holy one see decay. 28 You have made known to me the paths of life; you will fill me with joy in your presence.’

2 Thessalonians 3:16: 16 Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.

Philippians 4:6-7: 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

John 14:26: But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

Isaiah 54:10: 10 Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed,” says the Lord, who has compassion on you.

Jeremiah 33:6: “Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.

Mathew 6: 26-34: Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life? 28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Numbers 6:22 to 27: The Priestly Blessing: 22 The Lord said to Moses, 23 “Tell Aaron and his sons, ‘This is how you are to bless the Israelites. Say to them: 24 ““The Lord bless you and keep you; 25 the Lord make his face shine on you and be gracious to you; 26 the Lord turn his face toward you and give you peace.” 27 “So they will put my name on the Israelites, and I will bless them.”