

Biblical Responses to a Crisis – University Baptist Church, March 22, 2020

Part Two: Remain Calm – Colossians 3:12-17

Before the study:

- Read the Book of Colossians several times over the next few days. (10 minutes per reading)
- Focus on Colossians 3:15, “Let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful.”
 - What does it mean to “let the peace of Christ rule in your hearts”?
 - How is it a struggle to remain calm amidst the uncertainty of an unfolding crisis?
- Consider the following statement from Karl Barth:
 - “Christian faith is the gift of the meeting in which people become free to hear the word of grace which God has spoken in Jesus Christ in such a way that, in spite of all that contradicts it, they may once for all, exclusively and entirely, hold to God’s promise and guidance.”
- Think about the blessings you have and try to find 5 things for which you can be thankful.

“Worry does not empty tomorrow of its sorrows; it empties today of its strength.”
– Corrie ten Boom

Opening:

- Being thankful. List things for which you can be thankful in the comments.

Bible Study:

- Background of Colossians
- How does forgiveness play a role in being calm?
- The relationship between forgiveness and love
- What can we learn from the Colossians about remaining calm in the face of a crisis?
- Karl Barth’s statement about “faith as trust” (see above)
- *Lectio divina* – Divine Reading
 - Lectio (Read) – Read several times. Be attentive to the details.
 - Meditatio (Meditate) – Think about the passage and connect it to your life.
 - Contemplatio (Contemplate) – Think about what God is saying to you through the reading.
 - Oratio (Pray) – Talk with God about the passage and be thankful for the reading.

Takeaways:

- Developing a spirit of thankfulness can shift our attention to something positive in times of crisis.
- *Lectio divina*. Divine reading can become a lifestyle to help us grow in Christ.
- Any act of faith in God is an act of trust. We are free to “hear the word of grace which God has spoken in Jesus Christ” that we may “hold to God’s promise and guidance.”
- Even in times of crisis, the peace of Christ can rule in our hearts and help us remain calm.

Closing Prayer: God of love and God of grace, we trust you with our lives. We know you are more powerful than anything we face. Give us a sense of your peace. Calm our hearts. Inspire our minds to be thankful for the numerous ways you bless our lives. You are still God. Embrace us with the warmth of your Spirit now. In the name of Christ, Amen.