

## Week #1

### Introduction

Being alive means we must constantly resolve problems. Every new situation we encounter provides us with opportunities to learn new ways of using our resources in order to gain control or to cope.

When we encounter a change or a problem that exceeds our capacity to cope, we are experiencing a *crisis*.

Two goals of this series will be to equip church members to better handle their own crises, and to equip our folks to help others who are experiencing crises.

The reason that most people hesitate to become involved in helping those in crisis is that they feel inadequate. They don't know what to say or do.

The good news is that this is normal!

NEXT WEEK: Examples Of Crises and Why We Suffer