

# OVERCOMING CRISIS

*through the power of*

# SCRIPTURE

**SUNDI JO GRAHAM**

# HŌW TŌ PRŌCESS THIS PDF

Hey, friend!

We're certainly living in some uncertain times, aren't we? The world seems to get crazier with every passing moment. You can feel the tension in the atmosphere around us. I don't know about you, but it's easy to get caught up in that tension sometimes.

**But...** if we're quiet enough to listen, we can hear God say, *"Do not fear, Beloved. I am with you, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand."* - Isaiah 41:10

That's my encouragement to you today, my friend. Let's not get so caught up in the craziness of this world that we forget who is still in control. Instead, let's pray together. Let's focus on the power of Scripture. Not only that, but let's speak these Scriptures out loud over ourselves, our families, our country, our churches, and see just how powerful they are to bring change to our situations and the atmospheres around us.

I've provided eight Scriptures to help calm your soul in times of crisis. It's important, however, that you do more than just read these words. **It's vital for you to speak them out loud.** There is power in reading the Word of God, but there is even more **POWER in speaking the Word of God.** Remember, the tongue can bring life or death. (Proverbs 18:21). We have to decide what we're going to do with our words - give life or cause destruction.

My prayer for you is that this resource truly **becomes life-changing for you and these Scriptures take you from fear to faith!** When we speak the Word of God, everything truly changes.

## #WINNINGATWARFARE

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Below, I've shared a few ideas to help you memorize these life-changing Scriptures.

I've taken these Scriptures and personalized them for you so that you can specifically speak them over yourself.

I recommend memorizing them, but in the meantime, a great place to start is taping them to your bathroom mirror. Picking one or two at a time is a great way to start memorizing.

Here are a few tips:

- 1) Write them out on notecards
- 2) Speak them out loud multiple times per day
- 3) Record them on your phone and play them back

These are just suggestions, but find what works for you. This is *your* system. I can't wait to see how these Scriptures take you from fear to faith!

Oh... and be sure to check out our [Winning at Warfare Facebook Group](#) where you can join others in finding freedom in Christ.

Let's get started!

Praying for you, friend!

A handwritten signature in dark ink, consisting of several overlapping loops and lines, positioned below the text 'Praying for you, friend!'.

*All Scripture is taken from the NLT (New Living Translation) unless otherwise noted.*

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No matter what happens today or tomorrow, Jesus Christ is the same yesterday, today, and forever.  
- *Hebrews 13:8*

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I don't worry about anything; instead, I pray about everything. I tell God what I need, and thank him for all he has done. I experience God's peace, which exceeds anything I can understand. His peace guards my hearts and mind as I live in Christ Jesus. - *Philippians 4:6-7*

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I never give up. Though my body is dying, my spirit is being renewed every day. For my present troubles are small and won't last very long. Yet they produce for me a glory that vastly outweighs them and will last forever! So I don't look at the troubles I can see now; rather, I fix my gaze on things that cannot be seen. For the things I see now will soon be gone, but the things I cannot see will last forever. - *2 Corinthians 4:16-18*

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I am strong and courageous! I am not afraid and do not panic. For the Lord my God will personally go ahead of me. He will neither fail me nor abandon me. - *Deuteronomy 31:6*

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When troubles of any kind come my way, I consider it an opportunity for great joy. For I know that when my faith is tested, my endurance has a chance to grow. So I let it grow, for when my endurance is fully developed, I will be perfect and complete, needing nothing. - *James 1:2-4*

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I come to Jesus with my heavy burdens and he gives me rest. He take my yoke upon him. He teaches me because he is humble and gentle at heart, and I find rest for my soul. For his yoke is easy to bear, and the burden he gives me is light. - *Matthew 11:28-30*

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On earth I will have many trials and sorrows. But I take heart, because Jesus has overcome the world.  
- *John 16:33*

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The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name. Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings. Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever. - *Psalms 23*

# ABOUT THE AUTHOR

I'm Sundi Jo. Some of my friends call me SJ. I'm a Christian Keynote Speaker, sharing the truth of Christ with a dose of laughter. I also host a podcast called [Coffee Conversations](#), where I have some good ole' straight talk with old and new friends, along with inspiring stories and a shot of caffeine.

I inspire others to break free from self-destructive behaviors so they can learn to love themselves and experience lasting transformation. I long to see people set free from bondage. I have a story filled with gritty redemption and I look forward to taking you on more of my journey.

In 2008, weighed 330 lbs. and was short on hope with no direction of where my life was headed. But after hitting rock bottom, I turned my life around, lost 145 lbs., and committed myself to helping others find and pursue their passions and God-given dreams.

I've been called "a passionate, versatile, and thought-provoking communicator whose authenticity connects me with audiences in a way few people can."

I'm the author of [Dear Dad](#) and [Liar Liar](#). My blog was recently named one of the top 100 Christian Women Blogs. I've been featured as a guest writer for various authors and speakers, including Mary DeMuth, Jeff Goins, and Prodigal Magazine.

Brokenness doesn't choose denominations. Whether we've been in the church 50 years or 2 weeks, we all have struggles to overcome. It's my desire to help believers overcome those struggles with true freedom in Christ.

In my free time, I enjoy reading, writing songs, going to the movies, playing Bingo with my awesome grandma, and spending time laughing with friends. I'm a fan of flip flops, Dolly Parton, and sushi, not necessarily in that order.



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