**“How to Maintain When Stuck in a Cave” Psalm 142**

At times we all feel trapped. We all feel pressured. We all feel the chaos of calamity. There are as many ways to respond to calamity as there are people on the earth! There is a right way, a godly way, a Biblical way to respond to calamity. There is also a wrong way, an ungodly way, an unbiblical way to respond to calamity.

**What do the Scriptures teach us about handling calamity?**

**1.** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the Lord** vv. 1, 2

**2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that God is \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of every calamity** vv. 3-5

**3. \_\_\_\_\_\_\_\_\_\_\_ God to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you through your calamity.**  Psalm 18:18, 19

**4. \_\_\_\_\_\_\_\_\_\_\_ the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of good \_\_\_\_\_\_\_\_\_\_\_\_** Psalm 17:17; 18:24

**5. \_\_\_\_\_\_\_ your \_\_\_\_\_\_\_\_\_ in \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the Lord** v. 7; Psalm 57:5, 7-11