

# CRUSHED 2 CHRIST

CRISIS STABILIZATION GUIDE | Transforming Pain Into Purpose

*You are not alone. You are not beyond hope. God has not left you.*

**IF YOU ARE IN IMMEDIATE DANGER OR HAVE A PLAN TO HARM YOURSELF: CALL 911 OR GO TO YOUR NEAREST EMERGENCY ROOM NOW.**

## STEP 1 — STOP. BREATHE. YOU ARE STILL HERE.

When everything feels out of control, your first job is not to fix it — it's to stay present. Do this right now:

- Take 4 slow, deep breaths. In through your nose (4 counts), hold (4 counts), out through your mouth (4 counts).
- Say out loud or in your heart: *"I am still here. God is still here. This moment will pass."*
- Move to a safe physical space — sit down, go to another room, step outside.
- Put down anything in your hands that could cause harm. Distance yourself from it.

*"The LORD is close to the brokenhearted and saves those who are crushed in spirit."*  
— Psalm 34:18

## STEP 2 — DO NOT HANDLE THIS ALONE. CALL SOMEONE NOW.

You were not designed to carry this by yourself. Right now, contact one of these:

**Suicide & Crisis Lifeline**

**Call or Text 988**

Free, 24/7, confidential

**Crisis Text Line**

**Text HOME to 741741**

Free, 24/7 text support

**Crushed 2 Christ Ministry**

**470-739-0101**

John & Christina Bernard

**Emergency Services**

**911**

If in immediate danger

Write the name and number of one trusted person you can call right now:

Name: \_\_\_\_\_ Number: \_\_\_\_\_

*"Two are better than one... If either of them falls down, one can help the other up."*  
— Ecclesiastes 4:9-10

# CRUSHED 2 CHRIST

CRISIS STABILIZATION GUIDE | Transforming Pain Into Purpose

## STEP 3 — GROUND YOURSELF IN TRUTH, NOT THE LIE.

In crisis, your mind tells you lies. Here is the truth to fight back with:

**The lie:** *"Nobody cares if I'm here."*

**The truth:** God numbered every hair on your head. You are known. (Matthew 10:30)

**The lie:** *"Things will never get better."*

**The truth:** Weeping may endure for a night, but joy comes in the morning. (Psalm 30:5)

**The lie:** *"I am too broken to be helped."*

**The truth:** He heals the brokenhearted and binds up their wounds. (Psalm 147:3)

**The lie:** *"God has abandoned me."*

**The truth:** I will never leave you nor forsake you. (Hebrews 13:5)

## STEP 4 — WHAT NOT TO DO RIGHT NOW.

- **Do not make permanent decisions in a temporary moment of pain.**
- **Do not isolate.** The enemy works in silence and alone. Get around people.
- **Do not use alcohol or substances** to manage this pain. They amplify the darkness.
- **Do not trust every thought you have right now.** A mind in crisis lies to itself.
- **Do not stay where danger is.** Remove yourself from harmful access.

## STEP 5 — SCRIPTURES TO HOLD ONTO.

*"Come to me, all you who are weary and burdened, and I will give you rest."*

— **Matthew 11:28**

*"For I know the plans I have for you... plans to give you hope and a future."*

— **Jeremiah 29:11**

*"Even though I walk through the darkest valley, I will fear no evil, for you are with me."*

— **Psalms 23:4**

# CRUSHED 2 CHRIST

CRISIS STABILIZATION GUIDE | Transforming Pain Into Purpose

*“My grace is sufficient for you, for my power is made perfect in weakness.”*

— 2 Corinthians 12:9

*“He gives strength to the weary and increases the power of the weak.”*

— Isaiah 40:29

## STEP 6 — WHAT TO DO IN THE DAYS AHEAD.

- 1 Tell someone you trust what is really happening.**  
You do not have to carry this in secret. Shame grows in silence.
- 2 Connect with a pastor, minister, or trusted faith leader.**  
Ask them to walk with you. You deserve someone in your corner.
- 3 Seek professional support.**  
A counselor or therapist is not a sign of weakness — it is wisdom.
- 4 Build a daily anchor routine.**  
Morning Scripture, prayer, a walk, one meaningful conversation. Small faithfulness adds up.
- 5 Contact Crushed 2 Christ.**  
We exist for moments exactly like this. Reach out. We will walk with you.

***You are not the sum of your worst moment.***

***You are a child of God with a purpose that is not yet finished.***

crushed2christ.com • 470-739-0101 • info.crushed2christ@gmail.com