



There are a lot of troubles in the world
but what do you do when you face one yourself?
If you are in a building when something goes wrong
you head for the emergency exit.

But what do you do
when you face a personal emergency?

Find out how Jesus can lead you through
and out the other side into safety.



Katherine Hilditch has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

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JESUS IS YOUR EMERGENCY EXIT



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'Jesus is Your Emergency Exit'
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Unless otherwise indicated
all Scripture quotations are taken from
the World English Bible British Edition (WEBBE)
(Any words in brackets are not in the original text
but are included to help understanding)

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- I declare that I am the temple of God and that His Spirit lives in me.
 - I declare that Jesus is the way out of every problem I will ever face.
 - I declare that I can cheer up.
 - I declare that all this is true because of Jesus and I give Him all the glory.
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Being Born-Again

When you acknowledge Jesus as God and decide to follow Him, you make Him your Lord. When you accept His sacrifice on the Cross for yourself personally, you make Him your Saviour. You are then born-again and have a new perfect spirit. God becomes your Father and you His child, and you can start to enjoy your personal love relationship with Him. Romans 10:9 says – *‘If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.’* Tell God you are sorry for the wrong things you do, say and think. Choose to believe that Jesus is Lord, that He died for you and is now alive. Accept Him as your Lord and Saviour. Say it with your voice and believe it in your heart. If you’ve done that sincerely, you are now born-again and Jesus has come to live in you. All your sins, past, present and future, are forgiven, and after this life is over, you’ll live in peace and joy with your loving Father God for ever. As a child of God, you now have a whole new family of brothers and sisters. Tell a trusted Christian that you are now born-again so they can help you in your new life in Jesus. And you have the Bible to help you understand and experience more of God’s love for you and all Jesus has done and won for you. It will help you to live your life in the best possible way – His way.

JESUS IS YOUR EMERGENCY EXIT

Every public building has to have a marked emergency exit by law so that everyone knows how to escape in an emergency. And in life, when troubles arise, people want to know how they can get through them safely. They want and need an emergency exit.

How do You Make use of an Emergency Exit?

1. First of all you have to know that there is one.
2. You then have to know where it is. If the room is full of smoke and you can’t see it, it’s no use to you. Just any door won’t do – it might take you further into the building and into greater danger.
3. You have to turn to it. It’s no use having your back to it and ignoring it.
4. Then you have to go to it.
5. When you get there you have to push it open. You can’t wait for it to open by itself.
6. And you have to go through it. It’s no use if you just stand there and gaze through the door but don’t walk through it.
7. It is then that you find safety.

So how can Jesus be your emergency exit?

1. You have to know that He exists.
2. You have to know that your emergency exit is found in Him.
3. You have to turn to Him
4. You have to go to Him
5. You have to push the door open by putting your faith in Him.
6. You have to go through the door by following His guidance.
7. Only then are you safe.

First Instruction – Don't Panic

The first instruction in any emergency is 'Don't panic', yet when trouble comes it's so easy to do just that. But it is the devil who wants you to panic and despair. God wants you to turn to Him and trust and follow Him. God says don't despair, don't get depressed, don't get discouraged, don't become desperate, don't tell everyone about the trouble and grumble and moan, don't worry yourself sick, don't go over all the worst possible scenarios in your mind.

So what should you do? Jesus says in [John 16:33](#) – *"In the world you have trouble; but cheer up!"* However dramatic, long or painful your trouble is, Jesus says, "Cheer up." If He tells you to cheer up, it must be possible. So what makes it possible? Read the whole verse – *"In the world you have trouble; but cheer up! I have overcome the world."* When Jesus died on the Cross He won the victory over all evil. Jesus has overcome the world and all its troubles. That's why you can cheer up.

Look at the example of Paul and Silas. They were telling everyone about Jesus and the authorities didn't like it so they put them in prison. It would have been a dreadful cold, dark, smelly place. They'd be sitting on the floor in chains. [Acts 16:25-26](#) tells you what they did – *'But about midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. ²⁶Suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened, and everyone's bonds were loosened.'* They weren't panicking or even discouraged; they weren't spending all their time crying out to God. No, they took their focus off their situation and focused on God instead and praised Him. And then their emergency exit literally flew open.

Take Action

Jesus knows what it's like to face something horrendous. The night before He was crucified He was tempted to despair and fear, but He got hold of His emotions, turned His thoughts around, and focused on God. He looked to Him for the way through and out the other side and was able to face it. No-one is perfect. Everyone is tempted with fearful thoughts, but casting them down and replacing them with faith thoughts gets easier the more you do it. And as you practise, your default reaction starts to change. Don't despair; don't keep crying out to God trying to get Him to do something. Instead, stand on His promises, take Him at His Word. Take action.

Train yourself in advance. Athletes don't study technique and then only put it into practice in the race. They practise the technique. It is the same when dealing with negative emotions. You can't just hope you'll be able to deal with them when trouble comes. You need to build up a sure foundation of truth so more and more your default reaction to trouble is based on God's truth and not on your emotions.

Declare the Truth

Say these declarations out loud regularly to build up your foundation of truth –

- I declare that Jesus has won the victory.
- I declare that Jesus leads me in victory.
- I declare that Jesus has overcome the world.
- I declare that I am an overcomer.
- I declare that I need never be desperate.
- I declare that I already have everything I need in Jesus.
- I declare that I am not only human.

through. I trust in Him.” 2 Corinthians 10:5 calls it – *‘throwing down imaginations and every high thing that is exalted against the knowledge of God and bringing every thought into captivity to the obedience of Christ.’* It’s not easy to just stop thinking about something, so you need to choose to think about something else instead. Singing praise songs to God helps as well – don’t sing songs that talk about your need or what you want from Him, but sing songs that praise and thank Him.

5. Trust Him

In Mark 11:24 Jesus says – *“All things whatever you pray and ask for, believe that you have received them, and you shall have them.”* This isn’t some vague request and hope for the best. It’s not an emotional crying out to God trying to get Him to hear and answer. It’s faith in who Jesus is, what He has done and won, and in God’s promises. How you speak and think about the problem when you’re not praying will show you where you are in trusting God. Choose to trust Him and follow it through.

6. Follow His guidance

Follow where Jesus leads and walk through the emergency exit with Him. Don’t wait for God to act – He has acted. He has won the victory and given you instructions and promises. Believe them and follow them. Let Jesus show you what to do and how to do it, not your experience or the experiences of others or your emotions. Follow Him.

7. Find safety

The whole point of an emergency exit is to get you to safety and Jesus is the only one who can get you there. Others may promise but only Jesus can truly deliver.

Living After Jesus

When facing difficulties, people often say “After all, I’m only human,” but if you have accepted Jesus as your Lord and Saviour you are a born-again Christian and you are no longer only human. 1 Corinthians 3:16 says – *‘Don’t you know that you are a temple of God, and that God’s Spirit lives in you?’* You have the Holy Spirit living in you to help you in every area of your life. It’s true and nothing can change it. (To read about being born-again go to the end of this booklet.)

People in the Old Testament, living before Jesus, didn’t have God’s Spirit living in them and Jesus had not yet won the victory, so in times of trouble you can’t take your example from the way they approached God. They often despaired and cried to God and He answered them. But Christians don’t have to do that, trying to persuade God to act. He acted 2000 years ago when Jesus won the victory. And God will lead you in victory if you will follow Him. 2 Corinthians 2:14 says – *‘Now thanks be to God, who always leads us in triumph in Christ.’* When troubles come, stand against them in faith in Jesus and all He has done and won for you.

Emotions or Trust

So are you going to trust and follow Jesus or give in to your negative emotions? Don’t base what you believe on your experiences or emotions. If they differ from what God’s Word says, then it’s you who has got things wonky. God’s Word is always right. I’m not criticising you – I’m saying this to help and encourage you. Base your life on the truth and good emotions will flow from that.

Truth Established

It is very important to have the truth established in your thinking so that you are prepared for anything before it happens. You need a foundation of truth based on all that Jesus has won for you and on the fact that all God's promises in the Old Testament are now 'yes' for you through Jesus.

When trouble comes your first prayer is to ask God to help you and lead you through and out the other side. After that, every prayer needs to be thanking Him that He's going to do it, for however long it takes. If you pray the 'help' prayer again, it means you didn't pray it in faith the first time. If you've been crying out to God about something over and over, tell Him that you are now asking Him in faith, believing that He will do it. Then only pray 'thank you' prayers. That's faith.

Cheer up

Remember, that's what Jesus said to do when you face trouble. Be glad that it's up to you, because that means that you can get on with it. You don't have to wait for your circumstances to change, or for other people to say or do something or for God to act. He has acted, and He's with you wanting to help you and give you the strength.

It's not easy, but you can do it because Jesus says you can, and He's told you what you need to do.

Romans 12:2 says – *'Don't be conformed to this world, but be transformed by the renewing of your mind.'* Start to train your thinking to line it up with God's Word, so that you are prepared for emergencies and your default reaction isn't despair and fear, but faith and trust in God's truth.

Jesus is Your Emergency Exit

Let's look at those seven points again.

1. Know Jesus exists

You can't even start to find safety if you don't know Jesus exists.

2. Know where to find your emergency exit

Jesus said in John 10:9 – *"I am the door. If anyone enters in by me, he will be saved."* You need to know that He loves you and wants the best for you; that He has won the victory for you; that He has the way through and out the other side of any and every trouble you find yourself in, and that He wants to take you to safety. If you don't know the truth of who He is and all He has done and won for you, you can't trust in Him in an emergency.

3. Turn to Him

It's no use knowing that Jesus is the way through the trouble but looking elsewhere for help, such as to other philosophies, new age practices, false religions, the occult, or so-called experts. In 2 Timothy 4:3-4 Paul prophesied – *'For the time will come when they will not listen to the sound doctrine, but having itching ears, will heap up for themselves teachers after their own lusts, and will turn away their ears from the truth, and turn away to fables.'* How true of today – people look anywhere for a solution except to Jesus. But just any door won't do. A different door might take you out of the immediate trouble but into other problems. Only in Jesus is there true lasting safety. You have to turn to Him

4. Go to Him

Decide to go to Jesus. He won't force you but He is drawing you with His love. When fearful thoughts come say, "I refuse to listen; I belong to Jesus and He has the answer and is the way