

# RESILIENCE

Gain strategies of resilience to overcome even the most difficult circumstances.

## resilience:

the capacity of a person to maintain their core purpose and integrity in the face of dramatically changed circumstances

The capacity to recover quickly from difficulties; toughness

Why do some people who experience the same circumstances have different outcomes. Some operate with resilience when others never recover from them?

Resilience is a choice in the outcome of our story! ~ Laura Burgoyne

What does this saying mean to you?

"RESILIENCE is not something that only a select few have. It is something that is within all of us. It only needs to be discovered, the layers peeled back to reveal the tenacious, courageous warrior that is within all of us."

*-Laura Burgoyne*

"If resilience is something everyone has, how can you tap into that the next time you are faced with a difficult circumstance?"

## DEFEAT MINDSETS

- There is no hope for me or my circumstances anymore.
- Why even try, nothing ever works out anyways.
- I can't live without them in my life.
- I'm a failure, I will never succeed.
- I will never recover from this?
- I'm not good enough.
- Life is too hard.

Do you struggle with any of these mindsets?

## AREAS RESILIENCE WILL BE REQUIRED

starting something new  
relationships  
Changing poor habits  
overcoming trauma  
Grief  
Academic/Learning

failure/defeat  
devastating losses  
financial hardships  
bankruptcy/ foreclosure  
Death of a loved one

We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed.

*2 Corinthians 4:8-9*

## LEARNING RESILIENCE

God teaches us resilience. There are so many Scriptures that show us how to be resilient.

### TRUST

- We need to trust God
- He never abandons us, we only need to invite him in.
- We need to give him our troubles, our crisis, our storms and trust that He will bring us to the other side.
- God's plan for us is good. Jeremiah 29:11

How has trusting God helped you to be resilient in the past? How can you trust Him with other difficulties that arise?

### THANKFULNESS OR BEING GRATEFUL

- Giving thanks in all situations helps us to focus on the good and not the bad | Thes. 5:16-18, Eph. 5:19-20
- Recognizing how blessed we are helps us when hard times come to know this is not the end for us.
- One of my favourite songs says, "If it's not good, you're not done!" This reminds me no matter what I'm facing God's not done until it is good.

How has being grateful helped you to be resilient in the past? How can you be grateful even in the face of troubles?

# LEARNING RESILIENCE

## STRENGTH

- Ask God for strength to face your trial, your storm, your hardship.
- When we are weak, He gives us the strength to persevere, all we need to do is ask.
- This strength will help you face this time and get through it. It may even allow you to help others through the same trial as well. Never underestimate God's strength in your life.

What has happened when you've asked God to give you strength to get through a storm?

## COMMUNITY

- We need to rely on others, we are not an island and we cannot make it through difficult times alone.
- Mentors, counselors, trusted friends, God, and close family can all be helpful in overcoming these times.
- The more support we have the better chance we have at being able to come out of these times quicker and stronger than going in.

Have you had the support of others when a crisis has happened? How did it help you get through it?

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone? A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

### *Ecclesiastes 4:9-12*

How has God been a part of that supportive picture when you've faced a crisis? Is He part of your triple braided cord?

How do you remain steadfast and immovable during a trial of faith? You immerse yourself in the very thing that helped build your core of faith.

### *Neil L Anderson*

No matter how dark, deep or desperate your situation is there is reason to HOPE! If you are still here breathing it is because your life still has purpose and as you continue to persevere you will find out you are much stronger and resilient than you ever imagined.

Think of a time when you made it through something really difficult, what helped you? Are these things that you can implement into your life now?

We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.

### *Romans 5:3-5*

# BOUNCE BACK

- Resilience can be seen as our ability to bounce back just like the inflatable toys with sand in the bottom.
- When bad things happen, it is the ability to get from crisis mode back to your regular self.
- It takes getting back up again when you are knocked down, and not letting troubles in life get you down and keep you there.

What is your bounce back like? What ways can you improve it?

# GET BACK UP

- Resilience is a decision to get back up no matter how many times you fall or fail at something.
- You choose not to stay where you are at you get up and keep moving forward.

Think of the last time you failed, how did you respond? Remember, successful people are those who failed to stay down when they have failed.

As for me, I look to the Lord for help. I wait confidently for God to save me, and my God will certainly hear me. Do not gloat over me, my enemies! For though I fall, I will rise again. Though I sit in darkness, the Lord will be my light.

*Micah 7:7-8*

What can you glean from this verse to help you become more resilient?

# RESILIENCE MINDSETS

- A choice comes down to a belief or mindset. If you think you can't then that is going to be your reality.
- Resilience mindsets help you choose to overcome even in the most difficult circumstances.
- No matter how many times I fail I will get back up again!
- No matter what comes my way I will not let it take me down!
- Ever perceived setback is a set up for something new or better.
- If something does not work I will try it another way.
- I have what it takes.
- I will not give up.
- I can do all things through Christ who strengthens me.

How can you implement these mindset when facing a difficult time?

## Activation

### CHOOSING NOT TO GIVE UP!

Reflect on your current circumstances. Are you feeling overwhelmed and like you want to quit? What area are you feeling these things?

You were never meant to do this journey alone. Who can you share with that can help support you in this area and hold you up when you are at your weakest.

What ways can you trust God more in your current circumstances. Do you believe that he cares and will help you overcome in your difficult circumstances.

## 3 Keys to Remember

- 01 GOD HAS DESIGNED WITHIN ALL OF US THE ABILITY TO BE RESILIENT. YOU CAN CHOOSE TODAY TO TRUST GOD IN THE MOST DIFFICULT SITUATIONS TO SHOW YOU THE WAY THROUGH.
- 02 DO NOT ISOLATE YOURSELF. WHEN YOU BECOME AN ISLAND TO YOURSELF YOU WILL HAVE A MUCH HARDER TIME OVERCOMING.
- 03 RESILIENCE IS A CHOICE TO NEVER GIVE UP AND TO OVERCOME NO MATTER WHAT IS GOING ON AROUND YOU! YOU GET TO CHOOSE.

REFUSE TO QUIT!  
IT IS IN QUITTING THAT YOU  
LOSE YOUR ABILITY TO  
PERSEVERE.

My fellow believers, when it seems as though you are facing nothing but difficulties, see it as an invaluable opportunity to experience the greatest joy that you can! For you know that when your faith is tested it stirs up in you the power of endurance. And then as your endurance grows even stronger, it will release perfection into every part of your being until there is nothing lacking. James 1:2-4