

with *Uncle Pee.*

THE RESILIENT CHRISTIAN

Text: Prov 24 vs 10

Resilience is the ability to overcome obstacles, solve problems and bounce back from difficult situations. Resilience is the quality of being able to adapt to stressful life changes and bounce back from hardship. Resilience is the human hearts ability to suffer greatly and grow from it. A resilient Christian is someone who faces adversity with faith and trust in God. They used their faith to find strength and guidance through difficult times. Christians are redeemed by grace and have access to the strength and power of the risen Christ. Because of this it is essential that we seek the Lord for the strength to be resilient in the face of life's challenges and difficulties. Like Joseph we may not comprehend the full scope of God's plan amidst trials but we trust that he is working all things together for our good.

Examples of resilient characters in the bible; Job, Jesus and Esther. Resilience in the bible is characterized by faith in God, trusting in his plan and maintaining integrity.

Esther; Esther is considered one of the greatest examples of godly resilience in the bible. Despite the risk of death- going unrequested to the king was highly illegal- Esther showed incredible boldness, courage and resilience using her position of power and influence to help those in need- even when God felt absent to her and her people.

Job; Job demonstrated resilience after losing everything refusing to curse God or give up, Job 1 vs 22, Job 2 vs 9. Job's faith in God helped him maintain resilience and not give in to defeat. Despite his suffering, Job knew that God was in control and his knowledge helped him maintain resilience instead of giving in to defeat.

Paul; Paul showed great resilience after his life- altering encounter with Jesus Act 9. He was beaten, stoned, crucified, jailed and nearly killed many times- 2 cor 11 vs 24-27

Jesus; the crucifixion, death and resurrection of Jesus are example of resilience. The resilience of Jesus came from knowing that the suffering would be worth it in the end. He had set his mind in the reward that awaited him and gave him the strength to finish well.

Characteristics of a Resilient Christian

1. Trust God; believe God's grace and truth will help through challenges. Trust in God's plan even when circumstances seem insurmountable psalm 9 vs 10. Believing in God's sovereignty means acknowledging his control over all situations even amidst uncertainty and adversity. Trusting in his wisdom and goodness allows us to surrender our fears and anxieties knowing that he works all things together for our good. Rom 8 vs 28.

2. His Faith; maintain faith and integrity- heb 11 vs 1, 2 cor 5 vs 7, James

1 vs 6. Choosing to focus on God's faithfulness and the blessings amidst trials fosters a positive mindset phil 4 vs 8 encourages us to dwell on whatever is true, noble, right, pure, lovely and admirable.

3. Hopes; hope in the Lord renews strength and forms resilience- jer 29 vs 11, Isaiah 40 vs 31.

4. Prays and studies the Bible; resilient Christian prays for strength, wisdom and power of the Holy Spirit. Resilient Christians prays boldly and approach the throne of grace with confidence. They know the Lord understands us and he understands the situation even if we do not. Heb 4 vs 14-16, hab 3 vs 17-19. Regular prayer and immersion in the word provides spiritual nourishment and guidance enabling us to navigate challenges with faith and confidence (psalm 119 vs 105). They read and apply the truth and promise of the scriptures.

5. Worships; they praise and worship God even when facing difficulties. Worship is a powerful weapon against despair and doubt, engaging in heartfelt worship shift our focus from problems to God's greatness reminding us of his presence and power.

6. Embrace trials as opportunities for growth. James 1 vs 2-4 encourages us to consider trials as opportunities for spiritual maturity.

7. Remain flexible and adaptable. Life is full of unexpected twist and turns requiring flexibility and adaptability prov 16 vs 9.

8. Practices forgiveness. Unresolved resentment and bitterness can or resilience and spiritual growth- Eph 4 vs 31-32. By incorporating these practices with our lives we can cultivate resilience and stay strong in our faith during difficult times trusting in God's unfailing love and provision.

One enemy of resilience is the incorrect assumption that we know how things will end so instead of exercising resilience we give up or take matter into our own hands. Prov 3 vs 5-6. Trust in the lord with all thine heart and lean not unto your own

understanding in all your ways acknowledge him and he will direct your path. Every child of God is expected to be a resilient Christian because Jesus Christ as our example showed resilience in the service to His Father. So we too must be resilient if we must fulfill the purpose of God for our lives. But we must first of all accept Christ as our personal Lord and Savior before we can talk of being resilient. Are you a born again child of God? If you are praise be to God but if you are not just bow your head and talk to Him. Ask for mercy and He will forgive you all your sins as you promise to turn a new leaf.

