

BECOMING A MORE RESILIENT PERSON

RESILIENCE

- Resilience defined
 1. The ability to recover quickly from illness, change, or misfortune
 2. The property of a material that enables it to resume its original shape after being bent, stretched, or compressed
- Three strategies of resilient people
 1. They know that tough times happen
 2. They choose carefully where they focus their attention
 3. They ask the question - Is what I am doing helping or harming me?

WHEN DAVID BOUNCED BACK (1 Samuel 30:1-8 NKJ)

- David felt the pain of loss
 1. He wept for his family and loss of possessions
 2. Felt additional pressure as the leader
- David turned his focus to God
 1. To get stronger, he had to turn his attention away from the tragedy
 2. To strengthen himself, David had to put his faith in God for help
- David began thinking and acting in ways that would help him
 1. Not simply - How do I survive this?
 2. How can I overcome this?

BECOMING A MORE RESILIENT PERSON

- Know that tough times happen but... I am going to overcome this
 1. We are part of a strong, strong family **(1 John 5:4 NKJ)**
 2. We are not facing tough times alone **(1 John 4:4 NKJ)**
- Choose to focus your attention on the good ... and on God
 1. Not denying the negative, but not focusing there
 2. Focus on the good we do have - grateful
 3. Focus on God **(Proverbs 4:20-23 NKJ)**
- Ask the question, are my thoughts, words, and actions helping or harming me **(Psalm 119:49-50 NKJ)**
 1. We can use our words to help corral our thoughts