



## Better Resilience

Resilience: "positive adaptation or development in the context of risk"

Resilience: "the process of harnessing biological, psychosocial, structural, and cultural resources to sustain wellbeing"

Hebrews 10:32-35: <sup>32</sup> But recall the former days when, after you were enlightened, you endured a hard struggle with sufferings, <sup>33</sup> sometimes being publicly exposed to reproach and affliction, and sometimes being partners with those so treated. <sup>34</sup> For you had compassion on those in prison, and you joyfully accepted the plundering of your property, since you knew that you yourselves had a better possession and an abiding one. <sup>35</sup> Therefore do not throw away your confidence, which has a great reward. <sup>36</sup> For you have need of endurance, so that when you have done the will of God you may receive what is promised.

Confidence .... Reward

Endurance .... Promise

John 16:33, "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

2 Timothy 2:12, "if we endure with him, we will also reign with him."

Hebrews 10:22-25: <sup>22</sup> let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. <sup>23</sup> Let us hold fast the confession of our hope without wavering, for he who promised is faithful. <sup>24</sup> And let us consider how to stir up one another to love and good works

22 let us draw near with a true heart in full assurance of faith. - Your acceptance enables resilience.

23 Let us hold fast the confession of our hope without wavering, for he who promised is faithful. - Your confession focuses your resilience.

24 And let us consider how to stir up one another to love and good works - Your love initiates resilience.

Jeremiah 17:7-8: <sup>7</sup> "But blessed are those who trust in the Lord and have made the Lord their hope and confidence. <sup>8</sup> They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit.