

**BEING RESILIENT**  
**Stressed - Part 5**

**ON TV: Resilience**

**ON TV:** Capacity to recover **quickly** from difficulties; **toughness**.

**ON TV: Endurance, patience, and longsuffering;** a character quality that God grows in us through the **process of sanctification**.

**ON TV:** Sanctification is the **process** of **becoming like Christ** and **responding** the way Christ would respond.

**ON TV/OUTLINE:** *“1 Since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily hinders our progress. And let us **run with endurance** the race that God has set before us. 2 We do this by **keeping our eyes on Jesus**, on whom our faith depends, from start to finish. 3 Jesus was willing to die a shameful death on the cross because of the joy he knew would be his afterward. Now he is seated in the place of highest honor beside God's throne in heaven. Think about all he endured when sinful people did such terrible things to him, so that you don't become weary and give up!” Hebrews 12:1-3*

**ON TV/OUTLINE: Key #1:** Remember how much God **LOVES** us.

**ON TV:** It is the principle of **compassion**.

**ON TV/OUTLINE:** *“The Father loves me!” John 10:17*

**ON TV:** *“If God's **for us**, who could be against us?” Romans \*;31*

**ON TV/OUTLINE:** *“Just as the Father has loved me, so have I loved **you**. Now **remain in my love**. If you **obey my commands**, you will remain in my love...” John 15:9-10*

**ON TV:** Knowing God's love for us is really the basis of our **self-worth**.

**ON TV/OUTLINE:** *“How **great** is the love the Father **has lavished on us**, that we should be called **children of God!** And that is what we are!” 1 John 3:1*

**ON TV/OUTLINE: Key #2:** Remember **WHO** and **WHOSE** we are.

**ON TV:** It is the principle of **identification**.

**ON TV:** *“I am the **Light** of the world...I am the **Son of God**...I am the **Way**, I am the **Truth** and I am the **Life**...I am the **Bread** of life...” Mark 14:62, John 6:35, 8:12, 14:6*

**ON TV:** *“I testify on my own behalf.” John 8:18*

**ON TV:** *“Jesus said, ‘**YOU** are the salt of the earth! ...And **YOU** are the light of the world...don't hide your light!’” Matthew 5:13-16*

**ON TV: Comparing and copying**

**ON TV:** God wants you to be **YOU**.

**ON TV/OUTLINE: Key #3:** We must know who we're trying to **PLEASE**.

**ON TV:** It is the principle of **motivation**.

**ON TV:** What **motivates** you **every day**?

**ON TV:** Unclear or wrong motivations are a great cause of stress.

**ON TV:** “No man can serve two masters...” Luke 16:13

**ON TV:** “The fear of man is a trap...” Proverbs 29:25a

**ON TV/OUTLINE:** “I am *not trying to do what I want*, but only what my Father who sent me wants?” John 5:30

**ON TV:** If we’re not trying to please God, most likely, **we’re trying to please people.**

**ON TV/OUTLINE:** “I *always* do those things that are *pleasing to Him.*” John 8:29

**ON TV/OUTLINE:** “I’m not trying to be a people pleaser! No, I am *only trying to please God.* If I were still trying to please people, I wouldn’t be Christ’s servant.” Galatians 1:10

**ON TV:** We must be **loved by everybody** in order to be happy.

**ON TV:** Whose approval are you **depending on** for your **happiness?**

**ON TV:** Nobody can pressure you without **your permission.**

**ON TV:** “I have not ever acted, and will not in the future act, on My own. *I listen to the directions of the One who sent Me and act on these divine instructions. For this reason, My judgment is always fair and never self-serving. I’m committed to pursuing God’s agenda and not My own.*” John 5:30

**ON TV/OUTLINE:** Key #4: We need to know and understand our **CALLING.**

**ON TV:** It is the principle of **vocation.**

**ON TV/OUTLINE:** “...I know where *I came from*, and I know *where I’m going.*” John 8:14

**ON TV:** We’re going to be driven in our life either by **pressure** or by **purpose.**

**ON TV:** God loves you and **everybody else has a plan** for your life.

**ON TV/OUTLINE:** “A person who has *doubts* is thinking about two different things at the same time and *can’t make up his mind about anything.*” James 1:8

**ON TV:** “I urge you to live a life *worthy of the calling* you have received.” Ephesians 4:1

**ON TV/OUTLINE:** Key #5: **FOCUS** on what matters **most**

**ON TV:** This is the principle of **concentration.**

**ON TV/OUTLINE:** “As the time drew near for his return to heaven, *Jesus moved steadily onward toward Jerusalem with an iron will.*” Luke 9:51

**ON TV:** “Anyone who lets himself be *distracted* from the work I plan for him is not fit for the Kingdom of God.” Luke 9:62

**ON TV:** “We are free to do anything *but not all things are helpful or profitable* or wholesome or constructive to your character and spiritual life.” 1 Corinthians 10:23

**ON TV/OUTLINE:** Key #6: Spend **TIME** alone with god.

**ON TV:** This is the principle of meditation.

**ON TV/OUTLINE:** "It was Jesus' *habit* to go out to the Mount of Olives to pray, and his disciples followed him." Luke 22:39

**ON TV:** "Very early in the morning, while it was still dark, Jesus got up, left the house and went off *to a solitary place, where he prayed.*" Mark 1:35

**ON TV:** Do you have any time like that **scheduled** in your day.

**ON TV:** "15 News about Jesus spread even more. Crowds came to hear him and to be healed...16 but Jesus *often slipped away to be alone so he could pray.*" Luke 5:15-16

**ON TV:** If Jesus felt the need to frequently leave the crowd to get alone with God, **how much more do we need to do that?**

**ON TV:** "Most of man's problems come from our **inability to sit still.**" --French philosopher Blaise Pascal

**ON TV:** "*Be still and know that I am God.*" Psalm 46:10

**ON TV:** Start your morning **with God** instead of email, TV, or social media.

**ON TV:** "Plant your roots in Christ and *let him be the foundation for your life.*" Colossians 2:7

**ON TV/OUTLINE:** Key #7: Be a part of a **COMMUNITY GROUP** for support.

**ON TV:** "If you want a job done right, 'Do it \_\_\_\_\_',

**ON TV:** **YOURSELF**

**ON TV:** "Jesus chose twelve -- designating them apostles -- *that they might be with him...*" Mark 3:14

**ON TV:** "My soul is *overwhelmed with sorrow* to the point of death. *Stay here and keep watch with me.*" Matthew 26:38

**ON TV:** Why don't we **accept help** from other people?

**ON TV:** **Insecurity** and **Pride.**

**ON TV:** Get in a **Community Group!**

**ON TV:** Community Group Picture from APP

**ON TV:** "1 Since we are surrounded by such a huge crowd of witnesses to the life of faith, *let us strip off every weight that slows us down*, especially the sin that so easily hinders our progress and *let us run with endurance.* 2 We do this by *keeping our eyes on Jesus* from start to finish. 3 Think about all he endured, so that you don't become weary and give up." Hebrews 12:1-3

**ON TV:** There is only one person in all of history that has ever carried the full weight of the world on his shoulders, and his name is **Jesus.**

**ON TV:** You and I need a **savior.**

**ON TV:** "28 *Come to me all of you who are weary and carry heavy burdens* and I'll give you **rest.** 29 Take my yoke on you and let me teach you because I'm humble and gentle and you will find **rest for your souls.**" Matthew 11:28-29