

Message Title: Shatterproof “Refilling Your Resilience Tank”

The American Psychological Association defines resilience as “adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress.”

Video Clip: Four Christmases (Vince Vaughn and Reese Witherspoon arguing about oxygen masks on an airplane)

Main Point: Self-care allows you to give the best of you instead of what’s left of you.

How do you assess your current health in each of the four life areas: relational, physical emotional and spiritual?

Your decisions about allocating your personal time, energy, and talent ultimately shape the quality of life you’ll experience.

Relational Tank

Genesis 2:18, “It is not good for man to be alone”

Consider:

- Is there a relationship you’ve been neglecting?
- If so, what can you do today to move toward reconnecting?

Physical Tank

“I am old, Gandalf...Why, I feel all thin, sort of stretched, if you know what I mean: like butter that has been scraped over too much bread.” —**Bilbo Baggins, The Fellowship of the Ring**

1 Tim 4:8 (NIV) “For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”

1 Corinthians 6:19-20 (MSG) “Or didn’t you realize that your body is a sacred place, the place of the Holy Spirit? Don’t you see that you can’t live however you please, squandering what God paid such a high price for? The physical part of you is not some piece of property belonging to the spiritual part of you. God owns the whole works. So let people see God in and through your body.”

Romans 12:1 (MSG) “So here’s what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—

and place it before God as an offering. Embracing what God does for you is the best thing you can do for him.”

Consider:

- What is one bad habit that you would like to replace with a new routine toward better physical health?

Emotional Tank

Proverbs 17:22 (NIV). A cheerful heart is good medicine”

Consider:

- Fueling positive emotions in yourself happens when you regularly express appreciation and concern to others in detailed, specific terms.
- Who do you know that needs encouraged today?
- What could you do or say that would help them know you see them?

Spiritual Tank

Psalm 1:1-3 (NLT) Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the Lord, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.

An ounce of reflection can lead to a pound of learning.

Consider:

- Doing a quick word search in your Bible for the words, “Consider, remember, and think.”
- How can you incorporate a time for reflection in your daily or weekly routine?
- Is there a particular truth from God’s Word that would be helpful for you to meditate on at this time?

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