



Building Mental & Physical Resilience

A Field Guide to Persevering Through the Unavoidable

Based on the theological and psychological insights of Zach McFaren.



THE NON-NEGOTIABLE MANDATE TO “STRUGGLE ON”

Resilience does not rely on your feelings, your mood, or your level of motivation. It is not a “when I want to” phenomenon.

 Wherever you find yourself today, and whatever you are up against, your only operational directive is to **STRUGGLE ON**.
Make **PERSEVERANCE** a non-decision.



RADICAL ACCEPTANCE OF THE STARTING LINE

Diagnostic Checklist

- Where you are right now is truth—whether positive or negative.
- Your feelings, fear, and anxiety do not play a part in this truth.
- Your past has absolutely no say in your present placement.

INSIGHT: You have been placed here. How you decide to play your role from this exact coordinate determines your impact.

CAPTURING THE SPACE BETWEEN



THE MODEL (FRANKL):

“Between stimulus and response, there is a space. In that space is our power to choose.”

THE MICRO-APPLICATION

- Stimulus: The alarm sounds at exactly 4:09 AM.
- The Space: The negotiation. The bed is warm; the room is cold.
- Response: The feet hit the floor.

UNCOMPLICATE YOUR DECISION-MAKING. YOUR ENTIRE LIFE—YOUR THOUGHTS, EMOTIONS, AND REACTIONS—IS DETERMINED IN THIS GAP.

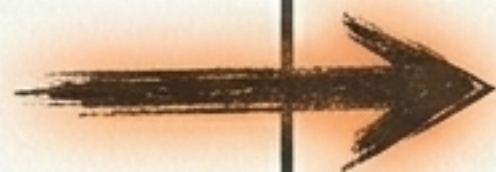
THE PARADOX OF THE DARK

The things you most want to find are found in the places you least want to look.

WHAT WE SEEK

WHERE WE MUST LOOK

PEACE



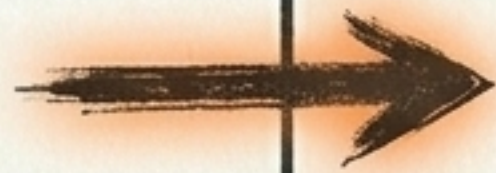
YOUR CONFLICT

LOVE



YOUR RESENTMENT

COURAGE



YOUR FEAR

CONTENTMENT



YOUR PRIDE & ENVY



**STOP LOOKING BACKWARD AT WHO HURT YOU.
CHANGE YOUR EYE LEVEL. FACE THE DARK.**



THE ANATOMY OF SUFFERING

INTENTIONAL SUFFERING

Source: Self-introduced.

Examples: Half-marathons, waking up at 4:09 AM, testing physical limits.

Reward: Tangible (\$60 t-shirts, physical metrics, immediate pride).

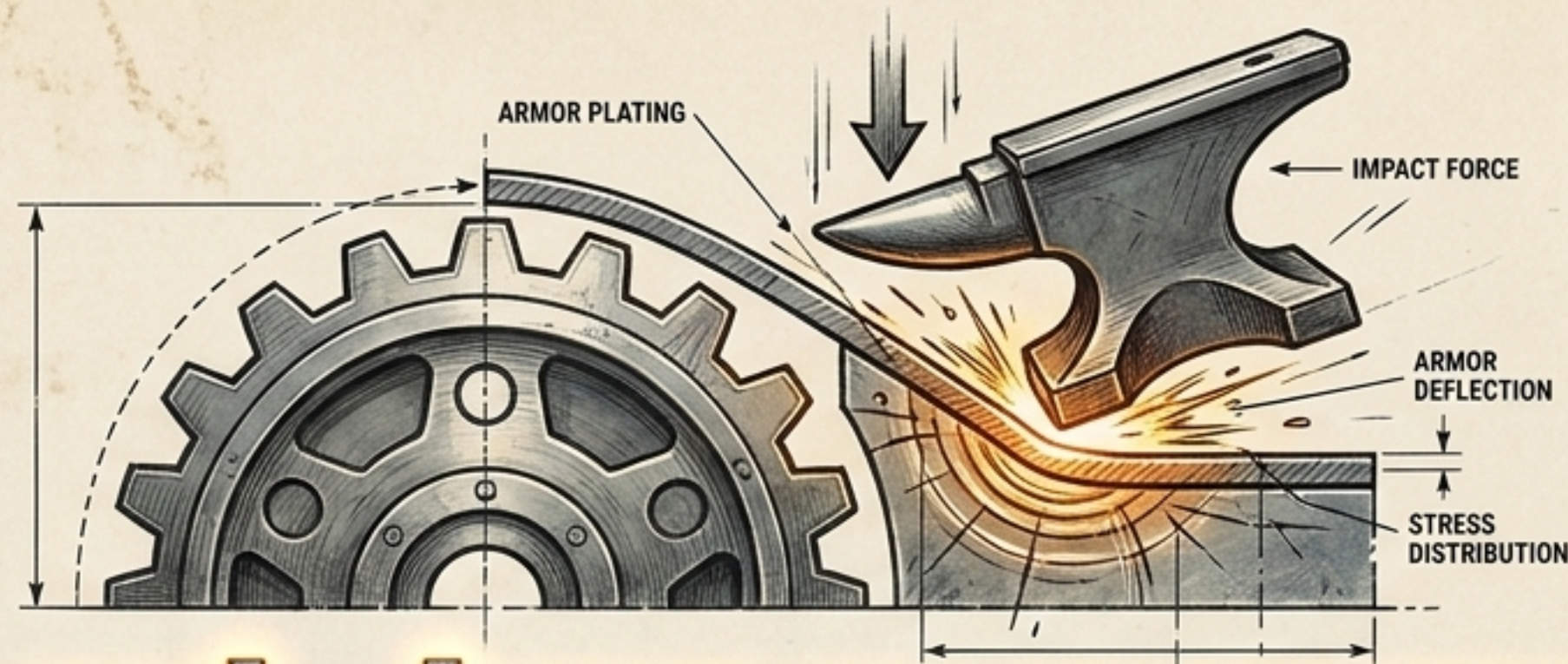
UNINTENTIONAL HARDSHIP

Source: Outside of your control.

Examples: Abuse, betrayal, grief, lies.

Reward: Intangible (Resilience, inner strength, self-satisfaction).

WHY WE MUST SUFFER INTENTLY



[INTENTIONAL PAIN] = [ARMOR FOR UNINTENTIONAL HARDSHIP]

THE MECHANISM

We introduce hard things into our lives to learn how to persevere. Beating the body prepares the mind to survive when unintentional hardship inevitably strikes.

THE THEOLOGICAL ANCHOR

1 CORINTHIANS 6 & 9:

- You do not belong to yourself; you were bought at a price.
- "I beat my body and make it my slave so that I will not be disqualified for the prize."

Physical and mental resilience is a demonstration of appreciation for the price that was paid for your freedom.

DIAGNOSING THE ENTITLED MINDSET

⚠️ THE VICTIM MINDSET

- Believes pain is unique to them. (“Why me? Nobody understands.”)
- Allows the event to define their identity.
- Becomes a puppet to the power of the pain.

✓ THE WARRIOR MINDSET

- Recognizes pain is common to man. (1 Corinthians 10:13)
- Defines themselves by their reaction to the event, not the event itself.
- Strips the people responsible for their pain of the right to control their emotions.

REFRAMING THE FIRE (THE GETHSEMANE SHIFT)

God, I do not want this. Please take this pain away and give it to someone else.



God, I do not want this, but thank you for trusting me to walk through the fire. Please use this to make me stronger and allow it to prepare me for what's next.

Stop asking God to take the struggle away. Lay it down, accept your place in it, and ask Him to use it.

THE ARCHITECTURE OF HOPE

STAGE 2: PERSEVERANCE

The conscious, non-negotiable choice to keep moving through the terrain.

STAGE 1: SUFFERING

The unavoidable terrain. You will fail, you moving through the terrain.

STAGE 3: CHARACTER

Forged exclusively in the fires of perseverance. (There is no 'middle of the road' character).

STAGE 4: HOPE

The summit. An incredibly powerful, highly contagious force that can swing the tide of any battle.

THREE UNIVERSAL TRUTHS OF THE STRUGGLE

01. None of it lasts.

The tragedy of time is that it does not wait. Even the most acute grief or hardest season will eventually pass.

02. You aren't asked to like it.

God does not ask for your permission to put you through the fire. You are only asked to move through it.

03. You are built for this.

You are not an accident. You have been placed in this exact moment with the exact capacity required to survive it.

THE MYTH OF “MISERY LOVES COMPANY”



Misery loves company only because it has absolutely no desire to get better. It seeks validation for remaining broken.



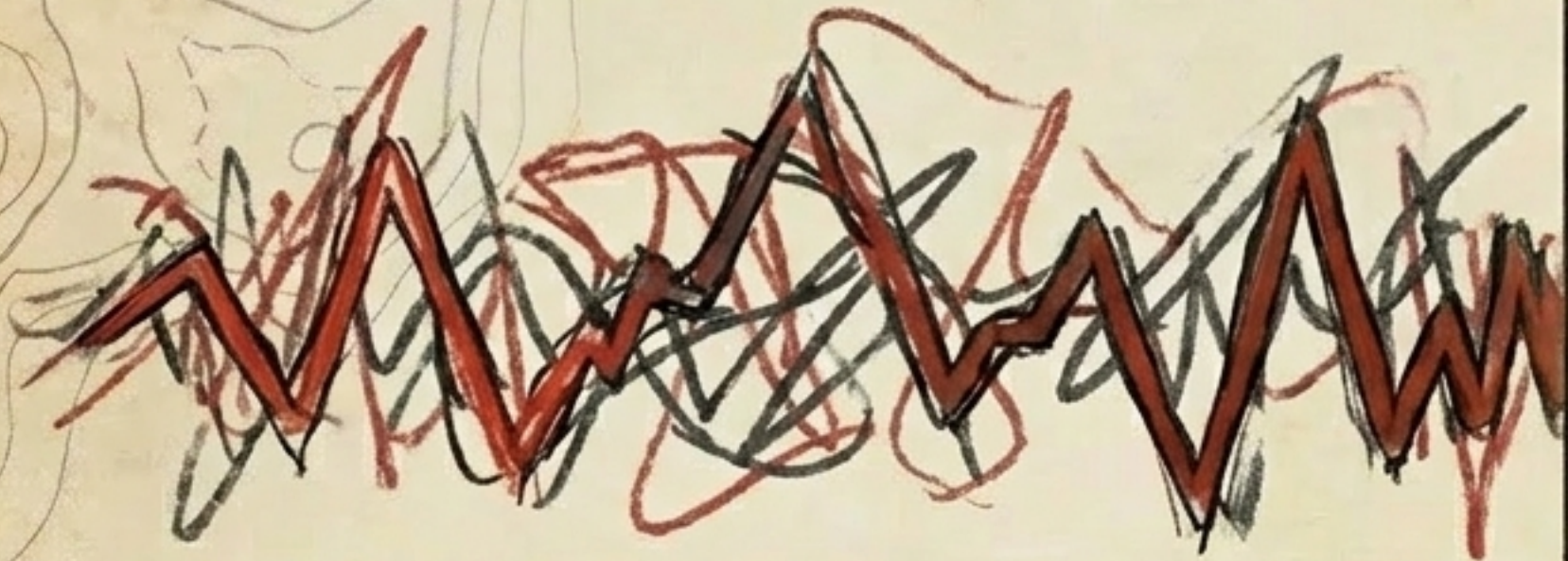
Resilience also loves company—but it is a company bound by a common struggle, a common hope, and an unseen prize. When you persevere with intent, others will step into the fray alongside you.

THE DAILY RESET (THE 10:51 PRINCIPLE)

7:00 AM - 10:50 AM

10:51 AM

10:51 AM Onward



The Concept:
It does not matter if you were a failure,
a terrible father, or a victim.

The Action: You decide who you are.
The past is erased by the choice
made in the present minute.

You are living out your life's account in real-time. The greatest word in the English language is "But." ("I was this... BUT now I am this.")

The Final Account



The Reality: You are going to die. And when you do, you will be called on to give an account of your life.

The Ultimate Question: How will your account read?

- Will it be the story of one who accepted mediocrity, blamed others, and chose the victim's mindset?**
- Or will it be the account of a victor? A warrior spirit who never quit, who embraced the process over the outcome, and who loved selflessly?**

The Basecamp Mandate

- Make perseverance a non-decision.
- Accept the transformation of your heart.
- Have the courage to step into the fray.
- Invite other men into the hope you have forged.

Struggle on. Meet it. Get after it.