

A RESILIENT FAITH

Text: Philippians 3:12-14

Big Idea: A resilient faith makes room for big shifts in our lives and is our greatest ally in our time of extremes changes!

How do people deal with difficult or very challenging events that change their lives? Many people respond to such circumstances with a flood of strong emotions and a sense of uncertainty. They become complacent.

Complacency is the enemy of resiliency!! Staying or remaining comfortable in my situation. Passion overcomes compliance!

“Brethren, I do not regard myself as having laid hold of *it* yet; but one thing *I do*: forgetting what *lies* behind and reaching forward to what *lies* ahead...” Philippians 3:13
NASB

Complication: If I don't make a **DETERMINATION** that I will finish, then I will be drawn away by **DISTRACTIONS** that drain my resources! I must be focused on finishing before I start!

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats and other challenging situations. It means "bouncing back" from difficult experiences!!

How can we prepare to be resilient before life's unexpected changes and setbacks hit us in the face?

(1) **Challenge**-A Resilient Faith views adversity and trials as a challenge, not as a paralyzing event!

- Resilience is the ability to work with adversity in such a way that you come through it better, stronger and wiser because of the **lessons learned** through the experience.

(2) **Commitment**—A Resilient faith remains committed to God as a way of life regardless of the circumstances!

- Resilience is the grace to remain strong after going through something that almost breaks you.
