

Resilience Part 1

Pastor Rick - August 7, 2022

“Water is life!”

We have an incredible ability to be resilient. There is this incredible capacity to rally in the face of calamity, tragedy, and suffering...

“One of the most remarkable things about human beings is how resilient we can be. Yet one of the most surprising things about human beings is how all that resilience can evaporate in a moment!” – John Eldredge, Resilient

What began in 2020 was a shared experience of global trauma, and trauma always takes a toll.

Trauma is an emotional response to a terrible event.

“Millions have endured a year of grief, anxiety, isolation, and rolling trauma. Some will recover, but for many others it will be punishing over the years. As hard as the initial trauma is, it is the aftermath that destroys people.” --Laura Van Dernoot Lipsky, Director of the Trauma Stewardship Institute

Reserves

If a major crisis were to hit tomorrow, what sort of “reserves” do you have available?

What is your capacity?

What signs indicate your reserves are low?

“In this world you will have trouble.” John 16:33

Whatever you believe about the coming months and years, I think we would all agree that greater “resilience” of the heart and soul would be a very good thing to build into our souls.

“The soul is but a hollow which God fills.” CS Lewis

John 7:37-38

Ezekiel 47:6-9

“So where the River flows everything will live!”

Revelation 22:1-2

...the healing of the nations..

Rest assured the graces we will be offering in this series are within reach of the normal, everyday life. My hope and prayer is that you will find them simple, sustainable, and refreshing!

God wants to strengthen your soul. Jesus longs to give more of himself to you! For we do not build resilience on our own, it is a gift from Jesus!

Matthew 11:28-30 The message version

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

This is the life of Resilience!

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