

## **Resilient Series – Part Two**

### **Getting Back Up**

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We are in the midst of a three-part series called Resilient. The focus is on **being resilient in the face of spiritual warfare.**

Last week we looked at what it means to stand strong and be resilient against the lies of the enemy. Today I want to talk about being resilient with temptation.

The definition of *resilient* we are using is: **Resilient: “Being able to withstand and recover quickly from difficult conditions.”** Being able to bounce back and get up after being knocked down.

**Crabgrass is resilient.** It keeps coming back each year.

**Cats are resilient.** They keep coming back too.

Cats are not my favorite animal, but I must say they are resilient. – 9 lives

God wants to teach us to be resilient in our faith. To recover quickly when we are knocked down. To resist or rise above whatever life throws at us.

This morning, instead of talking about all the ways to resist temptation I want to look at it from a different angle. **I want to talk about how we respond when we fail the temptation test.**

- *To be resilient means - when we fall we get back up quickly.*
- *I am not talking about recovering from trauma – That can be different*

The enemy not only tempts us to sin but if we give into the temptation he then tries to keep us down. His goal is to keep us defeated and discouraged.

By God’s grace we can and should resist temptation that comes our way. Satan knows our weaknesses and designs temptations where we are the most vulnerable.

**Jesus understands the power of temptations** because he was tempted too. So, he has **given us this promise** in his Word.

**1 Cor 10:13** The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure. NLT

**Temptation is not sin until we give into it.** But when we give into temptation we are without excuse because there was a way out. There are always **people** we can call on to help us and pray for us. The **Holy Spirit's power** is always available to draw upon. **There is always a way of escape if we choose to take it.** That is God's promise to us.

**But the fact is at times we sin. We ignore the way of escape.** We give in, we compromise, cut corners, feel entitled, justify our behavior. The devil lies to us and tells our temptation and struggle is different than others. Others don't understand. Tells us it's ok to give in a little. So, we give into the temptation.

Than the enemy keeps beating us up and stepping on us when we are down.

**So, how do we develop a resilient spirit, so we can get back up quickly when we fall and become more resistant to the temptation in the future?**

I want to look at the life of two men in the bible. One who was not resilient and one who was. One who dealt with his sin and one who excused his sin.

- **It is the tale of two kings - King Saul and King David**

**STORY:** In 1 Samuel 15 God instructs Saul to go up against the Amalekites and totally destroy them including all their cattle. Instead Saul preserves the life of the king as a trophy and also keeps the best of the cattle.

So, God sends the prophet Samuel to confront him. And Saul tries to spiritualize his sin. (Vs13-26) – *“The Lord bless you! I have carried out the Lord's instructions.”* – The Prophet: *“What is the bleating of sheep and sound of cattle I hear?”*

Then Saul starts blaming and rationalizing. *“The soldiers are really the ones who took the cattle. I was afraid of them, so I gave into them. But I spared the sheep, so I could sacrifice some to God”.*

- It’s like gambling while rationalizing you will tithe on your winnings.

Then because he was caught, he asked for forgiveness, but it doesn’t really come from his heart. There is no godly sorrow. He repents to save face with Samuel.

**STORY:** Now let’s contrast this with King David after he commits adultery with Bathsheba and has her husband killed so he could marry her. God sends the prophet Nathan to confront David of his sin. **Instead of blaming, rationalizing, and spiritualizing, David fully repents with deep brokenness over his sin.**

**Psalms 51 is David’s repentance song** before the Lord for his sin with Bathsheba.

## **READ PSALMS 51**

David recognized that his sin was not just against Bathsheba and her husband but against God. It was a heart issue of rebellion not just a moment of weakness. He understood it came from his sin nature and he needed God to forgive and cleanse him.

It was more than just being sorry that he hurt someone. He needed to go to that place of deep repentance, a place of a broken and contrite heart.

David was then able to find his resilience and get back up and continue serving God. **With true repentance comes grace to overcome.**

### **Here are some keys to resilience and getting back up when we sin.**

#### **1. Resilience begins with true, heart felt repentance and confession.**

The key is for us to repent quickly when we fall. Don’t hide it. Don’t wait until your sin is discovered. Don’t just try to do better. Repent.

Stop all blaming. Stop justifying yourself. Stop trying to spiritualize what you have done. Stop all the excuses. Stop calling it a moment of weakness or just your personality or genetics. **Call it what it really is.** It is sin and rebellion against God himself.

**Psalm 32:5 Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the LORD .” And you forgave me! All my guilt is gone. NLT**

Repeated sin will eventually lead to addictions and changing our brain chemistry and other problems. But the root, the core, is rebellion against God and until we call it such we will never have lasting victory in our lives.

Confessing our sin to a confidential brother or sister in Christ is a key to finding freedom. Persistent sin and temptation finds its power in secrecy.

Becoming accountable is also important in our repentance and recovery.

## **2. We need to receive God’s forgiveness, forgive ourselves and get back up.**

With God, his forgiveness is instant and complete. We are immediately fully reconciled to him and our standing with him is as if we had never sinned. We are cleansed by the blood of Jesus and given his robe of righteousness to wear.

- This is true of the vilest sinner who repents.

To be resilient and get back up after we have sinned we need to receive this forgiveness into our heart with gratefulness. **Then we need to forgive ourselves.**

This is sometimes the hardest part. Especially if you have regular reminders of the hurt you have caused others. But we must do this. God extends his hand down into our pit and we need to take it even though we feel unworthy.

**To not forgive ourselves is to say that Jesus death on the cross was not sufficient for my sin.** I am still bad and I still must pay for my sin by feeling guilty. **But listen – It is finished – Forgiveness is complete - It's done!**

### **3. We need to reject shame.**

Many struggle with this, but shame is not from God. It is the enemy trying to keep you down and out.

**Shame battles against resilience.** Shame locks us into the past even though we are forgiven.

In the **Addictions Conquer Series** it states that *addiction at its core is about shame as people battle the shame cycle in their souls.* - pornography.

**Jesus not only took your sin to the cross he also took your shame to the cross,** so you could be set free from both.

**Hebrews 12:2 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.**

The crucifixion was designed for maximum pain and shame as the prisoner hung naked on the cross for people to see. Jesus became sin for us and took our shame.

**When we surrender our shame to Jesus we are then able to get back up and recover from our sin.** Confessing your shame to someone else and having them pray release over you is the best thing you can do to be set free.

And then **soak in God's word** that describes your new identity in Christ. The Scriptures renew your mind and identity with truth that sets you free.

### **4. Allow God to heal you so you can become a healer of others.**

God takes what the enemy meant for destruction in your life and he redeems it. **He takes our brokenness and makes us healers of brokenness in those very areas that once controlled us.** (Ps 51:12-13)

**Resiliency is not just getting back up but it is now having the grace on your life to help other people back up as well.**

### **Conclusion: Prayer of Freedom and Resilience**

- Jesus, you said those who are set free by your forgiveness are truly and totally free. Free from guilt, condemnation, judgement and shame.
- Even in the midst of our ongoing struggle you forgive totally each time we come to you in honest repentance. Some of us have come again and again as we battle our temptations and addictions. Yet each time you stand with open arms and weep with us over our brokenness and give us new hope.
- Lord for those hiding or excusing their sin, grant them the gift of repentance like King David and restore them.
- Lord today for all those who have confessed and repented of their sins I declare your complete total forgiveness over them. God says, “*You are forgiven*”. Jesus has paid for your forgiveness in full. You are forgiven. Receive it. Own it. Accept it.
- I also lift shame off your life from your past sins and way of living. Jesus took your shame. Let it go. “Shame I break your power over hearts and minds right now. I break the partnership between pride and shame. Between guilt and shame, Between self-hatred and shame, Between judgement and shame.
- Lord we embrace our new identity as your righteous sons and daughters. We embrace our new assignments and our new anointing that you pour over the broken to make us healers of others.