

How to Bounce Back

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THE GOSPEL OF JOHN

Lance Witt • How to Bounce Back • August 10, 2025

Resilience... an ability to recover from or adjust to misfortune or change.

How do I get past my past?

*When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you truly love me more than these?" "Yes, Lord," he said, "you know that I love you." Jesus said, "Feed my lambs." Again Jesus said, "Simon son of John, do you truly love me?" He answered, "Yes, Lord, you know that I love you." Jesus said, "Take care of my sheep." The third time he said to him, "Simon son of John, do you love me?" Peter was hurt because Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you." Jesus said, "Feed my sheep." (**John 21:15-17, NIV**)*

4 Bounce Back Truths

"Failure should be our teacher, not our undertaker. Failure is delay, not defeat. It is a temporary detour, not a dead end." - Dennis Waitley

1. God chases after you.

Bound up in the nature of God is the inclination to pour out lavish grace on undeserving people.

Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. God decided in advance to

adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. (Ephesians 1:4-5, NLT)

2. God doesn't drag up your past.

The Vail Church is in the “bounce back” business.

So now there is no condemnation for those who belong to Christ Jesus. (Romans 8:1, NLT)

Who then will condemn us? Will Christ Jesus? No, for he is the one who died for us and was raised to life for us and is sitting at the place of highest honor next to God, pleading for us. (Romans 8:34, NLT)

Guilt causes us to “step back”

Grace causes us to “bounce back”

3. God focuses on your restoration, not your reprimand.

Love the Lord your God with all your heart and with all your soul and with all your strength. (Deuteronomy 6:5, NIV)

Your highest calling in life is to love Jesus.

4. God gives you a place of meaningful service.

Peter moves from resigned to re-assigned.

How thankful I am to Christ Jesus our Lord for considering me trustworthy and appointing me to serve him, even though I used to scoff at the name of Christ. (1 Timothy 1:12-13a, NLT)

For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. (Jeremiah 29:11, NIV)