

SESSION 17

STRESS, REST, AND RESILIENCE

I. OBEDIENCE AND ENDURANCE

- A. Obedience and endurance are like fraternal twins
- B. Obedience is saying “yes” to Jesus
 - 1. Lean in, listen to God ([Psalm 32](#))
 - 2. You are called to obey even in your thought life ([2 Corinthians 10:5](#))
 - a) If there are thoughts that you wouldn’t want to say out loud in front of Jesus
 - b) Speaking things over yourself that are not true of yourself is also disobedience
 - c) It is possible to re-train your brain, our brains are maleable
- C. Endurance is not saying “no” to Jesus
- D. Wisdom will be justified by her children
 - 1. Obedience and endurance are always wisdom, but the fruits may not be seen today
 - 2. Good things take time
- E. Run to Jesus when you need help, you will find grace ([Hebrews 4:16](#))
- F. Put away childish things, but always remain childlike
- G. If all you are seeing is the task and you are not actually meeting the Father, you are missing the life of God in your soul
- H. Obedience and endurance are mechanisms of anti-fragility
- I. Do not depart from simple devotion to Jesus ([2 Corinthians 11:3](#))

II. REST AND RECOVERY

- A. Athletes cannot train endlessly, they require recovery time
- B. Rest and recovery is the fuel for obedience and endurance
- C. Find the activity that makes you feel the Father’s smile upon you
- D. Make time for sabbath rest ([Genesis 1](#))
 - 1. Tithe a portion of your day, your week, etc.
- E. Build rhythms of rest into your daily life so that you are healthy longterm
 - 1. Jesus had a pattern of drawing away, praying, and then serving ([Luke 5](#), [Mark 3](#), [Matthew 12](#), [Luke 6](#), [Matthew 14](#))
- F. You are responsible for getting yourself into the Word
 - 1. Like eating bread, there are many different ways to accomplish this

