


# A Resilient Community is Built for Consistency

## Building a Resilient Life - Part 3

Roland Salinas

Part of Resilience Building a Resilient Life

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Resilience Recap:

### WK1 Name the Pain

- Resilience: the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress. — American Psychological Association
- Name the pain and give it to God.

### WK2 Shift the Narrative

- Trials are coming. Change the way you think about facing them.
- Be thankful in all things. Thank you God for the fleas.

## This Week

- When life happens who do you call?
  - Who are the people that have your back?
  - Are they even Christians?
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### 1. A resilient community is built on Christ!

*31 he foresaw and spoke about the resurrection of the Christ, that he was not abandoned to Hades, nor did his flesh see corruption. 32 This Jesus God raised up, and of that we all are witnesses. 33 Being therefore exalted at the right hand of God, and having received from the Father the promise of the Holy Spirit, he has poured out this that you yourselves are seeing and hearing.*

—Acts 2:31-33 (ESV)

### 2. We need to identify who is in our resilient community!

- **Resilience:** the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress.

*And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers.*

—Acts 2:42 (ESV)

***Who is in your circle of influence?***

***Jesus's Model of influence and discipleship***

- Core - 3 - Peter, James and John

- Inner - 12 - The disciples

- Outer - Followers and everyone else

*Life is like a box of chocolates, you never know what you're going to get.*

--Forrest Gump

### **3. Your Resilient Community is built for consistency. Consistently following Jesus.**

*And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers.*

—Acts 2:42 (ESV)

**Devoted:** zealous in devotion or affection

**Zeal:** Focused desire, characterized by passion and commitment

*...and thus I make it my ambition to preach the gospel, not where Christ has already been named, lest I build on someone else's foundation...*

—Romans 15:20 (ESV)

#### **Teaching:**

*16 All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, 17 that the man of God may be complete, equipped for every good work.*

—2 Timothy 3:16-17 (ESV)

*For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.*

—Romans 15:4 (ESV)

*5 Thorns and snares are in the way of the crooked; whoever guards his soul will keep far from them.*

*6 Train up a child in the way he should go; even when he is old he will not depart from it.*

—Proverbs 22:5-6 (ESV)

*And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers.*

—Acts 2:42 (ESV)

*13 Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. 14 Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. 15 And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. 16 Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. 17 Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. 18 Then he prayed again, and heaven gave rain, and the earth bore its fruit. 19 My brothers, if anyone among you wanders from the truth and someone brings him back, 20 let him know that whoever brings back a sinner from his wandering will save his soul from death and will cover a multitude of sins.*

*—James 5:13-20 (ESV)*

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**📖 Next Week:** *Don't Follow Your Heart*