

Shift the Narrative & Embrace the Pain

Building a Resilient Life - Part 2

Thea Raj

Part of ResilienceBuilding a Resilient Life

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Weighing only three pounds, it is the control center for our entire body, containing 100 billion neurons with 100 trillion connections. Information passes between neurons at the speed of 250 miles per hour. Our brains allow us to feel, taste, see, smell, hear, and think, and all that processing power requires approximately 20 percent of the blood and oxygen in our bodies.

—Building a Resilient Life by Rebekah Lyons (pg. 100)

Our thoughts shape our perspective, our perspective shapes our attitude, and our attitude determines our outcomes.

—Building a Resilient Life by Rebekah Lyons (pg. 101)

- *I will meditate on Your precepts,
And contemplate Your ways.*

—Psalm 119:15 (NKJV)

- *You will keep him in perfect peace,
Whose mind is stayed on You,
Because he trusts in You.*

—Isaiah 26:3 (NKJV)

- *Finally, brethren, whatever things are true,
whatever things are noble, whatever things are
just, whatever things are pure, whatever things are
lovely, whatever things are of good report, if there
is any virtue and if there is anything praiseworthy—
meditate on these things.*

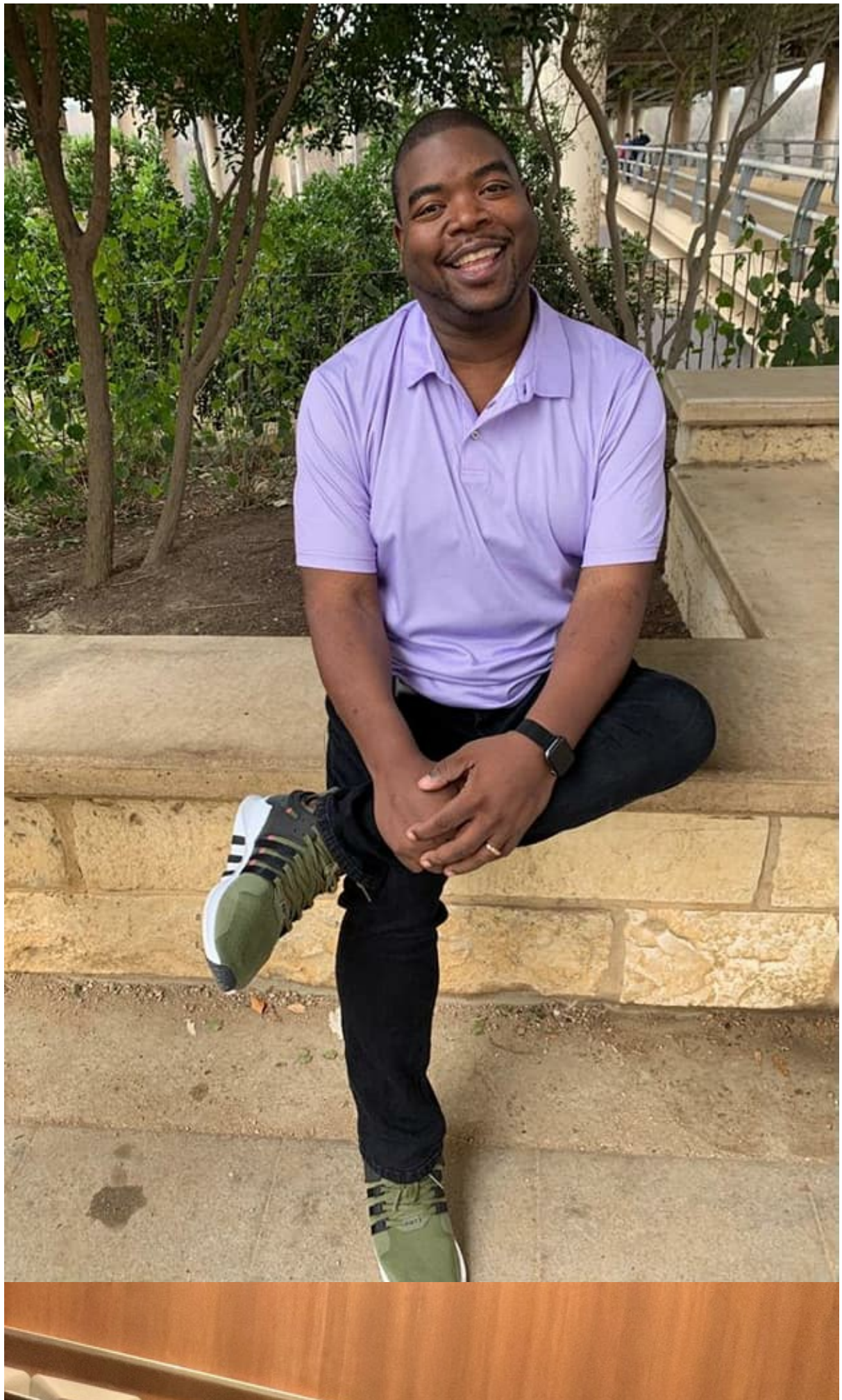
—Philippians 4:8 (NKJV)

- *Therefore gird up the loins of your mind, be sober,
and rest your hope fully upon the grace that is to
be brought to you at the revelation of Jesus
Christ...*

—1 Peter 1:13 (NKJV)

- *Be sober, be vigilant; because your adversary the
devil walks about like a roaring lion, seeking whom
he may devour.*

—1 Peter 5:8 (NKJV)







1 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

—Romans 12:1-2 (NKJV)

Paul writes, "Do not conform to the pattern of this world." His assumption is that the natural forces of life will steer our bodies away from sacrifice toward a path that doesn't lead to our flourishing but perhaps instead to our demise. The only way to fight this trajectory is to be transformed. We do this through the renewing of our minds.

—Building a Resilient Life by Rebekah Lyons (pg. 92)

*They will be like a tree planted by the water
that sends out its roots by the stream.
It does not fear when heat comes;*

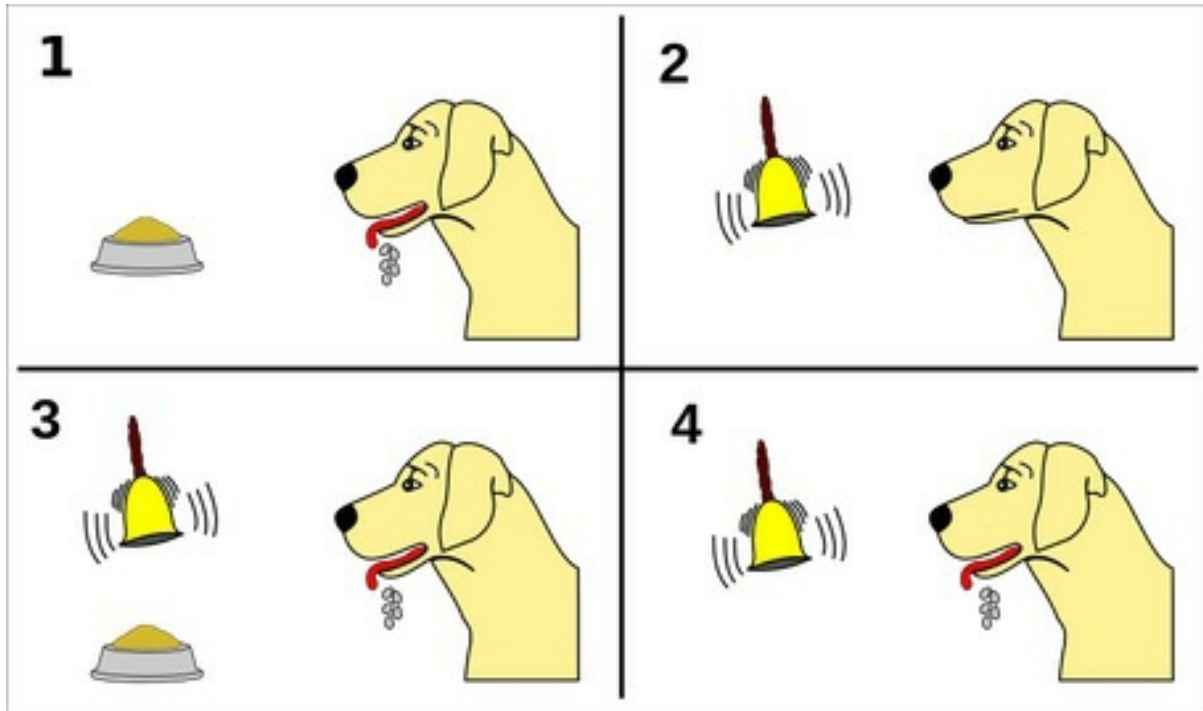
its leaves are always green.

*It has no worries in a year of drought
and never fails to bear fruit.*

—Jeremiah 17:8 (NKJV)

*When we renew our minds, we become resilient, like a
tree planted by water that continues to produce fruit, no
matter what storms come its way.*

—Building a Resilient Life by Rebekah Lyons (pg. 94)



*After ringing a bell for a prolonged period of time
whenever he fed a dog, he discovered that the dog
salivated each time the bell rang, even with no food
present, demonstrating the brain-to-biology reaction.*

—Building a Resilient Life by Rebekah Lyons (pg. 103)

*You can take practical steps to retrain your brain. Begin
by asking why you are processing information in certain
ways and then determine to respond differently. Once you
discover your triggers, you can reject the thoughts and
feelings that prompt your mind to hijack your body. Then
go on to form a plan. A simple set of strategies can help
you overcome those thoughts when they return.*

—Building a Resilient Life by Rebekah Lyons (pg. 104)

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do.

—Eleanor Roosevelt

And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance...

—Romans 5:3 (NKJV)

In the world you will have tribulation; but be of good cheer; I have overcome the world.

—John 16:33 (NKJV)

Next Week: Resilience - Part 3

[Building a Resilient Life by Rebekah Lyons](#)