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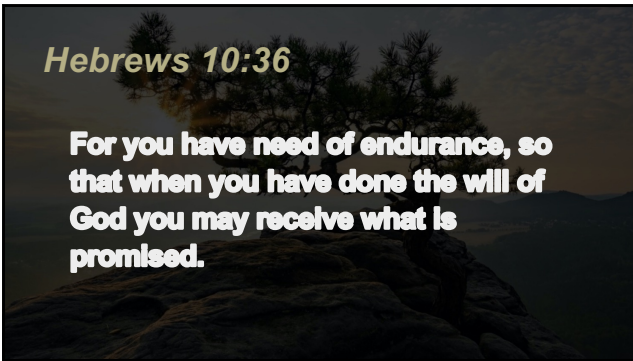
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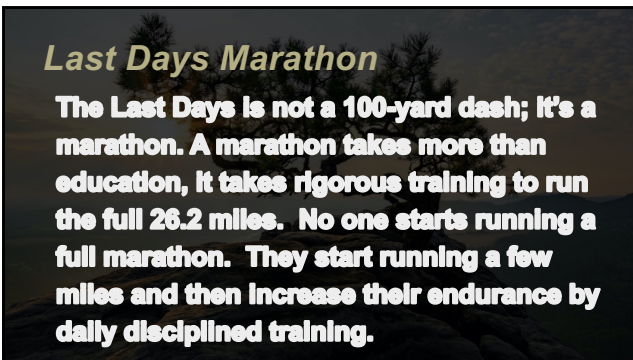
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**Resilience is a set of practices**

Endurance is built by persevering through trials.

Resilience is a set of practices that enables us to build endurance through pressure and the inevitable setbacks.

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**Resilient Practices**

Strategy	By Endurance We Conquer
Strength Through	Receiving Comfort Under Pressure Moving through suffering to grow spiritually
Goal Seated	Focus on the all-important goal Resting in the completed work of Christ and His future victory

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**Resilient Practices**

Humility	Competing to put others first
Clothing	Dress to conserve energy
Tough	Mental toughness via meditation

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**1 John 3:2-3**

2 Beloved, we are God's children now, and what we will be has not yet appeared; but we know that when he appears we shall be like him, because we shall see him as he is. 3And everyone who thus hopes in him purifies himself as he is pure.

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**Resilient Practices**

Humility	Competing to put others first
Clothing	Dress to conserve energy
Tough	Mental toughness via meditation
Self-Control	Purity by pondering His return

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**Hope**

Hope is looking forward to the goodness God in our lives

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**Gift of Self-Control**

As the Hebrews were promised the land, but had to take it by force, one town at a time, so we are promised the gift [fruit] of self-control, yet we also must take it by force.

-Ed Welch

“The Battle Against ‘One More’”

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**Luke 13:23-24**

23 And someone said to him, “Lord, will those who are saved be few?” And he said to them, 24 “Strive to enter through the narrow door. For many, I tell you, will seek to enter and will not be able

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**Titus 2**

11 For the grace of God has appeared, bringing salvation for all people, 12 training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age,

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**Titus 2**

13 waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, 14 who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.

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**Titus 2**

15 Declare these things; exhort and rebuke with all authority. Let no one disregard you.

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**Be Alert and Waiting**

“Let us be alert to the season in which we are living. It is the season of the Blessed Hope, calling for us to cut our ties with the world and build ourselves on this One who will soon appear. He is our hope—a Blessed Hope enabling us to rise above our times and fix our gaze upon Him.”

-A.W. Tozer

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**Revelation 1:7**

Behold, he is coming with the clouds, and every eye will see him, even those who pierced him, and all tribes of the earth will wail on account of him. Even so. Amen.

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**Matthew 24:27**

For as the lightning comes from the east and shines as far as the west, so will be the coming of the Son of Man.

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**Hebrews 9:28**

So Christ, having been offered once to bear the sins of many, will appear a second time, not to deal with sin but to save those who are eagerly waiting for him.

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**Romans 8:18**

18 For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.

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**Hope in the future**

Christians know that that there is joy on the journey. The Calvary road is not a joyless road. But we also know that this embattled joy flows from the hope we have in the future, and that if that future is cut off, the present taste of it is cut off. We are able to rejoice in the tribulations of this life for one reason:

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**Hope in the future**

they work hope (Romans 5:3-4). If the hope is vain, the joy vanishes. Sufferings are sufferable in joy because they are suffered in hope: "I consider that the sufferings of this present time are not worth comparing

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**Hope in the future**

...with the glory that is to be revealed to us” (Romans 8:18). Those who exalt striving over arriving have not suffered enough agony or seen enough of God. Christians endure not because life is good, but because death is gain.

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**1 Thessalonians 4**

13 But we do not want you to be uninformed, brothers, about those who are asleep, that you may not grieve as others do who have no hope. 14 For since we believe that Jesus died and rose again, even so, through Jesus, ...

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**1 Thessalonians 4**

14...God will bring with him those who have fallen asleep. 15 For this we declare to you by a word from the Lord, that we who are alive, who are left until the coming of the Lord, will not precede those who have fallen asleep.

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**1 Thessalonians 4**

16 For the Lord himself will descend from heaven with a cry of command, with the voice of an archangel, and with the sound of the trumpet of God. And the dead in Christ will rise first.

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**1 Thessalonians 4**

17 Then we who are alive, who are left, will be caught up together with them in the clouds to meet the Lord in the air, and so we will always be with the Lord. 18 Therefore encourage one another with these words.

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**1 John 3:2-3**

2 Beloved, we are God's children now, and what we will be has not yet appeared; but we know that when he appears we shall be like him, because we shall see him as he is. 3 And everyone who thus hopes in him purifies himself as he is pure.

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