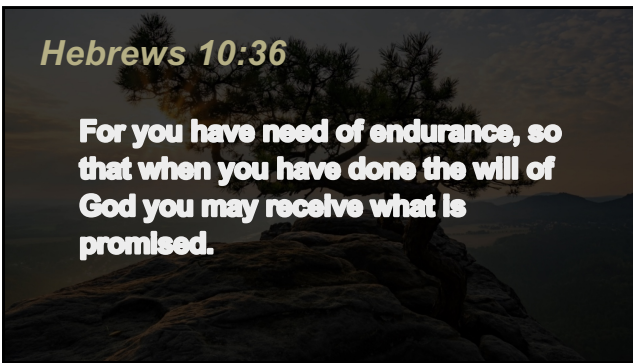
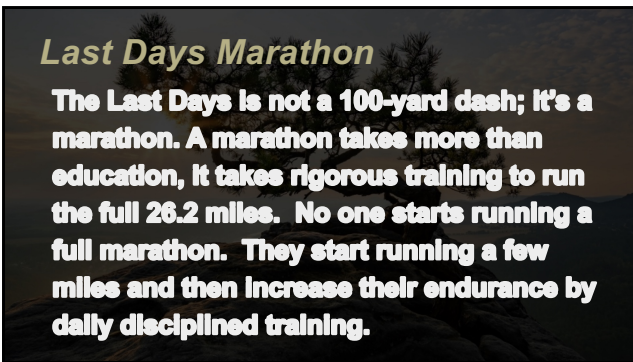




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5



6

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.

7

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

8

Resilient Practices

Humility	Competing to put others first
Clothing	Dress to conserve energy

9

Daniel 7:25

And he [anti-Christ] shall speak great words against the most High, and shall wear out the saints of the most High, and think to change times and laws: and they shall be given into his hand until a time and times and the dividing of time.

10

Wear out

bel-aw' (Aramaic) to afflict (but used only in a mental sense); wear out.

11

1 Peter 4:1-2

Since therefore Christ suffered in the flesh, arm yourselves with the same way of thinking, for whoever has suffered in the flesh has ceased from sin, 2 so as to live for the rest of the time in the flesh no longer for human passions but for the will of God.

12

Mental Toughness

“Mental toughness is like your fitness level, the more you train, the more fit you become. When you stop training your fitness level slips back. If you don’t consistently attend to your mental fitness, your mental toughness level begins to atrophy.” -Patrick Cohn

13

Winning The Small Battles

“Mental toughness comes down to your habits and your habits are up to you. Remember that mental toughness is about winning the small battles each day.”

-Patrick Cohn
Peak Performance Sports

14

Mental Toughness is Priority

“Mental toughness is to physical as four is to one.”

- Bobby Knight
Indiana Basketball Coach

15

Habits of Mental Toughness

- 1. Find a way, not an excuse
- 2. Expend energy to improve performance
- 3. Adapt
- 4. See the past as valuable informative lessons and nothing more
- 5. Remain persistent despite of failure
- 6. Pursue excellence, not perfection

16

Psalm 1

1 Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; 2 but his delight is in the law of the Lord, and on his law he meditates day and night.

17

Psalm 1

3 He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. 4 The wicked are not so, but are like chaff that the wind drives away.

18

Psalm 1

5 Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; 6 for the Lord knows the way of the righteous, but the way of the wicked will perish.

19

Meditation

“an holy exercise of the mind, whereby we bring the truths of God to remembrance, and do seriously ponder upon them, and apply them to our selves.”

-Thomas Watson

20

Meditate

Hebrew hâgâh, haw-gaw'; to murmur (in pleasure or anger); by implication, to ponder:—imagine, meditate, mourn, mutter, roar, × sore, speak, study, talk, utter.

21

Resilient Practices

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

22

Out-of-Alignment

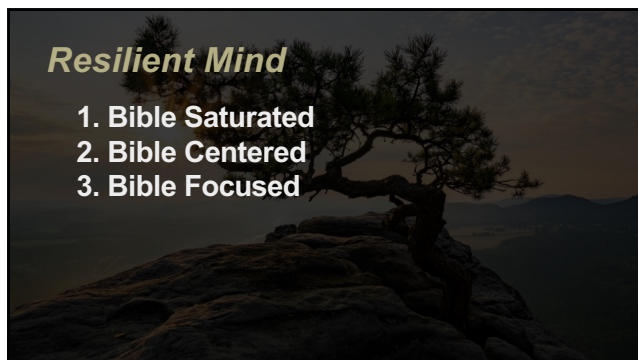
“The problem with our minds is not merely that we are finite, and don’t have all the information. The problem is that our minds are fallen. They have a spirit, a bent, a mindset that is hostile to the absolute supremacy of God.” -John Piper

23

What to Do to Meditate?

1. Honesty and transparency
2. Withdraw from distractions
3. Focus thoughts in a specific verse

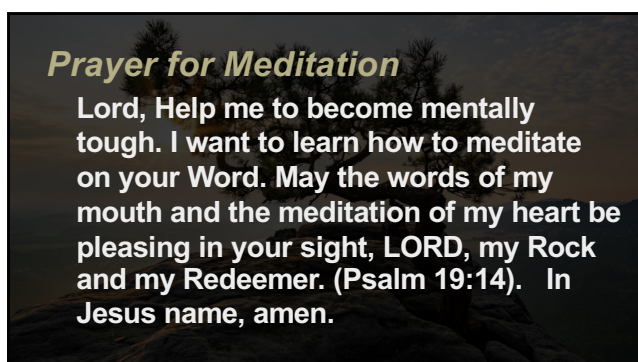
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Resilient Mind

1. Bible Saturated
2. Bible Centered
3. Bible Focused


25



Prayer for Meditation

Lord, Help me to become mentally tough. I want to learn how to meditate on your Word. May the words of my mouth and the meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer. (Psalm 19:14). In Jesus name, amen.

26



Maintaining a Resilient Mind

1. Monitoring
2. Mending
3. Motivating

27

Philippians 4:8-9

8 “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

28

Philippians 4:8-9

9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”

29

Resilient Mind are Developed

A resilient mind is developed when a spiritually disciplined mind meets a painful trial and responds to the suffering with the power of the Lord.

30

1 Peter 4:1-2

Since therefore Christ suffered in the flesh, arm yourselves with the same way of thinking, for whoever has suffered in the flesh has ceased from sin, so as to live for the rest of the time in the flesh no longer for human passions but for the will of God.

31



32
