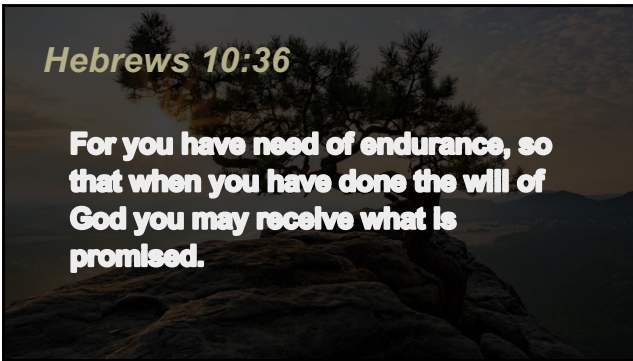
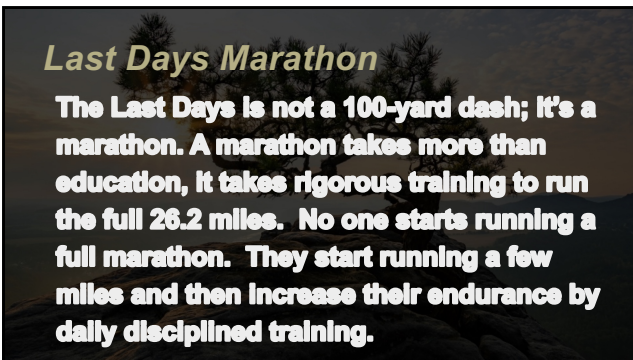




4



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

8

Resilient Practices

Humility	Competing to put others first
----------	-------------------------------

9

2 Corinthians 5:10

For we must all appear before the judgment [Bema] seat of Christ, so that each one may receive what is due for what he has done in the body, whether good or evil.

10

Matthew 6

1 “Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven.

11

Matthew 6

2 “Thus, when you give to the needy, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by others. Truly, I say to you, they have received their reward.

12

Matthew 6

3 But when you give to the needy, do not let your left hand know what your right hand is doing, 4 so that your giving may be in secret. And your Father who sees in secret will reward you.

13

John 5:44

How can you believe, when you receive glory from one another and do not seek the glory that comes from the only God?

14

John 14:30 AMP

I will not speak with you much longer, for the ruler of the world (Satan) is coming. And he has no claim on Me [no power over Me nor anything that he can use against Me];

15

Colossians 3:12

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,

16

Ideal Running Clothing

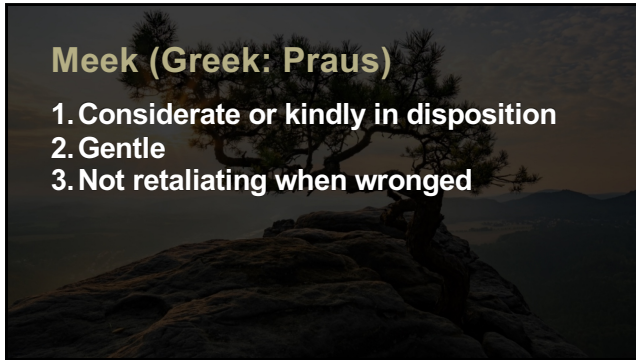
Wicking	Thumbholes
Quick Dry	Insulated
UV Protection	Compression
Inner Liner	Pockets
Reflectivity	Mesh Vents
Packable	No Chafing

17

Spiritual Running Clothing

Compassion
Kindness
Humility
Meekness
Patience

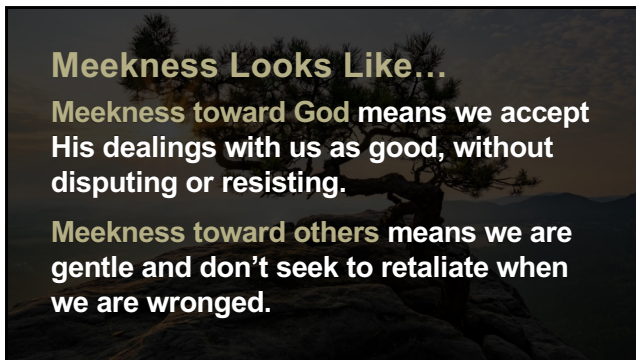
18



Meek (Greek: Praus)

1. Considerate or kindly in disposition
2. Gentle
3. Not retaliating when wronged

19

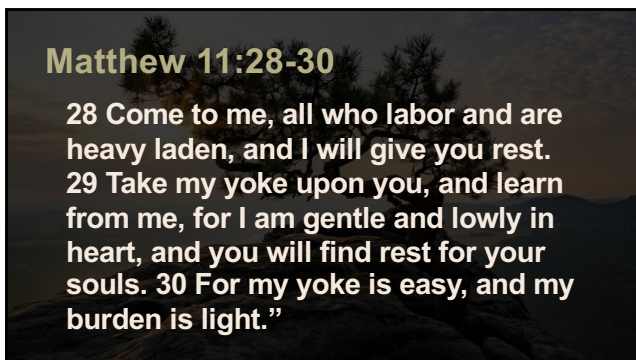


Meekness Looks Like...

Meekness toward God means we accept His dealings with us as good, without disputing or resisting.

Meekness toward others means we are gentle and don't seek to retaliate when we are wronged.

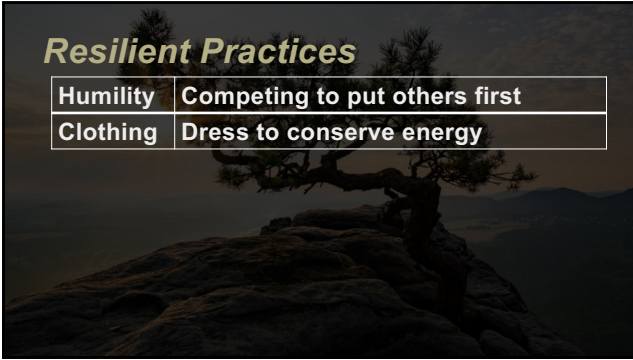
20



Matthew 11:28-30

28 Come to me, all who labor and are heavy laden, and I will give you rest.
 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light."

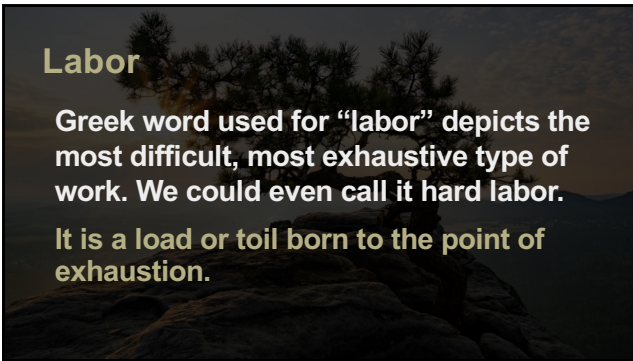
21



Resilient Practices

Humility	Competing to put others first
Clothing	Dress to conserve energy

22

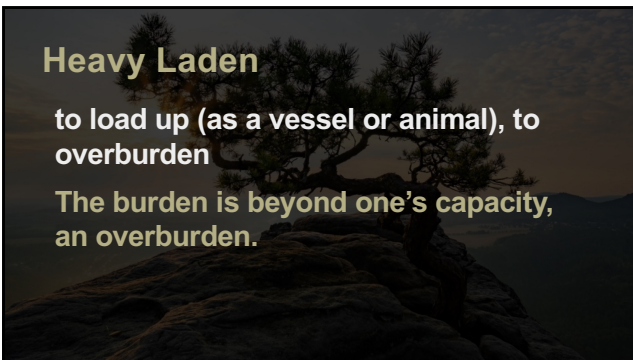


Labor

Greek word used for “labor” depicts the most difficult, most exhaustive type of work. We could even call it hard labor.

It is a load or toil born to the point of exhaustion.

23



Heavy Laden

to load up (as a vessel or animal), to overburden

The burden is beyond one’s capacity, an overburden.

24

Daniel 7:25

And he 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.

25

Wear out

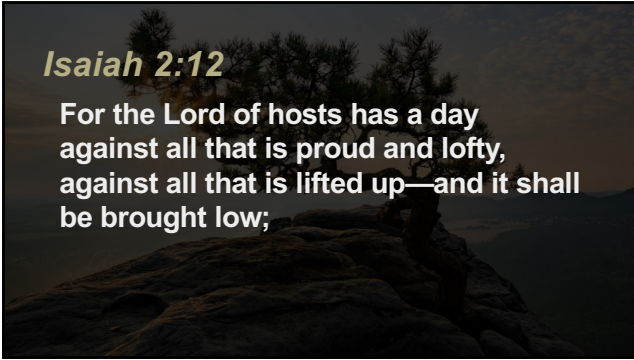
bel-aw' (Aramaic) to afflict (but used only in a mental sense); wear out.

26

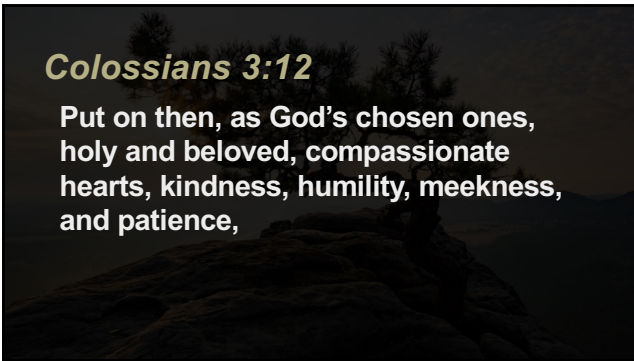
Self-Sins

self-righteousness
 self-pity
 self-confidence
 self-sufficiency
 self-admiration

27



28



29



30
