

BUILD  
MY LIFE

# BIBLE PLAN

BUILD  
MY LIFE

 **Countryside**  
Christian Church



## Day 11 - Build Resilience

**“We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.”  
2 Corinthians 4:8-9 NIV**

Sometimes life hits hard. Challenges will always come, and there will always be setbacks that surprise you, but resilience isn't the absence of struggle. It's the refusal to stay down.

Paul understood this better than anyone. He faced betrayal, imprisonment, beatings, and constant opposition; yet, he declared: “...struck down, but not destroyed.”

He understood that resilience wasn't built on personality or toughness. It's built on God's presence. You can endure anything when God is with you in everything.

Resilience is the spiritual ability to rise again— not because you're strong, but because God is strong. It is the conviction that even when life knocks the breath out of you, God can put the breath back into you. It's the understanding that temporary pain cannot cancel your eternal purpose.

You may bend, but you won't break. You may stumble, but you won't stay down. God is building a resilience in you that will carry you further than comfort ever could.

### Today

- Identify a recent setback
- Ask God for the strength to rise again
- Take one small step forward— call someone— reopen the Bible— revisit your goal— pray again.
- Ask yourself where God is asking you to get up and trust Him to rebuild and strengthen you again

