

## Resilient...

"able to withstand or recover quickly from difficult conditions."

Bill Simmons: "To me, resilience means returning something to its original shape or form, being able to recover quickly when life surprises you."

## How do we cultivate a resilient faith?

### Deeply Recognizing Truth | Exercising Muscular Faith | Doing the Hard Things

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#### Deeply Recognizing Truth

1. The world is broken, actually, deeply, and pervasively, and this true globally, nationally, and personally- physically, emotionally, and spiritually.
2. The myth of progress is indeed a myth.
3. Challenge is the norm.
4. We are not promised many things that we might want, but we are promised suffering, among other things.
5. We exist to serve God, not the other way around.

#### Exercising Muscular Faith

1. The bad news is, the essence of faith is believing in something you don't see.
2. Real hope in Resurrection and New Creation
3. The way of Jesus is the way of the cross. He wins by losing, he is victorious by being defeated.
4. Three stones in your pocket  
*Three Truths that when we hold them together, will get us through anything...*  
**God is Good**  
**God is Present**  
**God is in Control**

#### Doing the Hard Things

1. Be grateful, especially in hard times
2. Ask two important questions and take time to listen for the answers
  1. *How is God in this for me?*
  2. *How is God loving me in this?*
3. It doesn't matter... Love!
4. Ask God for help
5. Engage Brokenness Redemptively  
*The Kingdom of God!*