

How to Stay Resilient

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Broadcast Dates: 7/24/24-7/25/24

Message Date: 5/3/23 ● 7:00 P.M.

Scripture References:

- Micah 7:8
- Isaiah 40:28-31, *NLT*
- Isaiah 41:10
- Ephesians 3:16-19
- Isaiah 33:2
- John 14:27
- James 1:2-4, *NLT*
- Psalm 119:105, *NLT*
- Ecclesiastes 4:9, 10, *NLT*
- 1 Thessalonians 5:16-18, *NLT*
- Proverbs 3:5, 6, *NLT*
- Philippians 4:13, *NLT*

Summary:

Resilience is an integral part of our emotional maturity. To be resilient is to have the ability to bounce back, to withstand something difficult without caving in or quitting. If we don't mature in our emotions, we become victims of them. An emotionally mature person acknowledges their feelings in the midst of stressful or painful circumstances, and assesses the situation to determine the proper course of action to respond to it. Believers have been given authority over their emotions; resilience therefore is a grace gift from God. It doesn't come from our own inner strength, but from trusting in and relying on Him. Depending on God—not powering through something using determination or self-will—enables us not just to survive a bad situation, but to ultimately thrive in spite of it.

Notes:

1. Reliance on God, not on *our* strength or willpower, gives us the ability to bounce back.
2. Isaiah declared that physical strength alone does not make a person resilient; only those who hope in God will find resilience in a time of weariness.
3. Ways to stay resilient in the face of adversity include staying rooted in prayer and Bible study, and surrounding ourselves with supportive people. We must also focus on gratitude and surrender control to God.

Category: spiritual growth

Keywords: resilient, resilience, emotional, maturity, bounce, withstand, difficult, emotions