

## What does the Bible teach us about resilience?

Karen Carr, 2018

### Reflection Questions

- Does God want us to be resilient?
- What path does God lead us on when we face adversity? What is the process God gives us for facing adversity and consequently having a positive outcome?
- What is the heart and soul of the revealed Word of God on the topic of resilience?
- How is this profoundly dependent on truth that ONLY Christians believe?
- In what way is Jesus Himself essential to this topic of resilience?

**Jeremiah 17:5-8 (NLT)** – This is what the Lord says: Cursed are those who put their trust in mere humans; who rely on human strength and turn their hearts away from the Lord. They are like stunted shrubs in the desert, with no hope for the future. They will live in the barren wilderness, in an uninhabited salty land. But blessed are those who trust in the Lord and have made the Lord their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep in to the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit.

**Isaiah 40:30-31 (NIV)** Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

**Proverbs 24:16 (NIV)** – For though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes.

**2 Corinthians 4:7-9** – We now have this light shining in our hearts, but we ourselves are like fragile clay jars containing this great treasure. This makes it clear that our great power is from God, not from ourselves. We are pressed on every side by troubles, not we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed.

**2 Corinthians 1:8-10** – We think you ought to know, dear brothers and sisters, about the trouble we went through in the province of Asia. We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead. And he did rescue us from mortal danger, and he will rescue us again. We have placed our confidence in him, and he will continue to rescue us.

**Micah 7:7-8** – As for me, I look to the Lord for help. I wait confidently for God to save me, and my God will certainly hear me. Do not gloat over me, my enemies! For though I fall, I will rise again. Though I sit in darkness, the Lord will be my light.

**Psalms 39:7** – And so, Lord, where do I put my hope? My only hope is in you.

**Psalms 40:1-3** - I waited patiently for the Lord to help me; and he turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the Lord.

**Hebrews 12:1b-2** – And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus.

**2 Corinthians 4:16-18** – That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them all and will last forever. So we don't look at the troubles we can see now; rather we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.

**Philippians 3: 10-14** - I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead. Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

**Romans 8:35, 37-39** – Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? No, despite all these things overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow – not even the powers of hell can separate us from God's love. Not power in the sky above or in the earth below – indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

**Isaiah 43:2** – When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.

**2 Corinthians 2:3-7** – God is our merciful Father and the source of all our comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. For the more we suffer for Christ, the more God will shower us with his comfort through Christ. Even when we are weighted down with troubles, it is for your comfort and salvation! For when we ourselves are comforted, we will certainly comfort you. Then you can patiently endure the same things we suffer. We are confident that as you share in our sufferings, you will also share in the comfort God gives us.

**Philippians 1:2-3** – For you have been given not only the privilege of trusting Christ but also the privilege of suffering for him. We are in this struggle together.

**Galatians 6:2 (NIV)**– Carry each other’s burdens, and in this way you will fulfill the law of Christ.

**Ephesians 4:16** – He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

**James 5:13-15** – Are any of you suffering hardships? You should pray. Are any of you happy? You should sing praises. Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord. Such a prayer offered in faith will heal the sick, and the Lord will make you well.

**1 Timothy 6:11** – Pursue righteousness and a godly life, along with faith, love, perseverance, and gentleness.

**Titus 2:2** – Older men are to be temperate, dignified, sensible, sound in faith, in love, in perseverance.

**2 Timothy 3:10** – But you, Timothy, certainly know what I teach, and how I live, and what my purpose in life is. You know my faith, my patience, my love and my endurance.

**Romans 8:18, 25** – For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us. But if we hope for what we do not see, with perseverance we wait eagerly for it.

**2 Timothy 3:12** – Yes, and everyone who wants to live a godly life in Christ Jesus will suffer persecution.

**Matthew 5: 10-12** – God blesses those who are persecuted for doing right, for the Kingdom of Heaven is theirs. God blesses you when people mock you and persecute you and lie about you and say all sort of evil things against you because you are my followers. Be happy about it! Be very glad! For a great reward awaits you in heaven. And remember the ancient prophets were persecuted in the same way.

**2 Thessalonians 1:4** – We proudly tell God’s other churches about your endurance and faithfulness in all the persecutions and hardships you are suffering. And God will use this persecution to show his justice and to make you worthy of his Kingdom, for which you are suffering.

**2 Corinthians 6:4** – In everything we do, we show that we are true ministers of God. We patiently endure troubles and hardships and calamities of every kind.

**1 Peter 1:6** – So be truly glad, there is wonderful joy ahead, even though you have to endure many trials for a little while. These trials will show that your faith is genuine.

**Rev 14:12** – This means that God’s holy people must endure persecution patiently, obeying his commands and maintaining their faith in Jesus.

**Hebrews 12:3** – For consider Him who has endured such hostility by sinners against himself, so that you will not grow weary and lose heart.

**James 1:2-4 (NASB)** – Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.

**Romans 5:3-4** – And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance, and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us. **(Only Christians can know that the hope that they have is based on God’s love.)**

**2 Peter 1:2-8 (ESV)** – May grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord. His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire. For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love. For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.