

# PURSUING OUR CAPACITY



Resilience

## Psychology today

Resilience is the psychological quality that allows some people to be knocked down by the adversities of life and come back at least as strong as before. Rather than letting difficulties, traumatic events, or failure overcome them and drain their resolve, highly resilient people find a way to change course, emotionally heal, and continue moving toward their goals.

## American Psychological Association

**Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioural flexibility and adjustment to external and internal demands.**

**A number of factors contribute to how well people adapt to adversities, including the ways in which individuals view and engage with the world, the availability and quality of social resources, and specific coping strategies.**

If you can keep your head when all about you  
Are losing theirs and blaming it on you,  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don't deal in lies,  
Or being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise:

If you can dream - and not make dreams your  
master;  
If you can think - and not make thoughts your aim;  
If you can meet with Triumph and Disaster  
And treat those two impostors just the same;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,  
Or walk with Kings - nor lose the common  
touch,  
if neither foes nor loving friends can hurt you,  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And - which is more - you'll be a Man, my son!



# Luke 21

<sup>10</sup> ‘Then He said to them, “Nation will rise against nation, and kingdom against kingdom. <sup>11</sup> And there will be great earthquakes in various places, and famines and pestilences; and there will be fearful sights and great signs from heaven. <sup>12</sup> But before all these things, they will lay their hands on you and persecute *you*, delivering *you* up to the synagogues and prisons. You will be brought before kings and rulers for My name’s sake. <sup>13</sup> But it will turn out for you as an occasion for testimony

<sup>25</sup> “And there will be signs in the sun, in the moon, and in the stars; and on the earth distress of nations, with perplexity, the sea and the waves roaring; <sup>26</sup> men’s hearts failing them from fear and the expectation of those things which are coming on the earth, for the powers of the heavens will be shaken. “”

# John 15

<sup>18</sup> “If the world hates you, you know that it hated Me before *it hated* you. <sup>19</sup> If you were of the world, the world would love its own. Yet because you are not of the world, but I chose you out of the world, therefore the world hates you”

# Romans 8

<sup>18</sup> For I consider that the sufferings of this present time are not worthy *to be compared* with the glory which shall be revealed in us. <sup>19</sup> For the earnest expectation of the creation eagerly waits for the revealing of the sons of God. <sup>20</sup> For the creation was **subjected to futility**, not willingly, but because of Him who subjected *it* in hope; <sup>21</sup> because the creation itself also will be delivered from the bondage of corruption into the glorious liberty of the children of God. <sup>22</sup> For we know that the whole creation groans and labors with birth pangs together until now. <sup>23</sup> Not only *that*, but we also who have the firstfruits of the Spirit, even we ourselves groan within ourselves, eagerly waiting for the adoption, the redemption of our body. <sup>24</sup> For we were saved in this hope, but hope that is seen is not hope; for why does one still hope for what he sees? <sup>25</sup> But if we hope for what we do not see, we eagerly wait for *it* with perseverance.

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Jerusalem Biblically literate, highly religious.

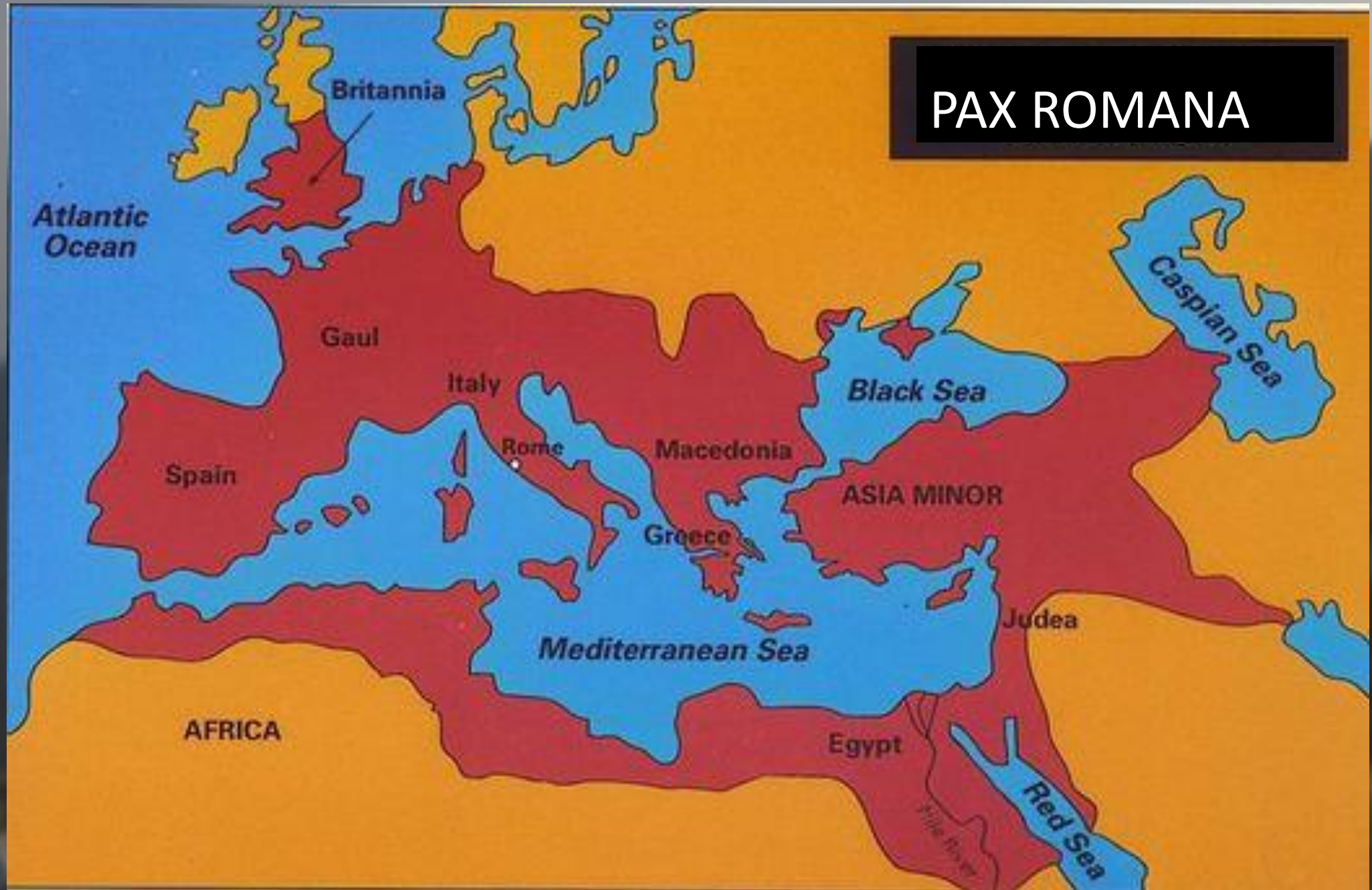
Ephesus Prosperous, Diana worship

Colossae : Diana worship. Gnosticism - Asceticism - Sophistry

Corinth: Prosperous -Extremely Immoral

Philippi : Polytheism - Imperial cult

# PAX ROMANA



A person is sitting on a rocky mountain peak, looking out over a vast valley. The scene is hazy, suggesting a misty or overcast day. The person is wearing a blue shirt and dark shorts. The background shows rolling hills and mountains under a soft, diffused light.

**Control your destiny or someone else will!**

**Jack Welch former CEO of General Motors**

## 2 Timothy 2

3 You therefore must endure hardship as a good soldier of Jesus Christ. 4 No one engaged in warfare entangles himself with the affairs of this life, that he may please him who enlisted him as a **soldier**. 5 And also if anyone competes in **athletics**, he is not crowned unless he competes according to the rules. 6 The hardworking **farmer** must be first to partake of the crops. 7 Consider what I say, and may the Lord give you understanding in all things.



# Resilience quota:

Do we carry a Biblical worldview? Seeking to understand the times and see God's purposes in them.

Do we **take responsibility for ourselves and understand that resilient people take responsibility**

Are we avoiding a self-centred therapeutic faith? **They submit their lives to God's purposes not their own?**

Are we forgiving?

Do we seek God's joy and Presence in our lives?

Are our personal values Biblically based?

Are you a determined realist who is willing to look for the purposes of God in failure and difficult circumstances

# PURSUING OUR CAPACITY



**Risk**