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“Now Mary arose in those days and went into the hill country with haste...” – Luke 1:39

# The Virtue of Resilience: The Need for Resilience

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3<sup>rd</sup> Sunday of Kiahk

# What is wrong?

- Why the increase in fragility?
- Avoidance of Challenges
- Difficulty Handling Criticism
- Overreliance on External Validation
- Inability to Cope with Stress
- Low Tolerance for Discomfort
- Lack of Independence

# Contributing Factors

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- Growing promotion of the “self”
- Laziness
- Poor parenting
- Absence of positive role models
- Technology

# Resilience

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- To face adversity and adapt, adjust, not give up, overcome, and keep moving forward toward.
- To bounce back from setbacks; no to quit easily
- We will all face challenges, trials, or setbacks
- “In the world you will have tribulation...” (Jn. 16:33)
- “And whoever does not bear his cross and come after Me cannot be My disciple.” (Lk. 14:27)



# Examples from Scripture

- Joshua
  - “No man shall be able to stand before you all the days of your life; as I was with Moses, so I will be with you. I will not leave you nor forsake you.” (Joshua 1:5)
- Joseph
- The Apostles
  - And they agreed with him, and when they had called for the apostles and beaten them, they commanded that they should not speak in the name of Jesus, and let them go. So they departed from the presence of the council, rejoicing that they were counted worthy to suffer shame for His name.” (Acts 5:40-41)



## Hebrews 12:1-2

“Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, 2 looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.”

# The Need for Resilience

- Faith
- Spiritual discipline
- Service

