

“SO THE CHILD GREW AND BECAME  
STRONG IN SPIRIT, AND WAS IN THE  
DESERTS TILL THE DAY OF HIS  
MANIFESTATION TO ISRAEL.” – LUKE 1:80

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4<sup>TH</sup> SUNDAY OF KIAHK





# THE VIRTUE OF RESILIENCE: QUALITIES FOUND IN RESILIENT PEOPLE

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PART 2

# RECAP

- Fragility
- Contributing factors
- Reality



# THE RESILIENT

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## 1. Clear purpose and goal

- “Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it...Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air.” (1 Cor. 9:24,26)

## 2. Disciplined

- EX: Daniel and the 3 Youth





# THE RESILIENT

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## 3. Know that they will face challenges

- The resilient prepare for adversity beforehand
- EX: Soldier in the military
- “In the world you will have tribulation...” (Jn. 16:33)



# THE RESILIENT

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## 4. Persevere in adversity

- “We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed— always carrying about in the body the dying of the Lord Jesus, that the life of Jesus also may be manifested in our body. For we who live are always delivered to death for Jesus' sake, that the life of Jesus also may be manifested in our mortal flesh. So then death is working in us, but life in you.” (2 Cor. 4:8-12)
- “You therefore must endure hardship as a good soldier of Jesus Christ. No one engaged in warfare entangles himself with the affairs of this life, that he may please him who enlisted him as a soldier.” (2 Tim. 2:3-4)

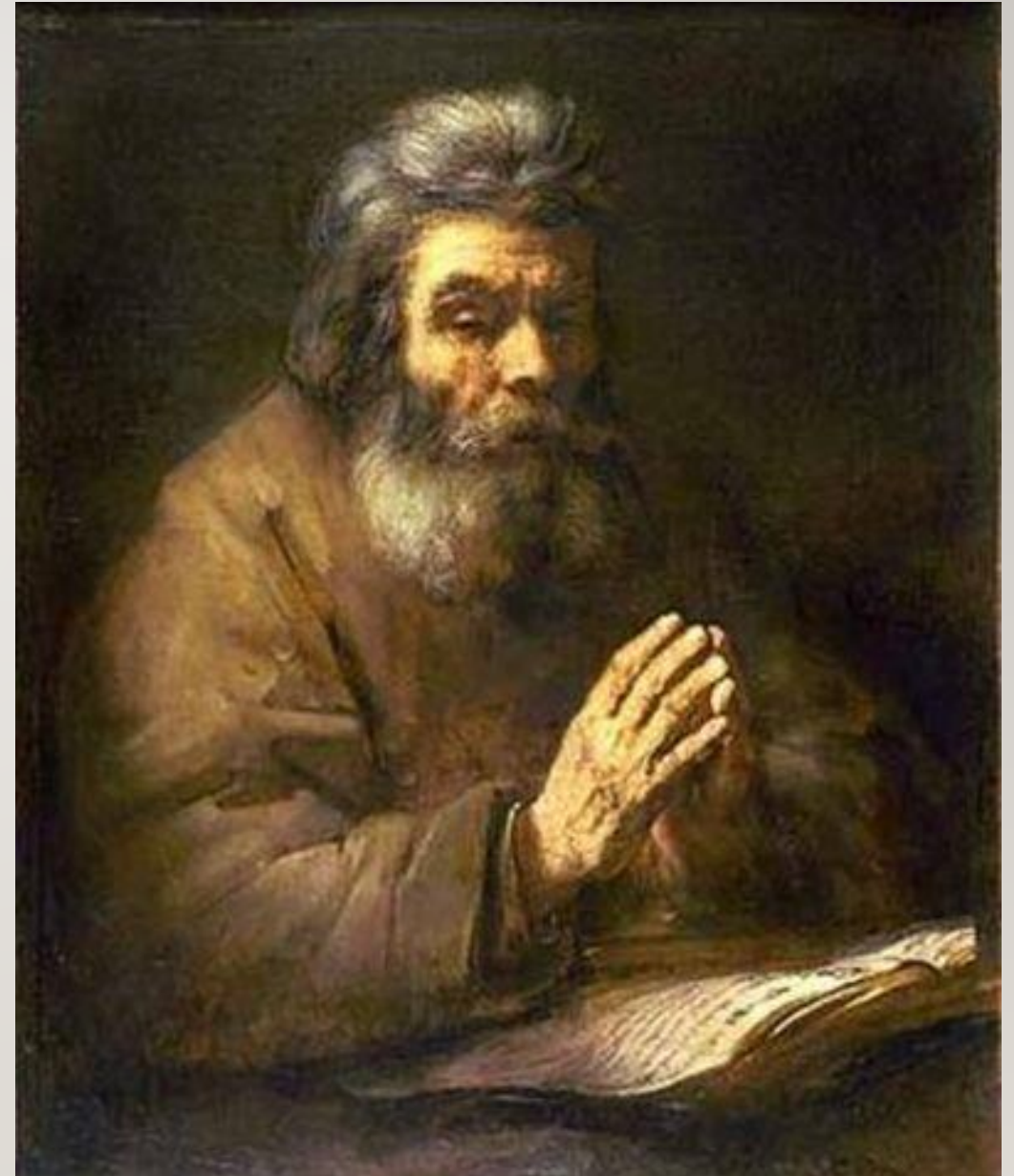


# THE RESILIENT

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## 5. Strengthened by God

- EX: St. Paul
  - “Concerning this thing I pleaded with the Lord three times that it might depart from me. And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.” (2 Cor. 12:8-9)
- “I can do all things through Christ who strengthens me.” (Phil. 4:13)



# THE RESILIENT

## 6. Know that repetition builds stamina and strength

- “And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope.” (Rom. 5:3-4)
- EX: St. Abracus (13th of Kiahk)



# SUMMARY

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## **Qualities of the resilient:**

1. Clear purpose and goal
2. Disciplined
3. Know that they will face challenges
4. Persevere in adversity
5. Strengthened by God
6. Know that repetition builds stamina and strength