

THE PATH OF RESILIENCE

I'm amazed at how some people seem to bounce back from what life throws at them. It could be a family tragedy, sickness or failure of some kind. They do the difficult task of getting back up and carrying on in the face of impossibility.

It requires strength and courage to get back on track after you have had some sort of hardship. In fact bouncing back from any tragedy requires resilience. Resilience is the capacity to get up, keep going and not allow the crisis to sideline you.

"Let's not allow ourselves to get fatigued doing good. At the right time we will harvest a good crop if we don't give up or quit." Galatians 6:9

No matter what you are facing today, the following practical steps will help consolidate you when tough times strike.

DON'T DWELL IN SILENCE

The key is not to shut down and pretend nothing is wrong. Give people that you trust the gift of being able to help you. One of the key components of resilience is having the right people around you. Share it, talk openly about how you're feeling, not only to friends or professionals but most importantly, to God. Do real rather than perfect. God is into real and He prefers it when we are!

ADJUST YOUR FOCUS

Life is a series of peaks and valleys. In any valley experience it's important to focus on what you can control, not what you can't. Your sight is in your control. The key to regaining perspective is to remember what you were aiming at. Bring light to your darkness by opening the door to your purpose. Your purpose has power to pull you up and pull you through the maze of any adversity.

LET IT GO DAILY

Whether it's forgiving someone else for an injustice, or being able to let go of past hurts and move on, letting go is an essential component of resilience. When you find yourself over thinking negative scenarios STOP and replace the thoughts with new ones. It's crucial that you create distance between what is right thinking and wrong thinking.

Growth and resilience increases as we walk with God in the circumstance. He will work what you are experiencing for good.