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Psalms 77:9-14 ⁹Has God forgotten to be gracious? Has he slammed the door on his compassion? *Interlude* ⁰And I said, "This is my fate; the Most High has turned his hand against me." ¹¹But then I recall all you have done, O Lord; I remember your wonderful deeds of long ago. ¹²They are constantly in my thoughts. I cannot stop thinking about your mighty works. ¹³O God, your ways are holy. Is there any god as mighty as you? ¹⁴You are the God of great wonders!

REVIEW

Mental Health
W1-Relationship
W2- Rest
W3- Remembering
W4- Resilience

Resilience: (James 1:12, Romans 5:2-6)

1. The capacity to withstand or to recover quickly from difficulties; toughness. "the remarkable resilience of so many institutions"
2. The ability of a substance or object to spring back into shape; elasticity.

CREATING, FINDING, & FOSTERING AN ENVIRONMENT OF RESILIENCE

Ingredients of Resilience

God's Word

- Psalms 119:105
- You can know the Truth and the Truth can set you free (John 8:32)
- My sheep know my voice and follow me (John 10:27-28)
- Don't just hear the word, but do it (James 1:22-25)
- Hebrews 6:18-20
- Test the spirits

God's People

- Encourage each other; warn each other daily (Hebrews 3:13)
- Iron sharpens iron (Proverb 27:17)
- Don't forsake the gathering of believers (Hebrews 10:25)
- When you fall alone you can't get up; Triple-braided cord (Eccl 4:8-12)
- 2 Timothy 4:3-4

Discipline & Opposition

- I discipline my body like an athlete (1 Corinthians 9:24-27)
- Remain in him, accept pruning (John 15:1-8)
- You will have many trials and sorrows, but don't lose heart (John 16:33)
- Hebrews 12:5-12

God's Presence

- Come to me all you who are weary and carry heavy burdens (Matt 11:28-30)
- Cast all your anxieties and cares on God for he cares about you (1 Peter 5:7)
- Go to God with pain - Cry out - Lament (Psalms 77)
- Hebrews 4:14-16
- Grace, Mercy, Love, Forgiveness

God's Strength & God's Grace

- Paul cried out three times (2 Corinthians 12:8-10)
- 2 Corinthians 1:8-10, 12

Allies & Enemies of Resilience

Allies

- Asking for help
- Getting medication
- Acceptance with steps and commitment
- Counseling
- Connection
- Fighting lies
- Be aware of the fight
- Discernment
- Skills and steps
- 2 Corinthians 10:3-5

Enemies

- Refusing discomfort
- Refusing comfort and help
- "KP. Yohannan" quote
- God comforts us in our troubles so we can turn around and comfort others in theirs.

CLOSE

- 1) What will you do with what you've heard today?
- 2) Are you going to be hearers or doers of the Word?

QUESTIONS:

1. What stood out to you in this week's sermon?
2. What is the hardest part for you about creating, finding, or fostering an environment of resilience?
3. Read 2 Corinthians 1: 8-12 & 2 Corinthians 12: 8-10
 - a. What can we learn from these passages?
 - b. Do you ever struggle to allow God's grace into your difficult situations or doubts? Why or Why not?
4. What is your biggest enemy to resilience in your life right now?
5. What is one growth step you can take towards God in this area?
6. Are you more prone to resisting discomfort or resisting help from God and others?
7. Have you ever struggled with your mental health? What is your biggest struggle currently?
8. Share your prayer requests.