

Life

#4: When your past hurts your present

How Do You Develop Resilience?

1. Embrace forgiveness

Hebrews 12:15 See to it that no one misses the grace of God and that no **bitter** root grows up to cause trouble and defile many.

2. Shake off the _____

a) _____

Joshua 7:10-12 The LORD said to Joshua, "Stand up! What are you doing down on your face? Israel has sinned; ... That is why the Israelites cannot stand against their enemies... I will not be with you anymore unless you destroy whatever among you is devoted to destruction.

b) Start asking _____

Proverbs 24:16 The godly may trip seven times, but they will get up again.

What can I take responsibility for today?

3. _____

Luke 14:28 "But don't begin until you count the cost. For who would begin construction of a building without first calculating the cost to see if there is enough money to finish it?"

4. Cling to _____

Micah 7:9 I have sinned against the LORD. And so I must endure his anger, until he comes to my defense. But I know that I will see him making things right for me and leading me to the light.

Deuteronomy 31:6 Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you.

Risks

Physical: go on a bike ride, start working out, join weight watchers or First Place, join a sports team

Emotional: opening up to someone about your true feelings or what you've been through, starting to forgive and let go of some bitterness, relinquishing some past hurt or disappointment

Intellectual: learn a new computer program, read 10 books in one year, take a class online or at a local school

Social: Plan a party, arrange a family reunion, join "Toastmasters", invite a bunch of people over for a barbeque, ask someone on a date, plan a romantic trip for your spouse

Financial: Buy a home, take a new job, cut up your credit cards, start tithing, support a child through World Vision, Pull the trigger on a major purchase, start writing a business plan

Spiritual: Get baptized, join a church, sign up for a class, join a life group, start regularly attending church, Ask Jesus to forgive you and take control of your life

A - Activating factor (You lose your job & can't find one)

B - Belief that's distorted (I'll never recover from this)

C - Emotional Consequence (You feel depressed)

D - Dispute the negative thought (I can recover)

E - Exchange it for a positive thought (See below)

*Despite the pain I'm feeling, God will help me through this and will bring good from this

*Despite what these people did to me, God has a great future for me

*These things hurt me, but these things will change

*I can't change the past. I can only forgive and ask god both to heal the pain I feel about the past and to help me move forward in my life.

*Some things I cannot figure out in advance. I must take life as it comes, one day at a time, trusting that God is in control and He will help me with everything that comes my way.