

Resilience in Reality

Ginger Hill, MS, MCHES, Good Health for Good Works

Reflections to Build the Disciplines of Resilience

Please visit: goodhealthforgoodworks.org/Resilience

Thinking

2 Cor. 10:5

Are you in the best position to process your thoughts and feelings? When was the last time you had a good night's sleep, a healthy meal, moved your body, had a glass of water, took a breath of fresh air, or had good laugh?

Briefly describe the facts associated with the reality that you are personally facing or that you are facing within your organization. What are you saying to yourself about what happened? What do the facts mean to you? What are the potential implications?

How does all this make you feel? Name the 3 primary feelings you are experiencing right now.

What does this situation say about who you are, where you are, and what you are doing?

How does what you say to yourself compare to what you might say to a close friend in the same situation?

What does this situation say about who God is, where God is, and what He is doing?

What are the attributes/works of God that are most relevant to your situation?

When/where have you been here before? How did God work in that situation and what did you learn?

What are your biggest questions for God and others right now?

Who is the best person to connect with to help you evaluate your thinking process?

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Responding
John 5:6

Are you stuck in the victim mentality? What is the story you are telling yourself and others that puts you in the role of the victim?

What are the things that you cannot influence/control in this situation? What are the possible choices that you do have in this situation?

What is your specific inquiry of God about this situation – the one thing you really need to know?

What is the “If...then...” emotional hook that could prevent you from moving forward?

*Where could you practice building your faith by taking a **small step** forward, even in uncertain and less than ideal circumstances?*

Who is the best person to connect with to hold you accountable to make choices and follow-through?

Growing
Phil. 1:6

As you walk through this situation, what is your “small win” for today? What are you thankful for?

Where, in this situation, are you angry with God? Where have you accepted & adapted to His instruction?

What God might be teaching you personally and how might He be preparing you to serve others because of this experience?

What have you learned so far, and how have you grown in wisdom, humility, faith, and obedience?

Where and how will you write down your story as this situation continues to unfold?

Who is the best person to share your story with in preparation for what comes next?

