

Disciplines of Resilience: Growing

David was resilient because he made his experiences meaningful by learning and growing and stewarding his experiences for the benefit of himself and others.



God is not done with you yet! (Phil. 4:6)

If we are going to be resilient, we, like David, need to be willing to learn the hard way.

It was because you, the Levites, did not bring it up the first time that the Lord our God broke out in anger against us. We did not inquire of him about how do to it in the prescribed way. So the priests and Levites consecrated themselves in order to bring up the ark of the Lord, the God of Israel. (1Chron. 15:13-14)

Our good Father sometimes disciplines us by allowing us to learn the hard way. It's not easy to learn the hard way and it requires that we make an important choice – to become angry at God or accept and adapt to what He is teaching us.

*...God disciplines us for our good, in order that we may share in his holiness.
No discipline seems pleasant at the time, but painful. (Heb.12:10-11)*

If we are going to be resilient, we, like David, need to steward our experiences for the benefit of ourselves and others.

Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. (Acts 13:22)

When we are resilient, we go through and grow through to find something good on the other side – even in the most difficult of circumstances. Many times, our sanctification and our most effective service comes out of our suffering, if we will allow God to walk us all the way through it.

Journaling Prompts to Build Resilience

Where in my difficult circumstance am I learning something the hard way?

In my circumstance, where am I angry and where have I accepted and adapted to God's growth process for me?

Where, in my circumstance, might I find meaning, purpose, or something of value?

How have I grown in wisdom, compassion, faith, and obedience?

What have I learned that I can take with me into my future to expand God's kingdom and build up the body of Christ with more effective service and encouragement?

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