

## Disciplines of Resilience: Responding



David was resilient because he accepted the responsibility to respond rather to run, retreat, or resign himself to the situation.

### Resilience = Responding with Choices

If we are going to be resilient, we, like David, need to accept the responsibility to choose because we always have a choice.

*...and David inquired of the LORD. (1 Sam. 30:8)*

To the man who was disabled for 38 years (*John 5:6*), Jesus asked, "Do you want to be made well?" Rather than answering with a decisive "yes" or "no" the man, instead, chose to tell Jesus his story about why he is unable to solve his situation. The way we talk about our difficult circumstances says a lot about our resilience. We all have a story to tell, but sometimes storytelling is a means to avoid responsibility to respond with resilience by making a choice (even if that choice is to do nothing and living with the consequences of that choice).

### Journaling Prompts to Build Resilience

Is there a story about my situation that I find myself repeating to myself, God, and others over and over again? What is my role in my story – victim or victor? Am I believing the lie that the things I can't change leave me with no choice?

What is the choice that God wants me to make in this situation?

### Resilience = Responding with Follow-Through

If we are going to be resilient, we, like David, need to accept the responsibility to follow-through on our God-inspired choices.

*I have found David son of Jesse, a man after my own heart; he will do everything I want him to do. (Acts 13:22)*

We can be inspired by David who followed God's instructions when they were unconventional, unpopular, and did not come with guaranteed outcomes. But we often struggle with our follow-through because of the emotional hook – the "If...then..." statement that keeps us paralyzed.

### Journaling Prompts to Build Resilience

Where do I find myself paralyzed in following through on my God-inspired choice?

What is the emotional hook that is keeping me paralyzed?

What "If...then..." story am I telling myself that I need to bring into the light?

Click [here](#) to subscribe to the *Good Ideas for Good Health* Newsletter

[www.goodhealthforgoodworks.org](http://www.goodhealthforgoodworks.org)

© Ginger Hill and Good Health for Good Works 2022. All rights reserved.

