

Disciplines of Resilience: Thinking

David was resilient because he “strengthened himself in the Lord” which enabled him to respond rather than run, retreat, or become resigned to his troubles.

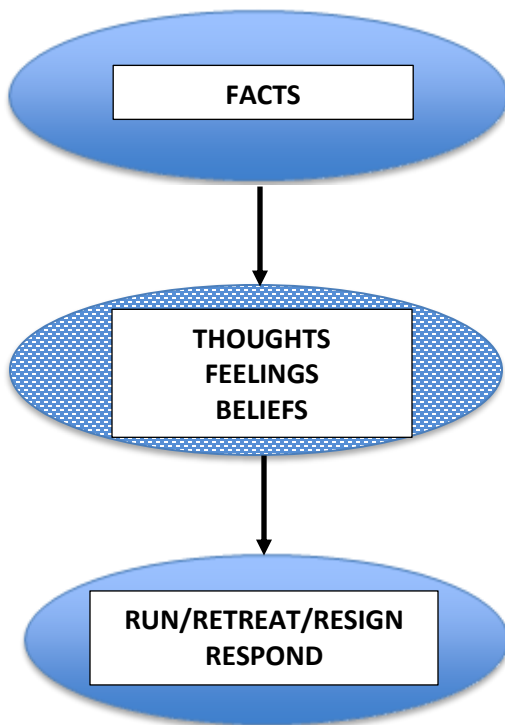


David was greatly distressed...But David found strength in the LORD his God. (1 Sam. 30:6)

If we are going to be resilient, we, like David in his Psalms, need to articulate the facts, our feelings, and the fundamentals of our faith with brutal honesty.

One of the most powerful predictors of how we respond to an event is what we say to ourselves about the event. The facts about a situation are not the primary driver of our response. Our response to the facts most often takes place only once we have processed the facts through the filter of our thoughts, feelings, and beliefs. And thoughts, feelings, and beliefs are manifest in our actions (run/retreat/resign or respond).

It is not without good reason that Paul instructs believers to examine and manage our thoughts “fitting every loose thought and emotion and impulse into the structure of life shaped by Christ” (2 Cor.10:5-6 MSG)



Journaling Prompts to Build Resilience

What am I saying to myself about the facts and what the facts mean? How do these thoughts make me feel?

When David cries out to God, he doesn't deny the details, minimize what they mean, or fake his difficult feelings.

What am I saying to myself about the apparent disconnect between the facts and my current faith experience? What am I saying about who God is, where God is, and what God is/isn't doing? How do these thoughts make me feel?

When David cries out to God, he doesn't cover in his confusion, but instead asks God direct questions. He doesn't deny his disappointment, but instead openly complains and laments.

What am I saying to myself to give fuel to my faith to respond, rather than run/retreat from or react to the uncertainty? What are the attributes of God and how have I seen them in God's work in my life and in the lives of others?

When David cries out to God, he tells himself the truth about God – what he knows and what he has experienced.

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