

SCRIPTURE READING: ROMANS 8:31-39

ALL IN

WEEK #3: EMOTIONAL RESILIENCY

Mark 12:30 - "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."

A or D - "Life is not about what happens to you, as much as how you handle what happens to you."

BEING "ALL IN" EMOTIONALLY WILL ENABLE ME TO...

1. Accept the fact that in life **events** happen.

- Romans 8:35,36 - *Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? 36 As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered."*
- Psalm 40:12 - *For troubles without number surround me; my sins have overtaken me, and I cannot see. They are more than the hairs of my head, and my heart fails within me.*

2. Produce **thoughts** that flow from faith and not fear.

- Psalm 13:1,2 - *How long, Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart?*
- Hebrews 13:5,6 - *God has said, "Never will I leave you; never will I forsake you." 6 So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"*
- Psalm 27:1 - *The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life of whom shall I be afraid?*

3. Have **feelings** that are directly influenced by God's Word.

- Zephaniah 3:17 - *The Lord your God is with you, he is mighty to save. He will take great delight in you. He will quiet you with his love; he will rejoice over you with singing.*
- Philippians 4:6,7 - *6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

- Romans 8:28 - *And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*

4. Respond with behavior that honors God and trusts his plan.

- Psalm 46:10 - *“Be still, and know that I am God;*
- Psalm 13:5,6 - *But I trust in your unfailing love; my heart rejoices in your salvation. I will sing the Lord’s praise, for he has been good to me.*
- Psalm 27:14 - *Wait for the Lord; be strong and take heart and wait for the Lord.*

Points to Ponder

- 1) Agree or Disagree: You can’t be emotionally all in and resilient if you aren’t first spiritually resilient. Why?

Note: If you missed Week #1, I would suggest you listen to it ASAP. If you did and don’t yet have a spiritual action plan, I would suggest you develop one ASAP.

- 2) Which of the following is the first thing you might do when unexpected or difficult life events happen (and be real)...a) turn to your friends, b) rely on yourself, c) have a personal pity party, d) post it on social media, e) question God, f) self-medicate, g) turn to God? Why is that the case?
- 3) What is the first thing you need to change when it comes to your emotional resiliency? Why? What benefits do you believe you will see in your behavior when you change it? What are the obstacles that have held you back in the past...what with God’s help will you do to overcome them?

Homework:

Produce a list of go-to passages (5-7...this week’s sermon has some good ideas) so that when life’s events come, commit them to memory, and rely on them the minute something happens so that your thoughts, feelings, and behavior are in line. Share your list with your CORE group, your family, and your life coach.