

# ALL IN

## WEEK #4: MENTAL RESILIENCY

*Job 38:36 - Who endowed the heart with wisdom or gave understanding to the mind ?*

### THE MIND IS A TERRIBLE THING TO WASTE!

1. Being all in mentally requires **effort!**

- Ecclesiastes 1:12-13 - *I, the Teacher, was king over Israel in Jerusalem. 13 I applied my mind to study and to explore by wisdom all that is done under the heavens. What a heavy burden God has laid on mankind!*
- Acts 17:11 - *Now the Berean Jews were of more noble character than those in Thessalonica, for they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true.*

2. Being all in mentally allows you to see the **big picture.**

- Colossians 3:2 - *Set your minds on things above, not on earthly things.*
- 1 Peter 1:13 - *Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming.*

3. Being all in mentally impacts how you **act.**

- Matthew 26:41- *“Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”*
- Romans 12:1,2 - *Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.*

## **Points to Ponder**

- 1) Why is it so important to be mentally resilient? Think of a time in your life when you were not mentally resilient and recall where or whom your focus was on...why did that affect you?
- 2) Connect the dots on how mental resiliency is tied to the other 3 legs of the “resiliency stool”...How does being spiritually resilient impact your mental resiliency? If you are not physically resilient, how does that affect your mind? If you are all in rationally and see the big picture, how does that affect you emotionally?

***Homework: Develop a plan to incorporate prayer into your daily routine. Think about a set time you will do it each day. Make a daily and weekly list of who and what you will pray for. Allow yourself to stop and pray when you feel you are weak. Take time to stop and be thankful during the day when they are things to simply thank God for. If you are married pray with and for your spouse every day.***