

JESUS' SECRETS OF RESILIENCE

Strategies for Stressful Times
Rick Warren

"Since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. Think of all the hostility he endured from sinful people; then you won't become weary and give up!"
Hebrews 12:1-3 (NLT)

1. _____ **(COMPASSION)**
"The Father loves me." John 10:17 (NLT)

"As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love." John 15:9-10 (NIV)

"What great love the Father has lavished on us, that we should be called children of God! And that is what we are!" 1 John 3:1 (NIV)

2. _____ **! (IDENTIFICATION)**
Mark 14:62, John 6:35, John 8:12, John 14:6

"I testify on my own behalf." John 8:18 (GNT)

Jesus: *"You are the salt of the earth . . . You are the light of the world . . . let your light shine."* Matthew 5:13-16 (NIV)

3. _____ **! (MOTIVATION)**
"I am not trying to do what I want, but only what he who sent me wants."
John 5:30 (GNT)

"I always do what pleases him." John 8:29 (NLT)

"No one can serve two masters." Luke 16:13 (NIV)

Paul: *"I'm not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ's servant."* Galatians 1:10 (NLT)

4. _____ **! (VOCATION)**
"I know where I came from and where I'm going." John 8:14 (NIV)

"A person who has doubts is thinking about two different things at the same time and can't make up his mind about anything." James 1:8 (GW)

"I urge you to live a life worthy of the calling you have received."
Ephesians 4:1 (NIV)

5. _____ **(CONCENTRATION)**
"As the time drew near for his return to heaven, he moved steadily onward toward Jerusalem with an iron will." Luke 9:51 (TLB)

"Anyone who lets himself be distracted from the work I plan for him is not fit for the Kingdom of God." Luke 9:62 (TLB)

"All things are lawful . . . but not all things are beneficial or advantageous. All things are lawful, but not all things are constructive [to character] and edifying [to spiritual life]." 1 Corinthians 10:23 (AMP)

6. _____ **(MEDITATION)**
"Jesus went out as usual to the Mount of Olives, and his disciples followed him."
Luke 22:39 (NIV)

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." Mark 1:35 (NIV)

"News about Jesus spread even more. Many people came to hear Jesus and to be healed . . . but Jesus often slipped away to be alone so he could pray."
Luke 5:15-16 (NCV)

"Plant your roots in Christ and let him be the foundation for your life."
Colossians 2:7 (CEV)

7. _____ **(COLLABORATION)**
"He appointed twelve that they might be with him." Mark 3:14 (NIV)

"He said to them, 'My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.'" Matthew 26:38 (NIV)

Next Step

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