

# REIMAGINE RESILIENCE



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REIMAGINING  
ABIDING

<sup>1</sup> Therefore, since we have been **made righteous** through **His faithfulness**, we have peace with our God through Jesus Christ. <sup>2</sup> We have **access by faith into this grace** in which we stand **through Him**, and we boast in the hope of God's glory.  
<sup>3</sup> **But not only that!**

We even take pride in our **problems** [tribulations], because we know that **trouble** produces **endurance** [perseverance], <sup>4</sup> **endurance** produces **character**, and **character** produces **hope**. <sup>5</sup> This hope **doesn't put us to shame** [does not disappoint], because the **love of God** has been poured out in our hearts through the Holy Spirit, who has been given to us.

**Romans 5:1-5** (CEB)

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# The Two Extremes

Fragility  
Toughness

# What resilience is not...



HOW  
TOUGH  
ARE YOU?

# Resilience (*noun*)

1. The ability to adapt or recover from challenging circumstances.
2. The ability to joyfully adapt, recover, and reengage quickly without distorting your sense of self, your view of God or His people.



# We are reimagining **these building blocks** of resilience:

- Failures (your own fault)
- Disappointments & Suffering (not your fault)
- Community
- Self Awareness and Emotional Regulation
- Self Care
- Joy and Gratitude
- Purpose

**Resilience is not the sweet  
fruit from trauma's tree.  
It is abiding *abiding* in Jesus,  
*connection* to others, and  
*purpose* (fruitfulness).**

<sup>1</sup>“I am the true vine, and My Father is the vinedresser. <sup>2</sup> Every branch in Me that does not bear fruit He takes away, **and every branch that does bear fruit He prunes**, that it may bear more fruit. <sup>3</sup> Already you are clean because of the word that I have spoken to you.

**John 15:1-11** (ESV)

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**4 Abide** [remain intertwined, get your sustenance] **in Me, and I in you.** As the branch **cannot bear fruit by itself,** unless it **abides in the vine,** neither can you, **unless you abide in Me.** **5** I am the vine; you are the branches. Whoever abides in Me and I in him, **he it is that bears much fruit,** for apart from Me **you can do nothing.**

<sup>6</sup> If anyone does not abide in Me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. <sup>7</sup> If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you. <sup>8</sup> By this My Father is glorified, **that you bear much fruit and so prove to be My disciples.**

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<sup>9</sup> As the Father has loved Me, so have I loved you. **Abide in My love.** <sup>10</sup> If you keep My commandments, you will abide in My love, just as I have kept My Father's commandments and abide in His love. <sup>11</sup> These things I have spoken to you, that My joy may be in you, **and that your joy may be full.**

1

When I abide in Jesus,  
I can trust the Vinedresser.

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1

WHEN I ABIDE IN JESUS, I CAN TRUST THE VINEDRESSER.

Adversity is inevitable as a  
follower of Jesus.

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<sup>18</sup> “If the world **hates you**, know that it **hated Me first**. <sup>19</sup> If you **belonged** to the world, the **world would love you as its own**. However, **I have chosen you** out of the world, and you don’t belong to the world. This is why the world hates you.

**John 15:18–20** (CEB)

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<sup>20</sup> Remember what I told you, 'Servants aren't greater than their master.' If the world harassed Me, it will harass you too. If it kept My word, it will also keep yours.

**John 15:18–20** (CEB)

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**1** WHEN I ABIDE IN JESUS, I CAN TRUST THE VINEDRESSER.

Pruning is different  
to damage.

<sup>1</sup> “I am the true vine, and My Father is the vinedresser.

<sup>2b</sup> and **every branch that does bear fruit He prunes**, that it may bear more fruit.

**John 15:1,2b** (ESV)

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2

When I abide in Jesus,  
I am connected to others.

This is my commandment: **love each other** just  
as I **have loved you.**

**John 15:12**

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3

When I abide in Jesus,  
I produced fruit that lasts.



<sup>16</sup> You didn't choose Me, but I chose you  
and appointed you so that you **could go and  
produce fruit and so that your fruit could last.**

**John 15:16 (NIV)**

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