

REIMAGINE RESILIENCE



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A wooden frame containing a black letterboard with the text "REIMAGINING SUFFERING" on a dark blue textured background.

REIMAGINING
SUFFERING

Resilience (*noun*)

- The ability to **joyfully adapt, recover, and reengage** quickly without **distorting** your sense of **self**, your view of **God or His people**.

Building blocks of **Resilience**:

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

Suffering is a building block of resilience because it helps us to be prepared, it activates wisdom, and produces joy.

1

Prepare for trials.

¹² Beloved, **do not be surprised** [do not think it strange] at the fiery **trial** when it comes upon you **to test you**, as though **something strange** [alien] **were happening to you.** ¹³ **But rejoice** insofar as you **share Christ's sufferings**, that you **may also rejoice** and be glad **when His glory is revealed.**

2

Activate wisdom.

² Count it **all joy**, my brothers, when you **meet trials of various kinds**, ³ for you know that the **testing** of your **faith produces steadfastness**.
⁴ And let **steadfastness** have its **full effect**, that you may be **perfect and complete, lacking in nothing**. ⁵ If **any of you lacks wisdom**, let him **ask God**, who gives generously to all without reproach, and it will be given him.

James 1:2-5 (ESV)

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2

ACTIVATE WISDOM

Is this a trial or a temptation,
is this suffering or sinfulness?

2

ACTIVATE WISDOM

Do I endure or do I escape?

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3

Produces joy.

² Count it **all joy**, my brothers, when you **meet trials of various kinds**, ³ for you know that the **testing** of your **faith produces steadfastness**.
⁴ And let **steadfastness** have its **full effect**, that you may be **perfect and complete, lacking in nothing**.

¹³ **But rejoice** insofar as you **share Christ's sufferings**, that you **may also rejoice** and be glad **when His glory is revealed**. ¹⁴ If you are **insulted** for the name of Christ, you are blessed, because the Spirit of glory and of God rests upon you.

3

PRODUCES JOY

A deeper intimacy.

REIMAGINE RESILIENCE



“I have learned to kiss the wave that throws me against the Rock of Ages.”

CHARLES SPURGEON

3

PRODUCES JOY

An attractive and
resilient soul.

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