

# Remaining Strong in the Heat of Life

*Jeremiah 17:7-8 "Blessed is the man who trusts in the Lord, whose trust is the Lord. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit." -ESV*

The ABC's of Building Resilience:

## **A. Appreciation and Quieting**

*Nehemiah 8:10 ...the joy of the Lord is your strength. -ESV*

Joy means someone is glad to be with you.

Joy strengthens your true identity.

Joy builds your capacity to handle stress.

*Isaiah 30:15 For thus said the Lord God, the Holy One of Israel, "In returning and rest you shall be saved; in quietness and in trust shall be your strength." But you were unwilling, -ESV*

*Psalms 46:10 "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" -ESV*

## **B. Beliefs** (Especially about who we are and how God is to us).

*Ephesians 4:20-24 But that is not the way you learned Christ!—assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness. -ESV*

## **C. Connection** to God and other people

*Psalms 59:17 O my Strength, I will sing praises to you, for you, O God, are my fortress, the God who shows me steadfast love. -ESV*

*Exodus 33:14 "My presence will go with you, and I will give you rest." -ESV*

*2 Corinthians 7:5-7 For even when we came into Macedonia, our bodies had no rest, but we were afflicted at every turn—fighting without and fear within. But God, who comforts the downcast, comforted us by the coming of Titus, and not only by his coming but also by the comfort with which he was comforted by you, as he told us of your longing, your mourning, your zeal for me, so that I rejoiced still more. -ESV*

*John 16:33 I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." -ESV*

## **D. Do what is right** (don't sabotage the strength God is forming in you)

Take care of your body (sleep, food, exercise, time outside)

Obey God – are you resisting something God is asking of you?

*Isaiah 32:17 And the effect of righteousness will be peace, and the result of righteousness, quietness and trust forever.*

## Joyful Journey **Listening to Immanuel** (God with Us)

**STEP ONE— Gratitude.** *Write anything I appreciate and then write God's response to my gratitude.*

*Dear God, I'm thankful for ....*

*Dear child of mine ....*

**STEP TWO—I can see you.** *Write from God's perspective what he observes in you right now, including your physical sensations.*

*I can see you at your desk. Your breathing is shallow and your shoulders are tight ....*

**STEP THREE— I can hear you.** *Write from God's perspective what he hears you saying to yourself.*

*You are wondering if I will speak to you and how you would ever know. You are discouraged and tired ....*

*OR: You woke up full of energy this morning. You are ready to take on the world. Your mind is buzzing ....*

**STEP FOUR— I understand how big this is for you.** *How does God see your dreams, blessings or upsets and troubles?*

*I want you to know that I care about what matters to you. Your desire to honor me brings me great pleasure ....*

*OR: I understand how intimidated you feel. This situation feels all-consuming to you as if you are about to sink ....*

**STEP FIVE— I am glad to be with you and treat your weakness tenderly.** *How does God express his desire to participate with your life?*

*Your dreams are precious to me. I fill you with life each day and really enjoy your desire to ....*

*OR: I see your discouragement after yelling again. Times when you are frustrated and tired are when I want to be closer to you ....*

**STEP SIX— I can do something about what you are going through.** *What does God give you for this time?*

*Come away with me. I offer you times of refreshing, new energy and vision ....*

*OR: I will strengthen you. Remember how your friend encouraged you last week? With me you are not alone ....*

**STEP SEVEN — Read what you have written aloud (preferably to someone).**

This exercise is from Joyful Journey: Listening to Immanuel by E. James Wilder, Anna Kang, John and Sungshim Loppnow ©2015. [www.lifemodelworks.org](http://www.lifemodelworks.org)