

Renovation: Resiliency
Pastor Colleen Rouse
May 9-10, 2020

Resiliency: (def) the power or ability to return to the original form, position, after being bent, compressed, or stretched; elasticity, the ability to recover readily from illness, depression, adversity, or the like; buoyancy

1. Resiliency is **inherent**.

Psalm 139:13 TPT

You formed my innermost being, shaping my delicate inside and my intricate outside, and wove them all together in my mother's womb.

2. Resiliency renews **perspective**.

2 Corinthians 4:16-18 TPT

So no wonder we don't give up. For even though our outer person gradually wears out, our inner being is renewed every single day. We view our slight, short-lived troubles in the light of eternity. We see our difficulties as the substance that produces for us an eternal, weighty glory far beyond all comparison, because we don't focus our attention on what is seen but on what is unseen. For what is seen is temporary, but the unseen realm is eternal.

Romans 8:28 TPT

So we are convinced that every detail of our lives is continually woven together to fit into God's perfect plan of bringing good into our lives, for we are his lovers who have been called to fulfill his designed purpose.

3. Resiliency reshapes **suffering**.

1 Peter 4:12-13 TPT

Beloved friends, if life gets extremely difficult, with many tests, don't be bewildered as though something strange were overwhelming you. Instead, continue to rejoice, for you, in a measure, have shared in the

sufferings of the Anointed One so that you can share in the revelation of his glory and celebrate with even greater gladness!

“Suffering in its simplest form comes in the space between what we thought would be and what is.” — Katherine Wolf, *Suffer Strong*

1 Thessalonians 5:16-18 NKJV

Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.

4. Resiliency is a **pathway**.

Ephesians 4:26 NLT

And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry.

Romans 8:28 TPT

So we are convinced that every detail of our lives is continually woven together to fit into God’s perfect plan of bringing good into our lives, for we are his lovers who have been called to fulfill his designed purpose.