

## Introduction:

**Resilient:** the ability to withstand or recover from a difficult situation.

**How do we have resiliency in the face of difficult situations?**

### **Review:**

1. It's tempting – What to do when temptation knocks.
2. It's emotional – How to navigate the destructive emotions that we experience.
3. It's powerful – Our response to God's Word and what it does to transform us.

### **It's practical:**

*<sup>26</sup> Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless. <sup>27</sup> Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.*

James 1:26-27 (NIV)

### **Questions:**

- What do resilient people do?
- What are their habits?
- What are their practices?

### Three spiritual practices of resilient people:

#### 1. Bite your \_\_\_\_\_.

*...yet do not keep a **tight rein** on their tongues deceive themselves...*

James 1:26 (NIV)

*A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.*

Luke 6:45 (NIV)

#### Rein in:

- Gossip
- Slander
- Criticism
- Negativity
- Crudeness
- Harshness

## Resilient

Withstanding the Storms of Life  
Teacher: Ryan Ingram

(Part 4)

## It's Practical

James 1:26-27

2. Roll up your \_\_\_\_\_ and \_\_\_\_\_.

...**look after** orphans and widows in their distress...

James 1:27 (NIV)

*The only thing that counts is faith expressing itself through love.*

Galatians 5:6b (NIV)

Followers of Jesus are to look after:

- The \_\_\_\_\_
- The \_\_\_\_\_
- The \_\_\_\_\_

“Do for one what you wish you could do for everyone.”

Andy Stanley

3. Engage in a \_\_\_\_\_.

...**keep oneself** from being polluted by the world...

James 1:27 (NIV)

*Above all else, **guard** your heart, for everything you do flows from it.*

Proverbs 4:23 (NIV)

- **Identify the toxins in** \_\_\_\_\_.
- **Begin a daily habit of** \_\_\_\_\_.

1 John 2:15-17

Romans 12:1-2

“We are half-hearted creatures, fooling about with drink, and sex, and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased.”

C.S. Lewis

**Discussion Questions:**

1. What does your speech reveal about your heart?
2. Have you ever been overlooked? How did you feel and how did you react? Can you think of someone in your life who is overlooked? How can you reach out to them?
3. Take a moment and read 1 John 2:15-17. What toxins are polluting your life and what is the source of that toxin?
4. What practical steps will you take to form a daily habit of clean thinking?