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	1. Purpose: To understand that not all life-altering pain or setback that you go through is bad. Going through a major adversity or challenge in your life is often the conduit that leads you through the process of discovering your purpose, activating or regaining your power, gaining wisdom and maturity. It helps you to build your character of perseverance which lead to the fulfillment of God’s plan for your life that leads to a hope and a future. (Jeremiah 29:11)
	2. What would my reader gain or what would be their call to action:
		1. They will identify how going through their specific challenge help them to build up their faith in God and how it helps them to strengthen their comeback muscle as an overcomer.
		2. The tools and strategies that will be shared throughout each chapter of the book will serve as a guideline that would equip my reader with a simple practical way on how to thrive while still going through adversity. Each chapter will highlight my specific journey on how prayer, God’s Word and faith and total surrender to Holy Spirit guidance helps me to live day to day with three Chronic illnesses and yet still thrive.

**Introduction**

The scars on my body tell the story of the pain that I live with every day of my life. Each one tells the story of the battles that I’ve fought physically, emotionally, and spiritually. Nobody knows what it is like to live with pain in my body that hurts every day. People say that I am strong and resilient. They say that I am an overcomer and an anointed woman of God, but what they don’t see is the inner struggle that I deal with daily. The pain of feeling like a failure on not saving my marriage, the pain of feeling alone and lonely, the pain of feeling unsuccessful in life while being that sister friend that everyone was thinking I was supposed to be and the burden of carrying these scars when no one truly understands.

Life has a way of dealing you challenges and hurts that you believe you cannot overcome or recover from. We find ourselves in places where the pain or setback that we face seem too great and the disappointment too deep. It feels like we find ourselves in a cycle of sorrow and the hope of overcoming challenges is insurmountable and unattainable. But what if I told you that the pain and setbacks that you once believed you could not overcome is not the end of your story, but the beginning of your journey to pushing pass your pain into your power.

German Philosopher, Friedrich Nietzsche famous quote states “Out of life’s school of war—what doesn’t kill me, make me stronger.” This quote portrays a picture of resilience and affirmation of overcoming adversity. I have come to realize that the numerous adversities that I was experiencing were not meant to break me but to empower me. Over the years, I have learned to push past my pain and setbacks into a place of power not because I was strong but by the strength that I receive from my faith in God. You see, the pain and setbacks that I experienced, as crippling as they can be, was the very thing that led me to a deeper understanding of my purpose and identity.

It is important to understand that not all life-altering pain or setbacks that you go through is bad. Going through a major adversity or challenge in your life is often the catalyst for growth, for resilience, for transformation that leads you through the process of discovering your purpose, activating or regaining your power, gaining wisdom and maturity. It helps you to build your character of perseverance which leads to the fulfillment of God’s plan for your life. (Jeremiah 29:11, NLT)

The word “resilient” means changing your thinking and the way you live. Looking beyond your situation and making the decision to reclaim your life and become the person that you have always wanted to become. As we journey together through this book, I’ll share tools and strategies that will help you to live a life of resilience which empowers you through adversity. Whether it’s pain from loss, from broken relationships, financial struggle, or even physical illness, we’ll uncover how to overcome these challenges and strengthen your comeback muscle as an overcomer and thrive.

The tools and strategies that will be shared throughout each chapter of the book will serve as a roadmap that would guide you with a simple practical way on how to thrive while going through adversity. Each chapter will highlight my specific journey on how prayer, faith, biblical principles, and total surrender to Holy Spirit guidance helps me to live daily in spite of whatever pain and challenges that I am experiencing. So, what is the first step? Understand adversity from a biblical perspective, and how God uses it to build resilience in us. Let’s begin!

**Chapter 1**

**Understanding Adversity: A Biblical Perspective**

***Though the Lord gave you adversity for food and suffering for
drink, he will still be with you to teach you. You will see your
teacher with your own eyes. -- Isaiah 30:20 (NLT)***

Adversity is defined as a state or instance of serious or continued difficulty or misfortune. Adversity refers to any event or set of circumstances that causes significant difficulty, distress, or suffering. It can come unexpectantly and take many different forms affecting every area of our lives. One of the greatest misconceptions of living a life of faith is that we are immune to hardships and adversities. Throughout His ministry, Jesus endured many trials and tribulations because of completing His assignment on earth. Since Jesus is our map and model by which we live our lives by, the expectation of facing unspeakable and unexplainable hardship and difficulties that rock the very core or our existence is inevitable. Isaiah 43:2 says ***“When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.” (NLT)*** In the text, the prophet Isaiah clearly outlined that as children of God, we will have adversity in our lives, but we will not deal with it alone. The promise of God will there with us every step of the way brings a level of comfort and peace that we can endure whatever the challenge might be.

As born-again believers there is a level of adversity that we expect to go through that helps us grow in our knowledge of God and our Lord and Savior Jesus Christ. In that growth, we learn and develop the necessary tools needed to succeed in life and we learn how to develop our comeback muscles when adversity happens in our life. God expects us to know Him and how He works in our lives. Having that understanding helps us to know that it is through His leadership and guidance that help us when distractions, challenges and setbacks in our lives occurs.

Maturity only comes from weathering storms that defines our true core values and character. James 1:2-4 states ***2Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. 3For you know that when your faith is tested, your endurance has a chance to grow. 4So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.*** (NLT) In this text, believers are challenged to rejoice when faced with trials and tribulations for the testing of their faith produces perseverance which leads to maturity in their lives. The knowledge of overcoming various trials in life leads to a completeness and wholeness which is something to rejoice about.

**Characteristics of Adversity**

Adversity can take many forms be it a job loss, a major health crisis, the end of a relationship, death of loved ones, or a financial challenge. No matter the form of adversity, it is how we understand and navigate that adversity successfully plays a critical role in our ability to grow and prosper. Let's examine some key characteristics of adversity and explore its meaning:

* **Emotional adversity**: Individuals struggle with grief, anxiety or lack of companionship that arises from separation. A few examples are divorce, death of a loved one, etc.
* **Relational adversity**: Conflicts in relationships whether it is family, friends, church member family, etc. This can leave you feeling abandoned, rejected or feeling unsupported.
* **Financial adversity**: This includes job loss, debt crisis, unexpected expenses because of the separation of additional income or revenue which can cause stress or strain.
* **Health related adversity**. Facing serious illness, dealing with a chronic illness or caring for a loved one who is sick.

**Refined through Adversity: My Story**

In August of 2019, I received what I believed was my miracle—my long-awaited kidney transplant. After enduring 10 years of waiting, filled with the weight of emotions only those walking through such a valley can truly understand, my hope began to rise. Year after year, I had held on, enduring the emotional toll of illness, but when the transplant came, it was as if I had finally been set free. I experienced a joy and peace that words could not fully express, a sense of victory over the years of struggle. It was more than just a new kidney; it was a renewed sense of life, purpose, and a freedom that I had been yearning for.

But then, in August of 2023, I received a call that changed everything. My “miracle” kidney was now in chronic failure. I was told that the kidney had resulted into chronic rejection, and I would need to return to dialysis—a process I thought I had left behind for good.

The disappointment that I felt was overwhelming. In that moment, it felt as though the years of freedom, the victory I had tasted, vanished in an instant. I was plunged back into the depths of emotions I had worked so hard to rise above: fear, frustration, hopelessness. Why, God? I asked over and over. Why again? It felt like rejection, not just of my body but of my spirit, of my belief in the miracle I had celebrated. The flood of negative thoughts began to consume me: Was it my fault? Was my faith in God misplaced? Was this a punishment? What did I do wrong?

As believers, we know adversity is not new. Yet, when it happens to us, it feels personal and overwhelming. I wrestled with thoughts of failure and doubt. But slowly, as I sat in that moment of despair, I was reminded of one unshakeable truth: Every adversity we face is either God-ordained or God-allowed. Nothing happens in our lives without purpose. While I couldn’t understand why I was back in this position again, I had to hold on to the truth that God was still present and His will for my life is still at work.

Every champion knows pain. Every person God uses powerfully knows what it means to walk through fire. For example, Moses, who was chosen to deliver the children of Isreal from bondage from the land of Egypt, had to endure rejection from his people and wandering from the desert, Daniel, who found himself in a lion’s den, or Job, who lost everything, only to see God restore his life double fold, and Joseph was hated by his brothers, sold as a slave, wrongfully accused and prisoned, abandoned only to be given the second reigning position outside of Pharoh during the famine. Lastly, Jesus Himself endured the agony of the cross for the sake of all mankind.

Adversity is not a sign that God has abandoned us—it’s often the very tool He uses to mold us, refine us, and ultimately bring us closer to Him. As a mother, I think of the birthing pains I endured before bringing my children into the world. In the moment, the pain seemed unbearable, but once I held those precious lives in my arms, the pain faded into joy. That’s what adversity does: it gives birth to new seasons, new blessings, and new strength.

When my transplant failed, I didn’t immediately see the blessing in returning to dialysis. I felt like my story was taking a step back. But the truth is, sometimes what feels like a setback is actually a setup for a greater testimony. The Bible reminds us in Psalm 30:5, "Weeping may endure for a night, but joy comes in the morning." (NIV) God’s favor lasts a lifetime, and even in the darkest times of our lives, morning is coming for trouble don’t last always.

Adversity shapes us. It humbles us, teaches us perseverance, and builds in us the resilience we need to fulfill God’s purpose. Every assignment in life, every calling, will involve seasons of hardship, but those very hardships are often the doorway to God’s greatest blessings.

We are not exempt from suffering, but we are empowered to overcome it. 2 Corinthians 4:8-9

says, “We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.” (NIV) These trials are not meant to destroy us but to refine us, to push us forward into the fullness of God’s promises.

In that moment of kidney rejection, I had a choice. I could allow this setback to crush me, or I could choose to stand in faith, trusting that God had a greater plan. As you read this book, I encourage you to look at your own life-altering adversity with the same perspective. God has not abandoned you. Your setback is not the end of your story—it is the stage for your greatest comeback. We are warriors, and through Christ, we are more than conquerors.

**Proper Response to Adversity**

For many of us, it might be easy to blame God for our mishaps or continue to wallow in our cycle of sorrow.  There is a phrase that Dr. Charles Stanley says all the time: "Don’t waste your sorrow.”  He goes on to say, “Nobody likes pain; however, if you have to go through whatever pain that you must endure, then you don’t want to waste the emotion that is developed from that pain, but you would rather grow from it and mature from it instead.”  Growing spiritually during adversity helps develop patience, fortitude and Godly character that allow one to find their purpose and form their core values.  Understanding and responding appropriately to adversity are critical components of growth.  Below are seven strategies for dealing with it effectively:

1. See it as coming from God. According to John 16:13, the Holy Spirit, who is our Advocate who lives inside us, will guide us in all truth, and He will only speak what He hears from God.
2. Understand what God’s goal for that adversity in my life is.
3. Surrender our will to His will.  God’s plan is the best!
4. Live by Faith!  God is faithful and trustworthy!
5. Trust in God and lean not to your own understanding.  Proverbs 3:56 (NIV)
6. Understand and Learn the biblical trust that affirms our growth through adversity.
7. Adversity in God is most effective way for deepening our faith and commitment to Him.

As Christians, our spiritual growth will be determined by seeing adversity as an opportunity, not an obstacle.  Holy spirit’s role is to help us through adversity and help us to grow in relationship of Jesus Christ.  So, how do we face adversity?  By believing that God will bring us through it, and He will walk with us through the process and never fail us.  Having a personal relationship with God is necessary to survive and live in this world.  For everyday wickedness is evil desires and deeds are heightened and present.  Only through the knowledge of God and His righteousness, grace, and joy can we overcome and live the abundant life we desire.

**Reflection/Recap**

* Adversity is inevitable in a Christian life
* God uses adversity as a tool for Spiritual Maturity
* We have a promise that God will be with us and never leave us
* All things work together for my good

**Call To Action:**

**Identify a Challenge**: Write down the characteristics of adversity that you experienced (i.e. personal, financial, emotional) and how it impacted on your mental and physical well-being.

**Reflect on Growth**: How did you navigate the challenge? What did you learn from that experience?

**Chapter 2**

**Not a Victim, but a Victor**

***Yet in all these things we are more than conquerors
through Him who loved us. - - Romans 8:37 (NLT)***

Our identities are usually defined by our experiences. More importantly, painful experiences often leave a long-lasting imprint on how we view ourselves and our self-worth. For many of us setbacks introduce us to self-doubt that leads us to believe that we are defined by our setbacks and challenges. But the real truth is our struggles does not define who we are nor does it determine our outcome. Although our struggles are present and real, our true self is defined by who God says we are as individuals.

**Redefining our identity through Adversity**

Recognizing who we are when faces with adversities provides us with the foundation of strength, motivation, and determination that allows us to persevere when under pressure. When dealing with pain or setbacks, it can lead us to assess ourselves through the lens of loss, failure or rejection. By associating ourselves with our adversities, we often believe the falsehoods about who we are. We begin to define ourselves as being “broken”, “unworthy”, and “not enough.” The good things is the fact that God sees beyond our circumstances and sees our true self. God’s love for us supersede our problems leaving us to see redemption in His saving grace. This grace gives us the hope and strength to overcome our situations which helps us to build up character that defines who we are which is a Champion!

**Living as Conquerors in Christ**

Champions are created out of overcoming adversities. A clear understanding of one’s identity is recognized by how we deal with our setbacks. Once we recognize our identity lies with how God defines us, living our lives victoriously become easier. Our setbacks or challenges refines us rather than defines us. Roman 8:37 says ***“Yet in all these things we are more than conquerors through Him who loved us.” (NLT)*** This verse alters our mindset where we see ourselves as conquerors in Christ rather than victims. Being a conqueror suggest that we will have adversities in our lives, but we are not to worry for it is through Jesus Christ that we are able to overcome our challenges for John 16:33 states ***“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”*** ***(NIV)*** So, rather than seeing ourselves as victims, we are to see ourselves as victor for our strength comes from God to overall our pain and setback.

**Personal Declarations and Affirmations**

I want to take a moment to walk you through three powerful affirmations that helped me to keep moving forward when faced with five major losses in my life (my faith, my mindset, my health, my relationship and my finances). Each one of those losses had a significant impact in my life and my ability to overcome these losses in the future. These five personal declarations and affirmations transformed the way that think and act while going through my challenges.

Recite these declarations and affirmations daily for maximum impact and transformation within your spirit:

Affirmation 1: “I am more than a conqueror through Christ who strengthens me.”

Affirmation 2: “My setback does not define me or dictate my outcome.”

Affirmation 3: “I am Enough!”

Affirmation 4: “My God shall supply all my needs according to His riches and glory.”

Affirmation 5: “I have never seen the righteous forsaken or begging for bread!”

These affirmations train your mindset from victim to victor. Through the eyes of God, you are victorious and empowered!

**Divine Purpose**

Divine purpose is the plan that God has for our individuals’ lives. Each one of us have been given an assignment by God to fulfill on earth. Our lives are meaningless if we do not complete our given assignment. It is written that our salvation came with a cost, so it is our charge to search out and complete what we have been called to do on earth.

For example, In an exercise that I participated in called “Positive plates” at a leadership training session, we were given instructions to write on a plate the attributes that we see in the individuals that was in the room. We were given instructions to choose at least 7 people to write one positive word on their plate. I was amazed at the attributes written on my plate by which most of them defined my character were strong, intelligent, smart, resilient, powerful, anointed, strong, and humble. As believers, we are created in God’s image and each one of those attributes exist in Christ.

Our lives our meaningless if we fail to fulfill God’s plan for it. God’s purpose is general, and it applies to everyone, and it affects every area of our lives including work and ministry. Jeremiah 1:5 says ***“I knew you before I formed you in your mother’s womb. Before you were born I set you apart and appointed you as my prophet to the nations.”*** This text suggests that embracing God’s love and grace through faith in Jesus Christ represents our likeness and character of who we are as Christians. When we identify with who we are and our divine purpose it is easy to complete our divine purpose. In Isaiah 43:1, God says ***“to his children not to fear for He has redeemed and called them by name - you belong to Me.***" This verse reminds us that our worth comes from within rather than external influences. God calls everyone by name intimately knowing them well beyond any injuries suffered in our trials and heartaches.

**Reflection/Recap**

In this chapter, we explored what it means to define yourself not by your pain but by your identity in Christ. We learned:

* Painful experiences can make us question our worth, but our identity is rooted in God’s truth, not in life’s hardships.
* Our self-worth is not tied to our past but to who God says we are—redeemed, known by name, and cherished.
* Living as conquerors in Christ means embracing resilience, seeing our challenges as steps toward growth rather than obstacles.

**Call to Action**

1. **Create Your Declarations**: Based on the insights from *Isaiah 43:1* and *Romans 8:37*, create three personal declarations that affirms your identity in Christ.

**Chapter 3**

**So As a Man Think**

***For as he thinks in his heart, so is he – Proverbs 23:7a (NLT)***

**Introduction**

The heart is the center hub of our emotions. It holds our mind, will and intellect. It is where the place where our life, strength, and understanding exist. The heart is the place where all our thoughts, passions, and decisions are made. Our thoughts frame who we are and who we will become. Proverbs 23:7a says “As a man thinks in his heart, so is he.” This text gives us an understanding that it is what’s in a person’s heart that defines that individual character and true inner self. Usually what a person does and says can be two different things.

It is our thoughts that impact our lives and how we bring them into alignment to build up resilience and courage during adversary. Our minds are powerful. The thoughts we nurture can shape our perspective, influence our decisions, and even define the course of our lives. When we go through pain or setbacks, it’s easy for limiting beliefs to take root that tell us we’re unworthy, incapable, or destined for failure. According to Romans 12:2, God tells us to our renewed mind, a mindset that is set on God’s truth rather than fear, doubt, or negativity.

**Killing Your Inner Critic**

Each of us has an inner critic, an inner voice that heightens our insecurities, past hurts and limitations. This voice distorts our view of ourselves, undermines our confidence and limits our God-given potential. When we let our inner critic dominate, we believe the lies that it says about who we are and what we can achieve. Nevertheless, we have the power to silence our inner critic and renew our mind by believing in the word of God and trusting in what it says.

**Confronting Limiting Beliefs**

Limiting beliefs begin as negative thoughts, if left unchecked, it impacts every area of our lives. These beliefs convince us that our self-worth and values are defined by our pain or setbacks. Recognizing and addressing these limiting beliefs is essential to breaking free from the negativity that holds us back. When I was going through a divorce, I no longer felt like the strong, dominant person that I was at that moment. Guilt, shame, and failure were my dominant emotions. I began to adapt a sense that I had nothing to offer and that my accomplishments did not matter. Once I identified and confront those limiting beliefs, I began to saturate my thoughts with affirming scriptures that helped me to overcome negative thoughts and live a life of resilience and confidence. Transformation begins when we reject old, limiting beliefs and renew our minds with God’s promises.

**Healing Thoughts**

It is essential to let go of a negative mindset and embrace a mindset that brings peace and healing. Forgiveness is a powerful tool for healing. When we choose to forgive, we free ourselves from thoughts of negativity and bitterness and replace our thoughts with peace. Colossians 3:13 says ***“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”*** Our text defines that holding onto grudges towards others can cloud our mindset, keeping us bound to past pain. By forgiving others, we are freeing ourselves from the emotional and mental bondage of unforgiveness.

**Kingdom Mindset**

To live resiliently, it's vital that we align our thoughts with God's values rather than worldly ones. A Kingdom mindset encourages us to see ourselves the way God sees us and focus on God's eternal perspective. Adopting a Kingdom mindset helps us begin to see ourselves from God's perspective. Ephesians 2:10 says ***“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” (NIV)*** In our text, we are reminded that we were made for good works through Christ Jesus. With this mindset in place, trials become growth opportunities as God creates and shapes us further for his purposes no matter our trials or circumstances. In Isaiah 64:8, God is identified as the "Potter”, and we are the “Clay” shaping and refining us each step of the way until finally He forms us into perfect vessels fit to for the Master’s use.

A Kingdom mindset helps us shed worldly values that add stress and confusion, in favor of spiritual growth and obedience to God instead. Matthew 6:33 calls us to “Seek first the Kingdom of God and His righteousness” before all else, setting our minds on the things above and not on earthly materials or personal desires. By prioritizing Kingdom values over everything else, we will find peace and meaning that transcend any obstacle.

**Reflect/Recap**

* + We have the power within us to kill our inner critic by aligning our thoughts with the Word of God and its promises.
	+ Forgiveness frees us from our past hurts which creates a space for healing and peace.
	+ We are God’s handiwork create for purpose and fulfilling Kingdom principles on earth.
	+ Aligning with Kingdom values helps us to develop resilience in challenging times.

**Call to Action**

1. **Silence Your Inner Critic:** For each thought, find a scriptural truth to counter it, and write them down as daily affirmations.
2. **Adopt a Kingdom Mindset:** Each morning, reflect on your God-given gifts, and pray for the courage to use them according to His purpose.

**Journey to Resilient Living**

**Chapter 4**

**Defining Resilience: A Biblical Perspective**

***For a righteous man may fall seven times and rise again,
But the wicked shall fall by calamity – Proverbs 24:16 (NIV)***

**Resilience: What does it Mean?**

Merriam-Webster Dictionary describes resilience as the ability to quickly recover from or adapt easily to misfortunes or changes. However, from a Biblical perspective resilience is much deeper. Resilience is the ability to bounce back from problems and return to normality. It is a process of experiencing divine renewal and restoration. Many people believe that resilience is something you can achieve on your own. Biblical resilience, however, involves turning to God for strength and grace in difficult situations rather than relying on yourself. It is important to remember that resilience is more than just bouncing back. It is also about remaining strong despite trials and tribulations. Joseph is one of many biblical examples that show resilience.

**Joseph's Journey: Examples of Resilience**

Joseph's journey starts with betrayal, hardship and suffering. Joseph's brothers were jealous of him and plotted his death, but instead sold him into slave trade. Joseph was sold into slavery by Potiphar's house. He was given the position of ruler until his false accusation was made by Potiphar's wife. Joseph's faith in God was unshaken even in prison. He was given favor by the prison warden, which gave him an honorable position where he had to oversee all of the prisoners in the jail and the events that took place. Joseph was in charge of the prison and the prisoners. The warden did not have to worry about them because the Lord was always with him. He translated dreams of two prisoners (one being Pharaoh’s cupbearer) and predicted that he would be released from prison. Joseph asked that the cupbearer call him back when he delivered the Pharaoh's cupbearer, but the cupbearer failed to do so.

Joseph had the chance to interpret a Pharaoh's dream two years later. Joseph was called to interpret a disturbing dream which predicted seven years prosperity, followed by seven years famine. Joseph's interpretation of the dream impressed Pharaoh, and he elevated him to the position as governor, second in authority only to Pharaoh. Joseph's wisdom and administrative abilities allowed him to save Egypt, along with his family, from the famine. Joseph's siblings came to Egypt in search of food and eventually discovered the truth. Joseph's reaction to the actions of his brothers is a testimony to his faith and character. He reconciled and forgave his brothers and brought them all to Egypt where they could live in peace and abundance.

Joseph's story demonstrates the power of forgiveness, faith and resilience. The story of Joseph shows how faith and character can bring blessings and redemption, even when faced with adversity or betrayal. Joseph's journey, from a pit into a position of influence, is a powerful reminder that God works through even the most difficult circumstances to accomplish His plans. Genesis 50:20 says ***You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.*** ***(NLT***). This verse captures the essence of Joseph’s story, highlighting God's sovereign plan and redemption even when faced with adversity. Joseph was able to maintain his faith in spite of the setbacks and trials he faced. Joseph's story is a lesson in perseverance, despite the seemingly dire circumstances. Joseph's resilience reminds us that we should stay true to our values, even when life seems unfair.

**The Big Bounce Back**

My scars tell the story of my trauma, but they also show my resilience and strength in overcoming adversity. Although it is easy to focus only on the negative effects of the trauma on my body, each scar shows that I have overcome my situation. My mother's and father's medical histories reflect a history of heart problems, cancer, lupus and diabetes. Many people will think that this was inevitable. My faith in God, as healer, and my trust in God are the foundation of my resilience.

I remained steadfast and trusted God even when my health was in crisis. Instead of succumbing to the despair and bitterness that comes with dealing with life-altering events such as a divorce or a negative diagnosis, I stayed strong and did not give in to the feelings of anger and frustration. I was able to trust in God's plan for my future and believe that my journey had a purpose. Romans 8:28 states ***“And we know that God causes everything to work togetherfor the good of those who love God and are called according to his purpose for them.” (NLT)***

This steadfastness helped me to navigate the daily challenges I face, even though I undergo dialysis 3 days a week. Isaiah 54.17a says, ***“No weapon formed against you shall prosper, and every tongue which rises against you in judgment you shall condemn.” (NKJV)*** The verse emphasizes the fact that it is possible for a weapon to form but it won't prosper. When we say weapon, what we mean is any suffering that we may face on our journey. Job is a good example. Job suffered great hardships in his lifetime. Job lost his fortune, his children, and even health, but he never cursed God. Instead, he worshipped God and thanked Him for his blessings.

In life, you will face challenges and setbacks that you think you cannot overcome, but you will discover that over time the pain that you thought you could not overcome was the setup for your big bounce back. It was the journey that God had you to endure so to build up your faith and trust in Him, and to give you the power and wisdom that you need to move you forward.

**Courage to Walk it Out: Foundation on God's Promises**

Resilience is not disguising pain or turning away from our struggles; rather it’s realizing that in times of weakness, our strength only comes from God. In 2 Corinthians 12:9, the Apostle Paul wrote ***“And He said to me, My grace is sufficient for you, for My strength is made perfect in weakness. Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.” (NKJV)*** This means when things seem hopeless God's grace becomes our shield and fortress to carry us forward and through it.

Romans 5:3 says, ***“Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.” (NIV).*** This text reminds us that each time we face difficulty God uses it as an opportunity to refine us further and deepen our faith. Resilience gives us the courage to face adversity head-on and to rise back up each time we fall, trusting in God to use our experiences to shape us into His image. It is in challenging times that God’s presence is near to guide us through it. Psalm 119:105 says ***“Your word is a lamp for my feet, a light on my path.” (NIV)*** His way offers guidance, courage and wisdom on how to build up our confidence which gives us insight and courage on strengthening our faith while building confidence in Him.

**Reflect/Recap**

* Resilience is not based on our own abilities but on God’s grace and strength.
* The journey of resilience is ongoing and trust in God’s purpose build up our faith.
* God is the source of every comeback, providing the strength and grace we need to rise again.
* Facing adversity head-on demonstrates our trust in God’s promises and His plan for our lives.

**Call to Action**

1. **Journal Your Journey:** Identify an area in your life where you need to demonstrate resilience. Write about the strength God provided you and how that experience shaped your resilience.

**Chapter 5**

**Thriving in the Midst of Adversity**

***For I know the plans I have for you,” says
the Lord. “They are plans for good and not for
disaster, to give you a future and a hope.
-- Jeremiah 29:11 (NLT***)

Jeremiah 29:11, encourages us to embrace life challenges as opportunities for growth. Understanding that our journey through our life challenges is living testimonials of God’s faithfulness and grace. In 2 Corinthians 12:9, God’s grace was sufficient. Although Apostle Paul was used to illustrate God’s mercy and grace in his life, he was not exempt from life suffering and afflictions. In 2 Corinthians 4:17, Apostle Paul says, “***For our present troubles are small and won’t last very long. Yet they produce for us a glory that vastly outweighs them and will last forever!” (NLT)*** In our text, Apostle Paul understood that His afflictions could not compare to the Glory he would receive in the end. For it is not about avoiding adversity, but rather flourishing in the midst of it.

**Pushing Past Pain into Power**

Pain is inevitable, but it is not the end of our story. God can transform our deepest suffering into the most powerful source of purpose. God can use our pain to encourage and grow others if we let Him. Let's look at Joni Eareckson Tada's book "Joni: A Memorable Story" to see how her diving accident left her quadriplegic at the age of 17. Joni speaks about her chronic pain that she deals with daily and how God’s love has transformed both her life and her faith. Faith that allowed her to overcome her daily suffering and pain. Her message inspires people who are facing challenges in their life and helps them overcome their limitations and circumstances with a determined smile.  She explains how to remain satisfied with God despite disappointments and suffering. Joni offers practical insights to help you find hope in any hardship.

The only way to maintain a hope that is unshakeable is by building resilience and strength in the face of pain. This can be done through God's promises. 2 Corinthians 4: 8-10 says ***“We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. 9We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed. 10Through suffering, our bodies continue to share in the death of Jesus so that the life of Jesus may also be seen in our bodies.” (NLT)*** In our text, Apostle Paul explains that our resilience and strength comes from how we choose to view things. This has the ability to either take away our hope or give it to us. Let pain refine you, not define you. God can use your pain to shape your character and prepare you for greater things. Your story, like that of Joni Eareckson Tada, can heal others.

**Promises Over Adversity**

Adversity can quickly drain you of energy. But by looking beyond ourselves and instead turning our focus toward God and his promises for healing and strength instead, true thriving can be achieved. His Word offers comforting words of hope, restoration, and victory. ***“For no matter how many promises God has made, they are “Yes” in Christ. And so through him the “Amen” is spoken by us to the glory of God.” (2 Corinthians 2:20, NIV)*** God’s promises are sure and provide a solid foundation when everything else is unstable.  Isaiah 40:8 (NIV) says it all ***“The grass withers and the flowers fall, but the word of our God endures forever.”*** God's words remain constant, unchanging, reliable. So, when you are feeling overwhelmed remind yourself: God's promises is constant and reliable and it shall not return void.

God's promises help shift our mindset from fear and doubt to faith-filled confidence, as they remind us, according to Hebrews 10:23 ***"Let us hold fast the confession of our hope without wavering, for He who promised is faithful."*** Declaring His promises aligns your actions with His truth so you feel His power at work in your situation strengthening your faith while creating an atmosphere of hope and anticipation! This practice not only helps to strengthen your faith but it also creates an atmosphere of hope and expectation.

**I Have, I Am, I Can**

**I Have: Recognizing God's Abundant Provision**

When times get rough, it can be easy to feel powerless against life's challenges. Yet God reminds us in His word that He already provided all we need for a godly lifestyle. ***2 Peter 1:3 His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.(NIV)*** God's abundance helps shift our mindset from scarcity to abundance as He promises us that He will supply for our needs even during difficult seasons - ***"My God will meet your needs according to the riches of His glory in Christ Jesus" Philippians 4:19*** ***(NIV)***. So even when your future seems uncertain, trust that He will provide for you!

**I Am: Accept Your Identity in Christ**

What makes up who we are is not determined by what has happened, but by what God says about us. ***2 Corinthians 5:17 says “Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.” (NKJV)*** Accept your identity as God's beloved child who was chosen for good works and equipped with the right tools at their disposal.

**I Can: Believing in God-Given Opportunities**

It can be easy to feel powerless when faced with difficult challenges. However, Christ gives you strength in times of adversity. Philippians 4:13 says "***I can do all things through Christ who strengthens me." (NIV)*** This verse is a powerful reminder that no obstacle is too great when you rely on Christ’s strength.

**Reflect/Recap**

* Pain, when surrendered to God, becomes a powerful tool for growth and transformation.
* God’s promises are a firm foundation, offering hope and stability during adversity.
* Believing in your God-given potential empowers you to face adversity with confidence and faith.

**Call To Action**

1. Identify three promises from God’s Word that resonate with your current challenges. Write them down and place them somewhere visible.

**Chapter 6: Blueprint to Becoming Resilient**

***Looking unto Jesus, the author and finisher of our faith,
 who for the joy that was set before Him endured the cross,
 despising the shame, and has sat down at the right hand
of the throne of God. – Hebrews 12:2 (NKJV)***

Resilience is not just about surviving adversity, but it's about thriving through it. This chapter will guide you in building a “blueprint” to help you become resilient in every area of your life. This blueprint involves developing self-awareness, exercising self-care, embracing mindfulness, and fostering positive relationships. These principles, grounded in God’s word, will equip you to rise above challenges and setbacks, redefine your identity, and fulfill your God-given potential.

**Self-Awareness: The Foundation of Resilience**

Self-awareness is the first step toward building resilience. This involves being competent, confident, committed, and compassionate. It involves understanding your emotions, recognizing your triggers, and discovering your God-given identity. Self-awareness journey is a way of inviting Holy Spirit into your heart to reveal areas for healing and growth.

Self-awareness helps you build resilience, which is the ability to bounce back from setbacks. By being more aware of yourself, you can use self-awareness to recognize and adjust your mental patterns when faced with challenges and setbacks. Self-awareness helps you recognize your strengths, weaknesses, and triggers so you can make better decisions and adjust your behavior appropriately. Self-awareness helps you build resilience for any setback that arises in your life. Resilience doesn’t make your problems go away, but resilience can provide you with the tools and strategies to see past them, find enjoyment in life and manage stress better.

**Self-care: Taking Care of Yourself**

Self-care involves taking care of yourself. It means prioritizing your needs and no one else. Self-care is about living your life more intentionally. Self-care is about improving your physical and mental wellbeing. Self-care means living life on your own terms and enjoying it to the fullest.

Jesus modeled self-care by regularly withdrawing to rest and pray, such as in Mark 6:31: ***“Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile…”*** Self-care can help you to recharge and reconnect with God. As believers of Jesus Christ, exercising self-care is essential in fulfilling your God-given mandate. 1 Corinthians 6:19-20 states, ***"Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, 20for God bought you with a high price. So you must honor God with your body." (NLT)*** In our text, taking care of your physical health is an act of worship and it honors God when you prioritize the need to exercise self-care which involves nurturing your body, mind, and spirit. Self-care is a crucial step for building resilience.

**A Biblical Path to Resilience**

Matthew 22:39b says ***“…Love your neighbor as yourself.”*** This is the second most important commandment God gave to His people. This second commandment is built on the principle that we should love and take care of ourselves before loving others. We often ignore or disregard the last word “yourself” or undervalue it. Nevertheless, the key principle in our text emphasizes that loving ourselves is the key to loving others.

Self-care is a key biblical principle. Self-care is about taking care of your physical, emotional, and spiritual well-being. 3 John 1:2 says, ***"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."*** ***(NKJV)*** We are valuable and precious being to God. Therefore, it is important that we exercise regularly, eat healthy, and avoid things that may be physically or spiritually harmful to us. We are also to guard our hearts because Proverbs 4:23 says ***“Above all else, guard your heart, for everything you do flows from it.” (NIV)*** This text suggests, we must guard, nourish, and care for our heart since in a man’s heart exists who we truly are. In other words, God cares deeply about how we treat ourselves and how we represent Him to the world.

**Mindfulness: Being Present with God**

In a world of upheaval and uncertainty, we know that only God can give us the peace and hope that allows us to deal with the troubles we face every day. Mindfulness is the practice of being fully present in the moment, aware of God’s presence and focus on His promises daily. Mindfulness teaches us to acknowledge our challenges and seek God to help us through them for only God can supply our every need. Philippians 4:19 ***“And my God will meet all your needs according to the riches of his glory in Christ Jesus.” (NIV)*** In addition, mindfulness helps us to defuse our anxious thoughts and see things from the lens of Christ. Philippians 4:6-7 says **“*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*** It is that peace that helps us to control our emotions and thoughts when dealing with adversity.

**Positive Relationship: Building a Circle of Trust**

Strong, healthy, positive relationships are essential to building up our resilience. Faith-filled connections provide support, accountability and encouragement during difficult times. As Proverbs 27:17 says, ***"As iron sharpens iron, so one person sharpens another."(NIV)*** Surrounding yourself with people who are supportive and encouraging will help you stay motivated, grow, and maintain your faith in difficult times. Hebrews 10:24-25 reiterates this, urging us to ***"Let us think of ways to motivate one another to acts of love and good works. 25And let us not neglect our meeting together, as some people do, but encourage one another...”***

To build a circle of trust, we must build up our spirit of discernment. Some relationships are not good for our spiritual growth. Jesus taught us about setting healthy boundaries. Matthew 5:37 says, ***"But let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No.’ For whatever is more than these is from the evil one."(NKJV)*** This text reminds us to protect our emotional well-being and spiritual wellbeing by setting limits and avoid overcommitting ourselves.

Relationships can strengthen or weaken your resilience. When building a circle of trust, you must be deliberate about who you invite into your inner circle. This will empower you to overcome adversity in grace and courage. Choose friends who will empower you and encourage you on your faith journey, making you accountable and bring life to your situation. You will be better equipped to overcome your challenges and setbacks as you create a circle of trusted relationships based on love, respect and shared values. Resilience is a team effort and God will place the right people to help you navigate through whatever season you are in.

**Reflection/Recap**

* Recognizing your strengths and God-given identity provides a solid foundation for growth.
* Self-care honors God and is essential for maintaining the strength needed for resilience
* Mindfulness helps center your thoughts on God, reducing anxiety and increasing clarity.
* Positive relationships provide a strong support system that helps you endure adversity.

**Call to Action**

1. Build up your resilience muscle: Develop your resilience blueprint that includes a routine of self-awareness, self-care, meditation and a support team.