

## JESUS' SECRETS OF RESILIENCE

Strategies for Stressful Times  
Rick Warren

*"Since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily hinders our progress. And let us run with endurance the race that God has set before us. We do this by keeping our eyes on Jesus, on whom our faith depends from start to finish. Jesus was willing to die a shameful death on the cross because of the joy he knew would be his afterward. Now he is seated in the place of highest honor beside God's throne in heaven. Think about all he endured when sinful people did such terrible things to him, so that YOU don't become weary and give up!" Hebrews 12:1-3 (NLT)*

### 1. \_\_\_\_\_ (COMPASSION)

*"The Father loves me!" John 10:17 (NLT)*

*"Just as the Father has loved me, so have I loved you. Now remain in my love. If you obey my commands, you will remain in my love."*

John 15:9-10 (NIV)

*"How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are!" 1 John 3:1 (NIV)*

### 2. \_\_\_\_\_ (IDENTIFICATION)

*"I am . . . the Light of the world . . . the Son of God . . . the Way, the Truth and the Life . . . the Bread of life." Mark 14:62, John 6:35, 8:12, 14:6*

*"I testify on my own behalf." John 8:18 (GNT)*

*"Jesus said, 'YOU are the salt of the earth! . . . And YOU are the light of the world . . . don't hide your light!'" Matthew 5:13-16 (NIV)*

### 3. \_\_\_\_\_ (MOTIVATION)

*"I am not trying to do what I want, but only what my Father who sent me wants?" John 5:30 (GNT)*

*"I always do those things that are pleasing to him." John 8:29 (NLT)*

*"No one can serve two masters." Luke 16:13 (NIV)*

Paul: *"I'm not trying to be a people pleaser! No, I am only trying to please God. If I were still trying to please people, I wouldn't be Christ's servant."*  
Galatians 1:10 (NLT)

### 4. \_\_\_\_\_ (VOCATION)

*"I know where I came from and I know where I'm going." John 8:14 (NIV)*

*"A person who has doubts is thinking about two different things at the same time and can't make up his mind about anything." James 1:8 (GW)*

*"I urge you to live a life worthy of the calling you have received."*

Ephesians 4:1 (NIV)

### 5. \_\_\_\_\_ (CONCENTRATION)

*"As the time drew near for his return to heaven, he moved steadily onward toward Jerusalem with an iron will." Luke 9:51 (TLB)*

*"Anyone who lets himself be distracted from the work I plan for him is not fit for the Kingdom of God." Luke 9:62 (TLB)*

*"We are free to do anything but not all things are helpful or profitable or wholesome or constructive to your character and spiritual life."*

1 Corinthians 10:23 (AMP)

### 6. \_\_\_\_\_ (MEDITATION)

*"It was Jesus' habit to go out to the Mount of Olives to pray, and his disciples followed him." Luke 22:39 (NIV)*

*"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." Mark 1:35 (NIV)*

*"News about Jesus spread even more. Crowds came to hear him and to be healed . . . but Jesus often slipped away to be alone so he could pray."*

Luke 5:15-16 (NCV)

*"Plant your roots in Christ and let him be the foundation for your life."*

Colossians 2:7 (CEV)

### 7. \_\_\_\_\_ (COLLABORATION)

*"Jesus chose twelve—designating them apostles—that they might be with him." Mark 3:14 (NIV)*

*"Jesus said to them, 'My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.'" Matthew 26:38 (NIV)*

Next Step

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