

RESILIENCE

BEFORE, DURING AND AFTER:

WEATHERING THE STORMS OF LIFE

COVID-19



Hope
for the
Heart



FEATURED SPEAKER
Major General Bob Dees (ret.)



PART 1

INTRODUCTION GET READY! (BEFORE)

Bob Dees

WHAT DOES THIS ILLUSTRATE ABOUT RESILIENCE?

Sometimes We Must Go Through the Storm

Navigation Makes A Difference!



Illustration 191

Resilience Before, During and After: Weathering The Storms Of Life



Get Ready!
Hold On!
Bounce Back!



Bob Dees

www.ResilienceGodStyle.com

Our Journey Together

“Weathering *the Storms of Life*”

- **Preparing for the Storms of Life**
- **Weathering the Storms**
- **Bouncing Back: *Escaping Toxic Emotions***
- **Bouncing Forward: *Regaining Vital Optimism***
- **Higher Than Before!**



BOTTOM LINE UP FRONT!

- We are **ALL Warriors!**
- **TRAUMA** is a Reality -- **RESILIENCE** is a Necessity
- Invest **NOW** in yourself and others...
Before, During, After
- **Not merely about human strength or grit**
- **Power of God** leads to greater Resilience & Readiness
- **JESUS** was the ultimate Resilient Warrior & Leader

FOLLOW HIM!

Preparing for the Storms of Life



Common Misconceptions About PAIN

- ❖ PAIN IS PUNISHMENT (versus John 9:1-5)
- ❖ PAIN IS UNPRODUCTIVE (versus James 1:2-4, et al)
- ❖ PAIN INDICATES SPIRITUAL FAILURE (Paul?, Job?, Peter?)
- ❖ PAIN IS NOT GOOD (versus Romans 8:28,35,37)
- ❖ PAIN IS NOT COMPATIBLE WITH A GOOD AND ALL-POWERFUL GOD

“Our investigation of resilience will illustrate how God’s goodness, omnipresence, and omnipotence provide courage and confidence as we struggle with pain in our lives.” *Resilient Warriors*, page 52

Categories above from Joseph M. Stowell, *The Upside of Down*. Grand Rapids, MI: Discovery House Publishers, 1991.

TRIBULATION

“In the world you have tribulation,
but take courage; I have overcome
the world.”

—Jesus (John 16:33 NASB)

RESILIENCE – *God Style!*

RESILIENCE GOD STYLE

WE ARE OFTEN:

- troubled
- in doubt
- facing many enemies
- badly hurt



BUT NOT:

- crushed
- in despair
- without a friend
- destroyed

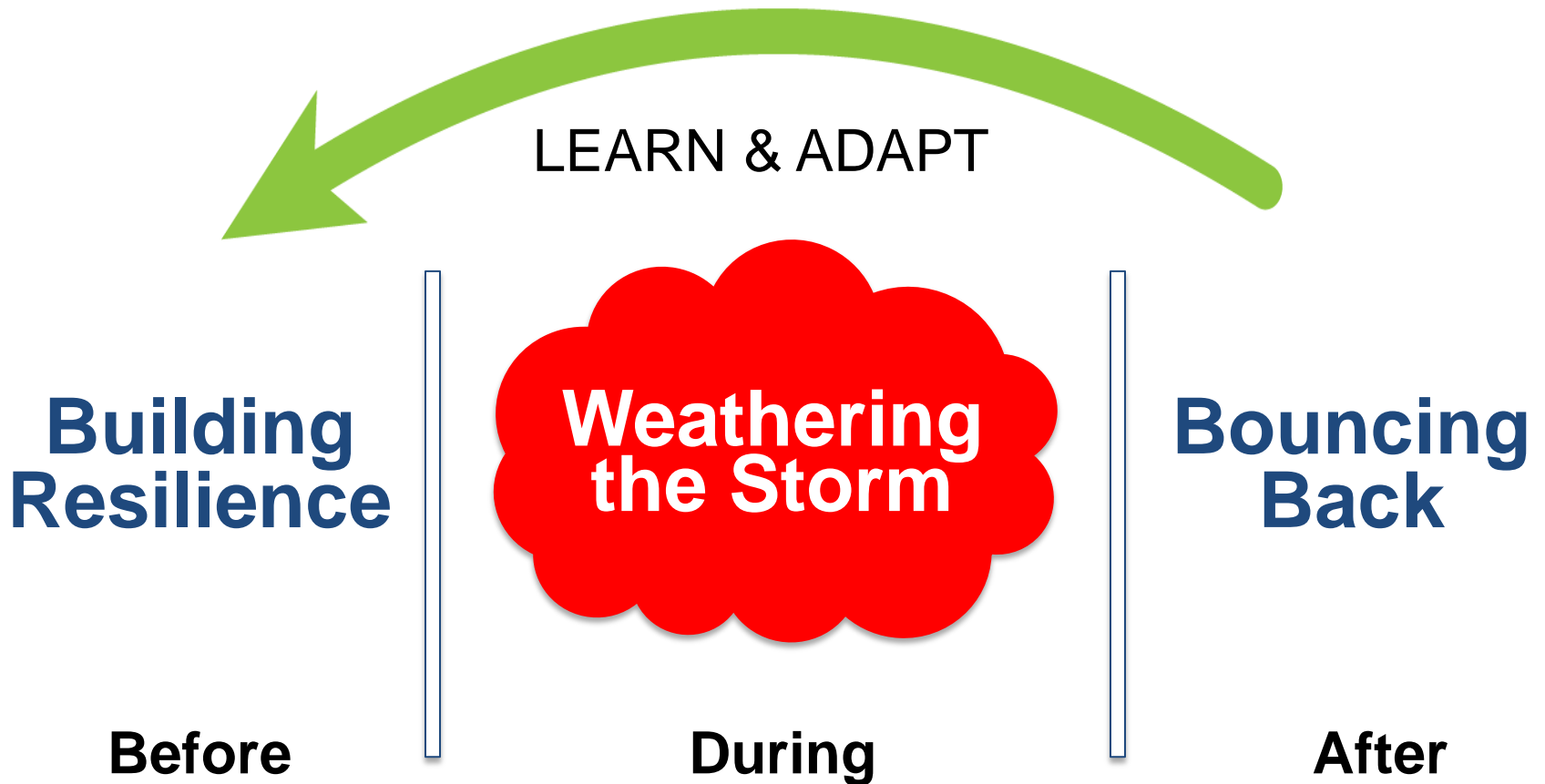


We are often troubled, but not crushed; sometimes in doubt, but never in despair; there are many enemies, but we are never without a friend; And though badly hurt at times, we are not destroyed."

At all times we carry in our mortal bodies the death of Jesus, so that His life may also be seen in our bodies.

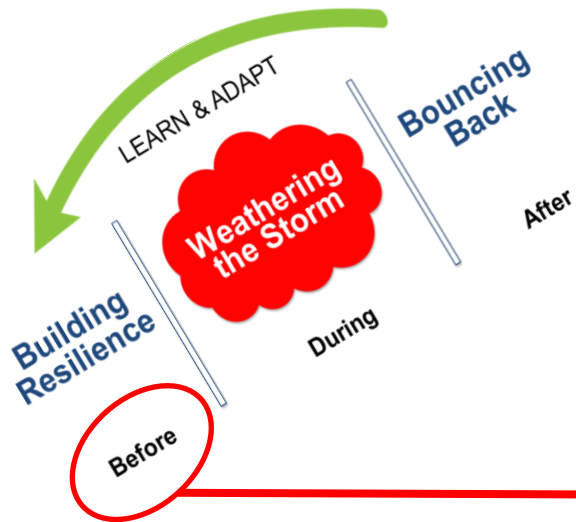
2 Corinthians 4:8-10

RESILIENCE LIFE CYCLE©



Source: *Resilient Warriors*, www.ResilienceGodStyle.com

Resilience Consulting LLC



**Get Ready!
(BEFORE)**

- Know Your Calling**
- Know Your Enemy**
- Know Your Friends**
- Know Your Equipment**
- Deploy with the Right Mindset**
- Develop/Rehearse "Actions on Contact"**

The Greatest of Commandments

Comprehensive Personal Fitness™

²⁸One of the scribes came and heard them arguing, and recognizing that He had answered them well, asked Him, “What commandment is the foremost of all?”

²⁹Jesus answered, “**The foremost is,**

‘HEAR, O ISRAEL! THE LORD OUR GOD IS ONE LORD; ³⁰AND YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART (EMOTIONAL), AND WITH ALL YOUR SOUL (SPIRITUAL), AND WITH ALL YOUR MIND (MENTAL), AND WITH ALL YOUR STRENGTH (PHYSICAL).’

The second is this,

‘YOU SHALL LOVE YOUR NEIGHBOR (RELATIONAL) AS YOURSELF.’

There is no other commandment greater than these.” ³¹

Mark 12: 28-31, NASB, Parenthetical and Bold comments added

Comprehensive Personal Fitness™

EMOTIONAL (“Be quick to hear, slow to speak, and slow to get angry”)

❖ Regulation, Temperament, Hardiness, Psychological Health

SPIRITUAL (“To be spiritually minded is life & peace”)

❖ Calling/Purpose Core Values, Beliefs, Identity, And Life Vision

PHYSICAL (“Body is Temple of Holy Spirit”)

❖ Diet, Exercise, Hygiene, Sleep, Aerobic Fitness, Endurance, Strength, Agility

MENTAL (“Mind set on the Spirit is life and peace”)

❖ Thought Patterns, Intellectual Curiosity, Mental Acuity, Mental Response Tools

RELATIONAL (“Let us LOVE one another”)

❖ Connectivity, Mutual Support, Valued Friendships

KNOW YOUR CALLING

1. My Call to God? (often in the form of a life verse)

EG - Love the Lord my God with all my heart, soul, mind, strength, and my neighbor as myself.

2. My Call to Others is?

- A. Faith?
- B. Family?
- C. Profession?

When the “chips are down,”
calling/life purpose become an
anchor for the soul.

Calling: n.; “a strong inner impulse toward a particular course of action especially when accompanied by conviction of divine influence.”

*Resilient Warriors, page 86,
Merriam-Webster Collegiate Dictionary*

3. My Specific Call for this Chapter of Life?

Finish well, Leave a Legacy, Grow in Godly wisdom,
Launch my children, Business as Ministry, Blessing
Others, Bounce Back Stronger/Better/Wiser

Know Your “911 FRIENDS”

Sheltering Trees, by New Song

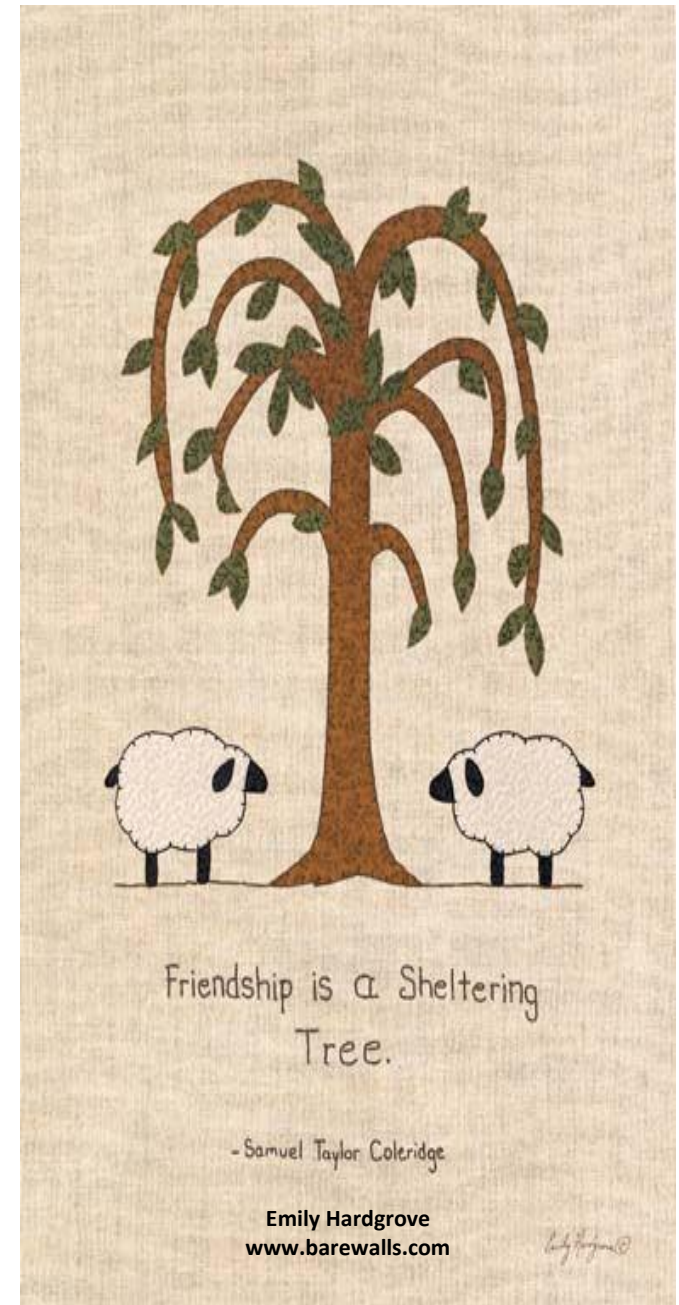
“it's been said a friend is like a mighty sheltering tree
a place of refuge we can run when trouble comes for you
and me

someone we can count on through the thick and thin
when the storms of life are blowing, there's
just nothing like a friend
(there's just nothing like a friend)

there've been days that i was sure that i couldn't make it
through
clouds of doubt came rolling in and i didn't know what i
would do
i would've given in and said i just can't go on
if it hadn't been for a friend that helped me to be strong
(helped me to be strong)

you can face the highest mountain and
the climb won't feel so high
or cross the darkest valley and it won't seem so wide
nothing is impossible when a friend is by your side “

**“we all need sheltering trees
friends in our lives who'll get down on their knees
and lift us up before the king of kings
we all need sheltering trees”**

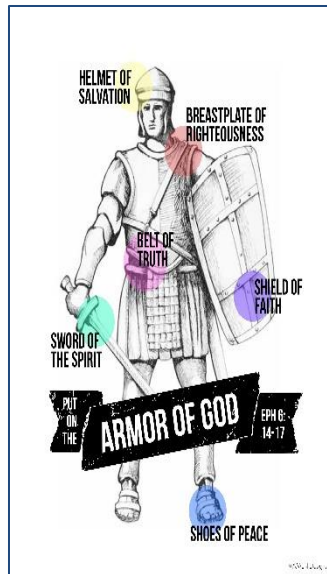


Know Your Enemy

Know Your Equipment

“Save me from all those who pursue me, and deliver me. Or he will tear my soul like a lion.”
Psalm 7: 1,2

“Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.”
1 Peter 5:8



“But resist him, firm in your faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world. After you have suffered for a little while, **the God of all grace, who called you** to His eternal glory in Christ, **will Himself perfect, confirm, strengthen, and establish you.**”

2 Peter 5:9,10

Armor of God:

Ephesians 6: 10-18 “Be Strong in the Lord...”

Truth
Faith

Righteousness
Salvation Word
Prayer

Gospel

Deploy with the Right Mindset

“For the mind set on the flesh is death, but the mind set on the Spirit is life and peace.

Romans 8:6

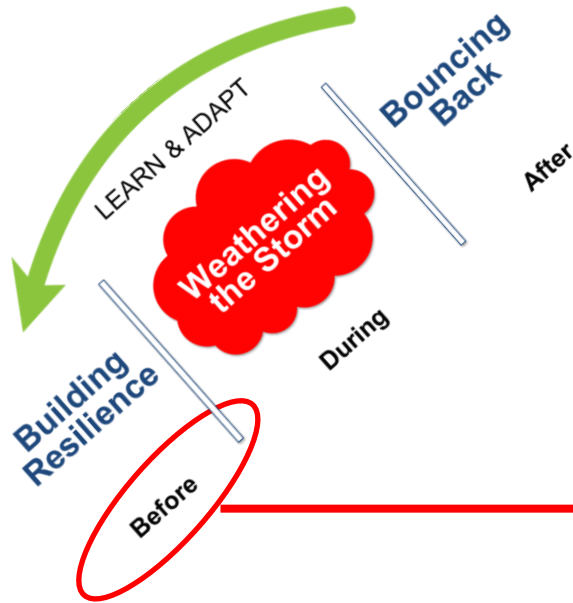


“For Ezra had set his heart to study the law of the Lord and to practice it, and to teach His statutes and ordinances Israel.”

Ezra 7:10



- “Mindset” is inextricably linked with “Heartset”
- King Jehosophat’s “deployment” (putting Levites out front in battle formation) reflected both his mindset and his heartset. **2 Chronicles 20**



“Actions on Contact”
(~Stop, Drop, & Roll)

**Identify and
Practice BEFORE**

Call 911

Start the IV

Keep Breathing

Refill Your Well of Courage

Remember Your Calling

Preparing for the Storms of Life (BEFORE)



- **CALLING**
- **FRIENDS**
- **ENEMY**
- **EQUIPMENT**
- **MINDSET**
- **ACTIONS ON CONTACT**

Did you have changed priorities after your last “body slam?”

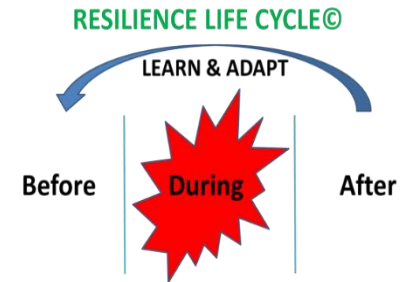
How will this guide preparation for your next storm of life?

Learning from the Past to Build for the Future

A Critical Life Skill



Analyze one of your life “body slams” in terms of the Resilience Life Cycle©



Source: Resilient Warriors, www.ResilienceTrilogy.com

1. My “Body Slam:” _____
2. My Reactions: _____
3. My Thoughts: _____
4. My Feelings: _____

BEFORE

1. Was I Prepared for this life experience?

2. How could I “Get Ready” for this?
A. _____
B. _____
C. _____
3. Did I have “Actions on Contact” prepared in advance?
A. _____
B. _____

DURING

1. How did I “Weather the Storm?”
A. _____
B. _____
C. _____
2. What/Who were my “life preservers?”
A. _____
B. _____
C. _____

AFTER

1. Did it get worse? _____
2. Did I grieve the loss? _____
3. Did I get stuck? _____
A. Guilt?
B. Anger?
C. Bitterness?
4. Am I still stuck? _____
5. How do I get unstuck? _____
A. New Song?
B. Forgiveness?
C. Renewed Purpose?

LEARN & ADAPT

1. What did I LEARN?
A. Before? _____
B. During? _____
C. After? _____
2. Did I GROW? How?
A. _____
B. _____
C. _____
3. Did I ADAPT in order to “Be Ready” for future life traumas?

Source: *Resilient Warriors Advanced Study Guide*, pages 13,14, 36-39

PART 2

WEATHERING THE STORM (DURING) BOUNCING BACK (AFTER)

Bob Dees



CHAPLAIN ROBERT PRESTON TAYLOR
Bataan Death March

***“Don’t Doubt in the Dark
What You Believed in the Light”***



Rembrandt, *The Storm on the Sea of Galilee*, 1633

Weathering the Storms

***“Teacher,
do You not care
that we are perishing? “***

“Hush, be still”

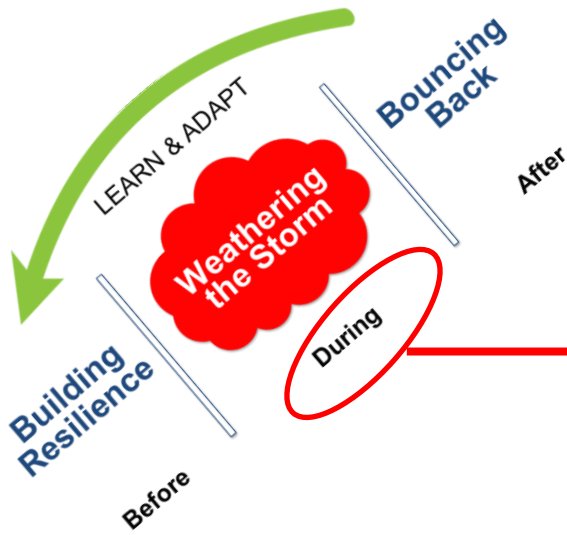
**And the wind died down
and it became perfectly calm**

“Through the Storm”

- ❑ In order to get TO, you gotta’ go THROUGH
 - ❑ Are you in a storm, or between two miracles?
- ❑ In a storm, hard to see God...
 - ❑ But He sees us!
- ❑ Storms
 - ❑ Remind us we are not in control
 - ❑ Give way to new revelations
 - ❑ Create stage for audacious response
- ❑ You can be in storm, but don’t let storm get in you!

Isaiah 43: 2
Mark 6:45-56

Pastor Rick Wilkerson -- <http://vouschurch.com/sermons/through-the-storm>



“Actions on Contact”
(~Stop, Drop, & Roll)

Execute
DURING

Call 911

Start the IV

Keep Breathing

Refill Your Well of Courage

Remember Your Calling

Weathering the Storm (DURING)

Call 911

Pray to God
Ask for Help from 911 Friends
Ask the “experts”
Graciously accept help from others

Start the IV

God’s WORD in
every possible way

Keep Breathing

Count Your Way
Spiritual Breathing
Hit A Knee
Record the Journey

Draw From Your Well of Courage

Remember Past Faithfulness
FEAR + FAITH = COURAGE
Disciplines of Replenishment

Remember Your Calling

“Gain altitude” (perspective) by remembering God’s purpose for your life

Weathering the Storms of Life (During)

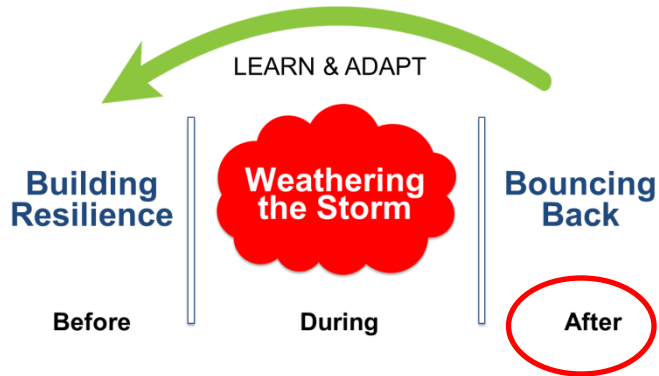


ACTIONS ON CONTACT

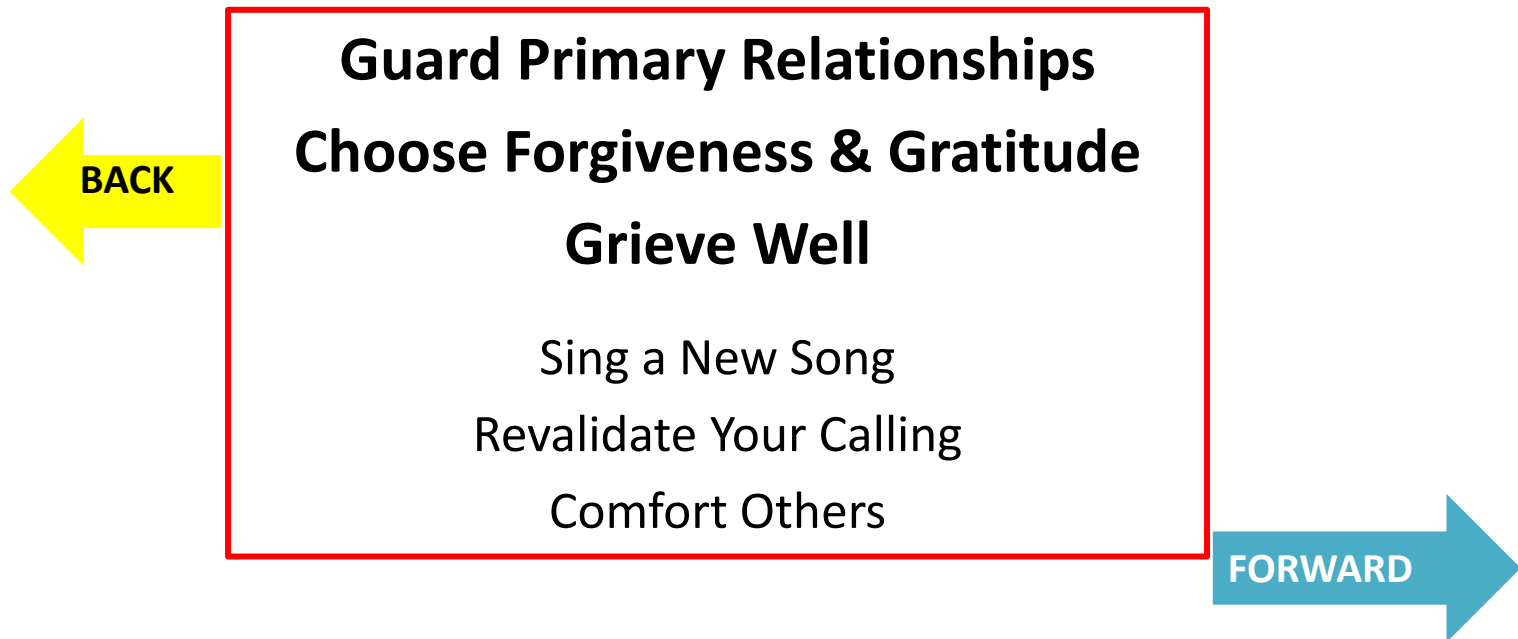
- CALL "911"
- PUT IN THE "IV"
- KEEP COUNTING
- REFILL YOUR WELL OF COURAGE
- REMEMBER YOUR CALLING

What refills your well of courage?

Are you READY for your next body slam?



Bouncing Back: *Escaping Toxic Emotions*



Guard Your Primary Relationships

First With GOD

- Don't lose your first love
- Press into God



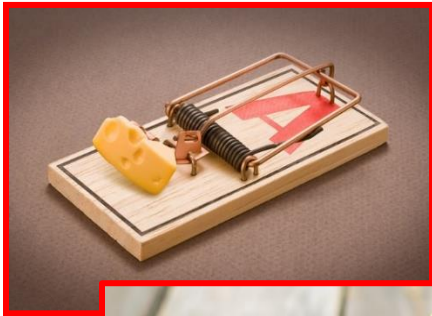
Then With Others

- Avoid attacking inward
- Set example for others



Choose Forgiveness and Gratitude

Keys to Not Getting “Stuck”



- Don't Take the Bait!
- Loosen Your Grip on Bitterness!
 - A Cancer of the Soul
 - Stewardship of Pain
 - Biblical Imperatives
 - Gratitude
 - Forgiveness
- “As we grow older...”
- Release your “captors!”

Grieve Well



- **“Stuffing Grief”** only prolongs and deepens the impact of trauma on you and others.
- **Grief is like waves of the ocean that roll to our emotional shore... and then recede... time and again until the waves become smaller and less frequent.**
- **We never forget, but we do learn to process it through the lens of God’s Word.**

**Kubler-Ross
Grief Cycle**

“DABDA”

**Denial
Anger
Bargaining
Depression
Acceptance**

Bouncing Back: *Escaping Toxic Emotions* (AFTER)



- **Guard Primary Relationships**
- **Choose Forgiveness & Gratitude**
- **Grieve Well**

Do any relationships that need “mending?”
Do you have the courage to forgive?
Are you stuck in grief?

PART 3

BOUNCING BACK (FORWARD) LEARN & ADAPT JESUS HOPE

Bob Dees

IS THAT YOU, BOB?



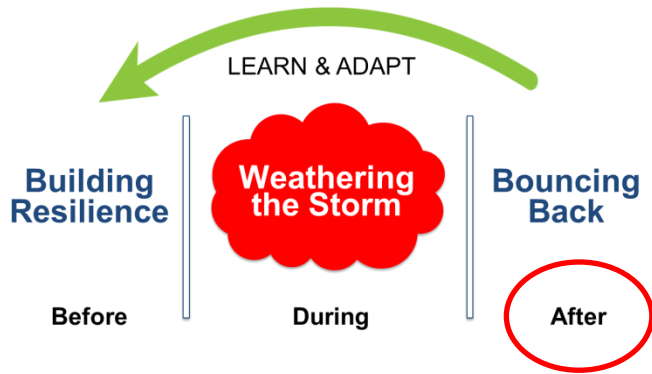
**“For HE rescued us from the domain of darkness,
and transferred us to the kingdom of His beloved Son,
in whom we have redemption, the forgiveness of sins.”**

Colossians 1:13, NASB

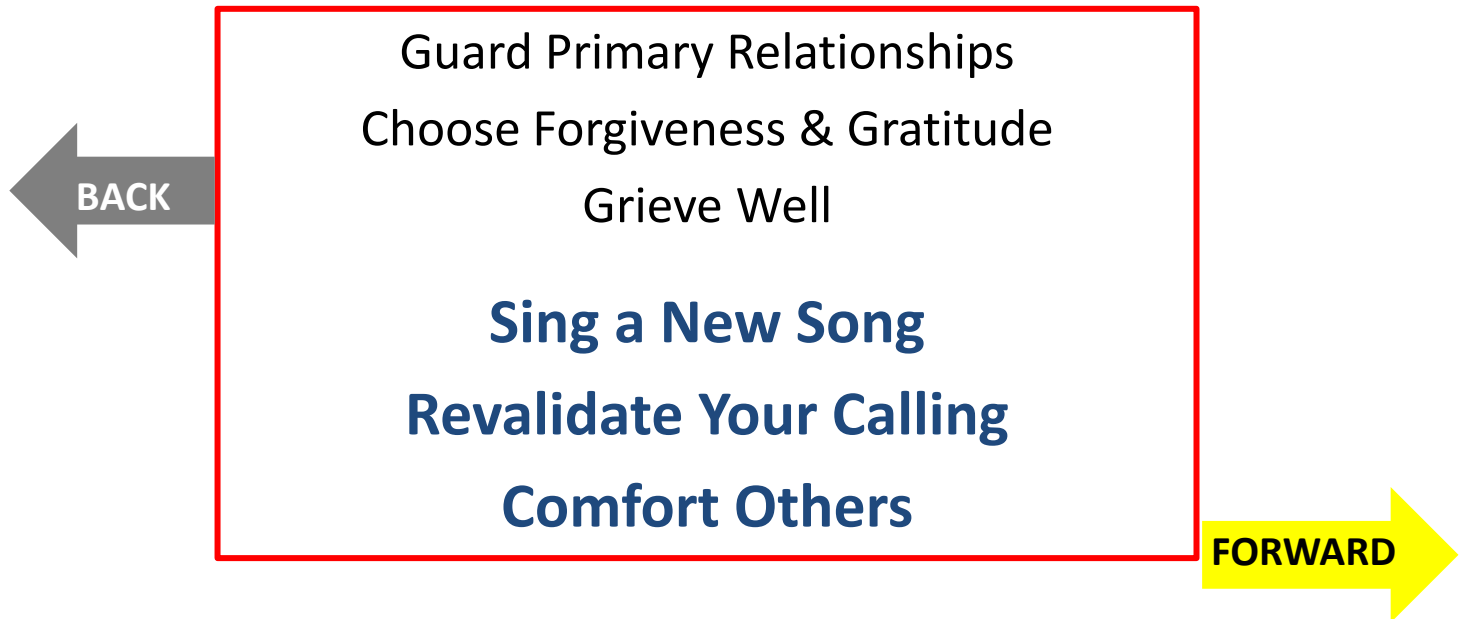
**Got Bounce?
Tennis Ball or Egg?**

Got JESUS? Life or Death?





Bouncing Forward: *Regaining Vital Optimism*



Sing a New Song

“being renewed in body, mind, soul, spirit, and relationships as we rise from the ashes of brokenness” (RW, pg 166)

- Jeremiah 29:11
 - *“For I know the plans that I have for you, plans to prosper you and not to harm you, plans to give you a hope and a future.” (NIV)*
- “Vital Optimism”
- The Power of “New”
- Singing in Prison???



“as we obediently seek to sing a new song in our recovery from trauma, we will soon find that the Creator God starts refilling us” (RW, pg 167)

Revalidate Your Calling

Discern and Chart the Future

- Personal Board of Directors
- “Zero Based Budgeting”
- “Fixed Life Costs” (Values Map)
 - Comprehensive Personal Fitness™
- “Variable Life Costs” (Mission Map)
- “Practice Your Declinations”

The challenging realities of trauma and transitions in life are also “cleverly disguised opportunities “ to allow God to speak to you in new ways, and to guide you on new paths (callings) or to confirm your existing azimuth.

RW Advanced Study Guide (Pg 81+) lays out this process

Comfort Others

- “Walking with a Limp”
- Stewardship of Pain
- Healthy Dependence

“...God of all comfort, who comforts us in all our affliction, so that we will be able to comfort those who are in any affliction.”
(2 Corinthians 1:3,4)



Healthy Dependence

“Bear one another’s burdens and therefore fulfill the law of Christ.” Galatians 6:2

“For each one must bear his own load.” Galatians 6:5

Which is it???



“BAROS”

BOTH!

Healthy Balance between being comforted and comforting others.

Accept help, but pull own weight as soon as possible.

Avoid unhealthy dependency and associated co-dependency.



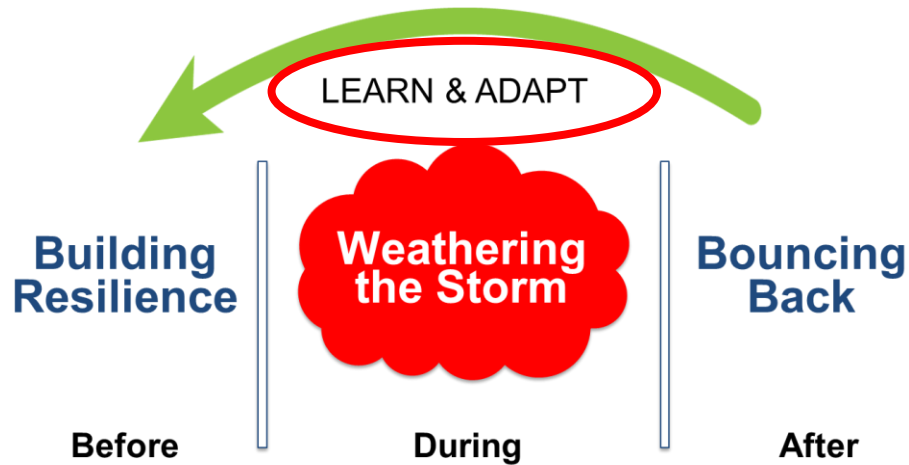
“PHORTION”

Bouncing Forward: *Regaining Vital Optimism(AFTER)*



- **Sing A New Song**
- **Revalidate Your Calling**
- **Comfort Others**

**Are you ready to “sing a new song?”
Is it time to “revalidate your calling?”
Are you being a good steward of your pain?**



***Higher
Than
Before!***

**Refill your “Well of Courage”
Personal & Corporate Introspection
Update “Actions on Contact”*
Stay Ready & Resilient**

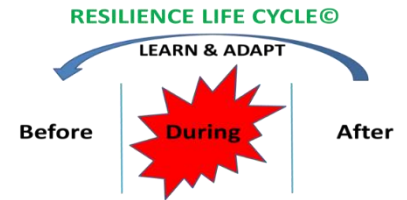
Actions on Contact
Call 911
Start the IV
Keep Breathing
Refill Your Well of Courage
Remember Your Calling

Learning from the Past to Build for the Future

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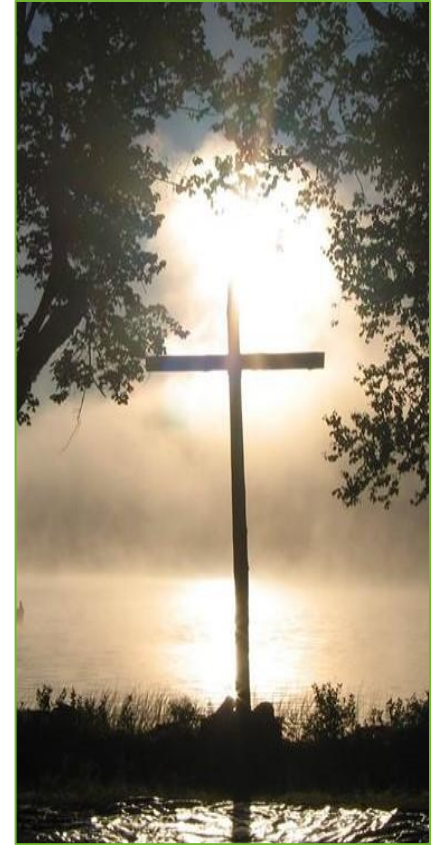
CONSIDER JESUS

The Ultimate Resilient Warrior

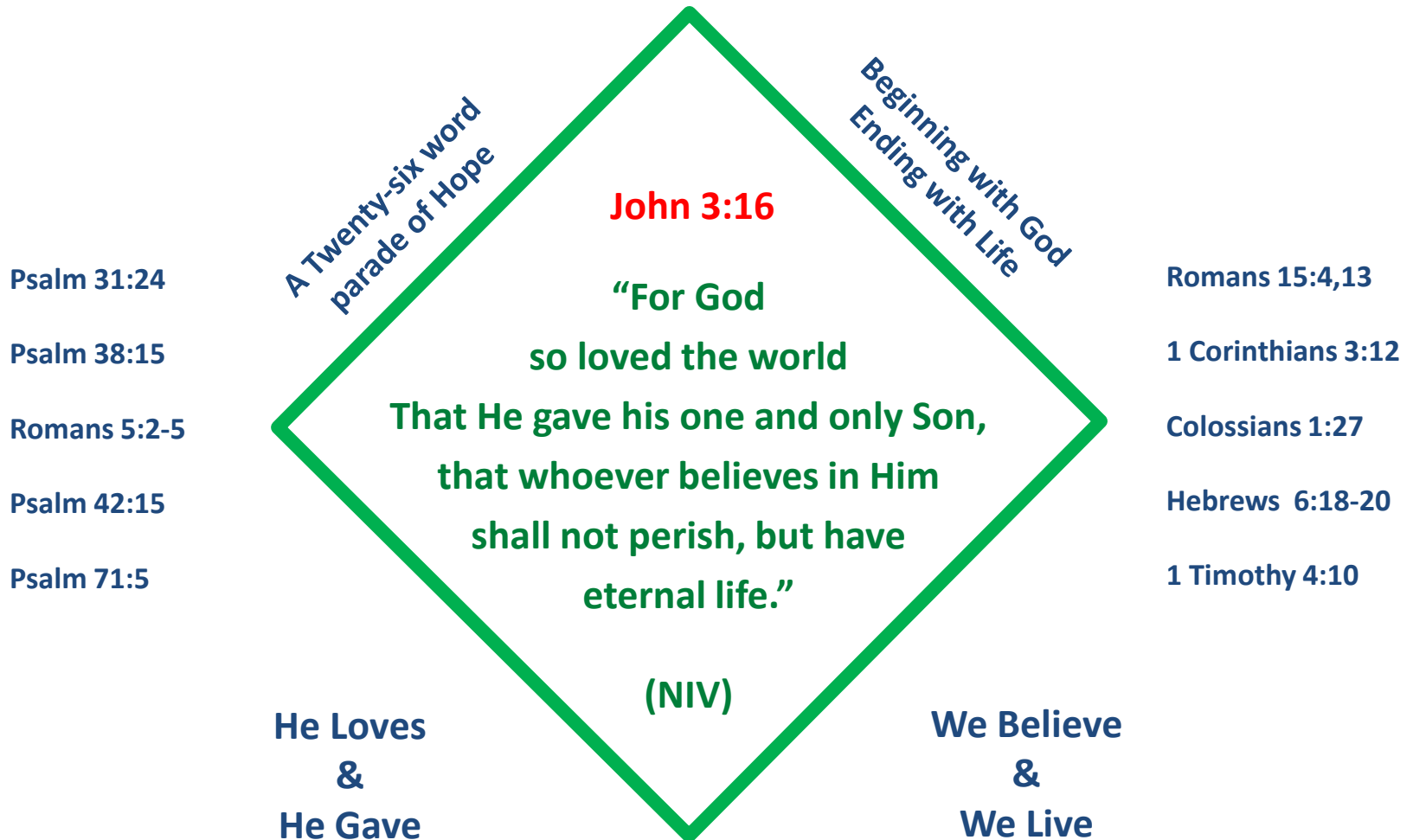


- **Calling (John 10:10b)**
- **Enemies (Matt 12:14,14a)**
- **Friends (Mark 3:13,14)**
- **God's Word (Matt 4:7)**
- **Replenishment (Matt 14:13a)**
- **Comfort to Others (Luke 23:43)**
- **Sing a New Song (2 Corin 5:17)**

Even on the Cross!



“The Hope Diamond”



Courtesy Max Lucado, *3:16 The Numbers of Hope*, page 8.

“Gaining Altitude” with HOPE(1)

Verse	Quote	Comment
Psalm 31:24	“Be Strong and let your heart take courage, All you who trust(hope) in the Lord.”	COURAGE & STRENGTH
Psalm 38:15	“For I hope in you, O LORD; you will answer, O Lord my God.”	PETITION
Psalm 42:15	“Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall yet praise Him, The help of my countenance and my God”	ANTIDOTE TO DESPAIR, PRAISE, JOY, CHEERFUL COUNTENANCE
Psalm 71:5	“For You are my hope; O Lord GOD, You are my confidence from my youth?”	CONFIDENCE
Romans 5:2-5	“... we exult in hope of the glory of God. And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.”	TRIBULATION, PERSEVERANCE, CHARACTER, HOPE

“Gaining Altitude” with HOPE(2)

<u>Verse</u>	<u>Quote</u>	<u>Comment</u>
Romans 15:4	“For whatever was written in earlier times was written for our instruction, so that through perseverance and the encouragement of the Scriptures we might have hope.	ENCOURAGEMENT
I Corinthians 3:12	“Therefore, having such hope, we use great boldness in our speech” (not like Moses...)	BOLDNESS
Colossians 1:27	“... the riches of the glory of this mystery among the Gentiles, which is Christ in you, the hope of glory.”	MYSTERY
Hebrews 6:18-20	“... we who would have taken refuge would have <u>strong encouragement</u> to take hold of the hope set before us. This hope we have as <u>an anchor of the soul</u> , a hope both <u>sure and steadfast</u> and one which enters within the veil, where Jesus has entered as a forerunner for us, having become a high priest forever according to the order of Melchizedek.	ASSURANCE, ENCOURAGEMENT, ANCHOR, SURE AND STEADFAST

RESILIENCE GOD STYLE

WE ARE OFTEN:

- troubled
- in doubt
- facing many enemies
- badly hurt



BUT NOT:

- crushed
- in despair
- without a friend
- destroyed



We are often troubled, but not crushed; sometimes in doubt, but never in despair; there are many enemies, but we are never without a friend; And though badly hurt at times, we are not destroyed.”

At all times we carry in our mortal bodies the death of Jesus, so that His life may also be seen in our bodies.

2 Corinthians 4:8-10

LANDING THE PLANE!

- We are **ALL Warriors!**
- **TRAUMA** is a *Reality* -- **RESILIENCE** is a *Necessity*
- Invest **NOW** in yourself and others...
Before, During, After
- **Not merely about human strength or grit**
- **Power of God** leads to greater Resilience & Readiness
- **JESUS** was the ultimate Resilient Warrior & Leader

FOLLOW HIM!

www.ResilienceGodStyle.com



RESILIENCE

G O D S T Y L E



Individuals, Leaders, and Nations
all need the ability to **BOUNCE BACK!**

RGS Book, Study Guide, Video Series, Family Game

For upcoming events
and more biblical resources
go to

www.HopeForTheHeart.org