

MESSAGE NOTES

"RESILIENCE & THE STRENGTH OF THE LORD"

w/Summer Hollywood Movie Series



2 Cor 4:9 CEV

"In times of trouble, God is with us, and when we are knocked down, we get up again."

Message Title: **Equanimity & A Introduction to Resilience**

Series: **"RESILIENCE & THE STRENGTH OF THE LORD"** w/Hollywood Movie Tie Ins.

Movie: James Bond 007- *"No Time to Die"*



Bible Character: **"David"**

#1) Resilience is a Biblical Characteristic we should STRIVE for and ask GOD to INCREASE in our lives, especially in these times.

2 Cor 4:9

"In times of trouble, God is with us, and when we are knocked down, we get up again."

1 Peter 5:10

"And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast."

#2) Equanimity Should be the FRUIT of Good Emotional Health & Intelligence and like James Bond, we can be COOL under pressure.

Deuteronomy 31:6

"Be strong and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee."

#3) Many Biblical Characters, like David, demonstrate the PRINCIPALS of Equanimity & Resilience and serve as LIFE lessons for us.

1 Samuel 17:26 KJV

"26 And David spake to the men that stood by him, saying, What shall be done to the man that killeth this Philistine, and taketh away the reproach from Israel? for who is this uncircumcised Philistine, that he should defy the armies of the living God?"

1 Sam 30:6 NKJV

"Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters. But David strengthened himself in the LORD his God."

#4) Even in our WEAKNESS GOD's GRACE Will make us Strong & Resilient.

2 Corinthians 12:9-10

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.