

MOTHER'S DAY

2022

Mother's Day 2022: Resilient

The Story Of Hannah

1 Samuel 1:1-2:10 NIV

Hannah was in deep anguish, crying bitterly as she prayed to the Lord. And she made this vow: "O Lord of Heaven's Armies, if you will look upon my sorrow and answer my prayer and give me a son, then I will give him back to you. He will be yours for his entire lifetime, and as a sign that he has been dedicated to the Lord, his hair will never be cut."

1 Samuel 1:10-11 NLT

Four principles to becoming a more resilient person:

1. Acknowledge _____.

We are cracked and chipped from our afflictions on all sides, but we are not crushed by them. We are bewildered at times, but we do not give in to despair. We are persecuted, but we have not been abandoned. We have been knocked down, but we are not destroyed.

2 Corinthians 4:8-9 VOICE.

2. Choose a _____.

Cast all your anxiety on him because he cares for you.

1 Peter 5:7 NIV.

3. Recognize _____.

Praise the Lord, my soul, and forget not all his benefits...

Psalms 103:2 NIV

4. Live a life of _____.

"Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine."

Luke 22:42 NLT

Discussion Questions

1. Of the four principles we looked at today, which one comes the most natural to you and which one is hardest to practice?
2. Tell us about a struggle you endured and how it made you a more resilient person.
3. In what ways are you learning to be a more resilient person this season?

Recommended Resources

- *Emotionally Healthy Spirituality* by Peter Scazzerro
- *Trauma-Proofing Your Kids: A Parents' Guide for Instilling Confidence, Joy and Resilience* by Peter A. Levine
- *Rising Strong* by Brene Brown
- *Strengthening the Soul of Your Leadership: Seeking God in the Crucible of Ministry* by Haley Ruth Barton
- *Tempered Resilience: How Leaders Are Formed in the Crucible of Change* By Tod Bolsinger.

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1 Samuel 1:10-11 NLT

Four principles to becoming a more resilient person:

1. Acknowledge ADVERSITY.

We are cracked and chipped from our afflictions on all sides, but we are not crushed by them. We are bewildered at times, but we do not give in to despair. We are persecuted, but we have not been abandoned. We have been knocked down, but we are not destroyed.

2 Corinthians 4:8-9 VOICE.

2. Choose a PRAYERFUL POSTURE.

Cast all your anxiety on him because he cares for you.

1 Peter 5:7 NIV.

3. Recognize BLESSINGS.

Praise the Lord, my soul, and forget not all his benefits...

Psalms 103:2 NIV

4. Live a life of SURRENDER.

"Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine."

Luke 22:42 NLT

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