

Resilience

According to Oxford:

1. the capacity to withstand or to recover quickly from difficulties; toughness.
2. the ability of a substance or object to spring back into shape; elasticity.

Similar: flexibility; pliability

Hebrews 12:1-3 ERV

¹Therefore, 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 trips us up. And let us run with endurance the race God has set before us. ²We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. ³Think of all the hostility he endured from sinful people; then you won't become weary and give up.

James 1:2-7 ERV

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.

⁵If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. ⁶But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. ⁷Such people should not expect to receive anything from the Lord.

Galatians 6:9

⁹So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

1 Corinthians 9:24

²⁴Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win!

Matthew 24:13

¹³But the one who endures to the end will be saved.

Bible Verses On Resilience:

<https://christian.net/resources/bible-verses-about-resilience/>

Declarations For Resilience

- We decree and declare that no weapon formed against you shall prosper in the name of Jesus.
- By faith, you will keep up the good fight and not give up.
- In the name of Jesus, we decree and declare that anytime giving up creeps into your mind it is casted into the dry places right away!
- In the name of Jesus, you shall walk and not grow weary, run and not faint.
- We decree and declare that you will fulfill God's perfect plan for your life in the name of Jesus.
- We decree and declare that no challenges, struggles, turmoil, fear, or doubt shall overcome you or deter you in the name of Jesus.
- By faith, greater is He that is in you than he that is in the world.
- In the name of Jesus, each new day is an opportunity to accomplish great things, and you shall take full advantage of those opportunities in the name of Jesus.
- We decree and declare that your circle of loved ones and witnesses shall surround you in love, prayer, support, and positive spiritual examples.
- In the name of Jesus, you and your circle are equipped with the full armor of God to sustain through all things as God permits.
- We decree and declare that whatever God has in store for you shall not be forfeited, canceled, delayed, or missed out on.
- By faith, you shall reap a great harvest if you faint not.
- In the name of Jesus, you will persevere through all struggles.
- We decree and declare that you are free from any strongholds, delays, health issues, or the attacks of the enemy right now in the name of Jesus.
- In the name of Jesus, you shall walk by faith not by sight.
- By faith, we know that struggle creates a perfect work in us and we face all challenges with our heads held high and with strong faith in God.
- In the name of Jesus, Jesus set a great example of resilience for us to follow, and we will follow in His footsteps accordingly through all God has permitted to come our way.
- We decree and declare that no challenge, struggle, or attack shall work as a distraction, and all such things are bound and cast out now in the name of Jesus.
- We decree and declare that God has full control over our safety, health, relationships, finances, and any decisions we will make, and we fully surrender to God now in the name of Jesus.

- We decree and declare that NO obstacle will stop us from moving forward in purpose, in the purpose God has set for us.
- In the name of Jesus, we will find strength during any trial or tribulation and come out stronger than we were going into it.
- We have faith, we believe it, we receive it, and it is so in the Name of Jesus!!

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