

RESILIENCY RESOURCES:

Online, free

www.elca.org/Resiliency

These downloadable, free resources are designed for individual or small groups, using the Affirmation of Baptism as a framework for reflection.

We are living in unprecedented times—a health pandemic filled with economic uncertainty and unresolved racism. This added to each of our own challenges in daily life.

Grief upon grief.
Uncertainty upon uncertainty.

RESILIENCY tips

OTHERS

Live among God's People

HOPE

Hear the word
Proclaim good news

MEANING

Serve as Jesus
Strive for peace and justice

RESILIENCY:

Faith Practices in Tough Times

Bible Focus: Learn about resiliency from those who witnessed Jesus die on the cross, be buried in the tomb, and rise again, as described in the gospel of Mark.

Worksheets include making a resiliency plan and a vision board.

RESILIENCY: Setting Free our Lament

Bible Focus: Explore the lament psalms which interweave the tension between our deep cries with the hope of trust.

Lament Worksheets include NOW, COVID-19, Racism, and a blank page to create your own.

RESILIENCY: A Parent's Guide

This guide is designed to assist parents fulfill promises made to God at their children's baptism by using the same Affirmation of Baptism which their children will recite at confirmation. Resiliency tips include: others, hope, and meaning.

RESILIENCY VIDEO: A Conversation with Rev. Brenda Smith

A Conversation on "Lament" between:

- Brenda Smith, ELCA Program Director of Faith Practices and Book of Faith
- Rev. Robin McCullough-Bade, writer

