Resilience

Westview Baptist Church

October 4, 2020

**Resilience**

**Taproots**

**The Physical**

**Jesus**

*And Jesus grew in wisdom and stature, and in favor with God and man. (Luke 2:52 NIV11)*

*A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, “Peace be with you!” Then he said to Thomas, “Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.” (John 20:26–27 NIV11)*

*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? (1 Corinthians 6:19 NIV11)*

*So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified. (1 Corinthians 9:26–27 ESV)*

*Elijah came to a broom bush, sat down under it and prayed that he might die. “I have had enough, LORD,” he said. “Take my life; I am no better than my ancestors.” Then he lay down under the bush and fell asleep. All at once an angel touched him and said, “Get up and eat.” He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the LORD came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. (1 Kings 19:3–8 NIV11)*

**Us**

**Rest**

**Diet and exercise**

**Play**

**Prune**

*“I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. (John 15:1–2 NIV11)*

**Rule of life**