

## Resilience Worksheet (RESILE)

*Take 10 minutes per day using the following steps to build resilience, drawing near to God and resisting the devil. Step 5 must be done with pencil/pen and paper, but the other steps can be done in your mind or talking to another person out loud.*

1. **Release Agenda (30 seconds):** Pray to release your agenda to God and submit yourself to His will for whatever He has for you, without qualification. Use the Lord's prayer if you need help getting started.
2. **Examine Feelings (2 minutes):** List at least one emotion you are feeling (e.g. glad, mad, scared, confused, sad, frustrated). Example: I'm happy about my job, worried about my son's grades in school, and frustrated that my neighbor leaves his trash cans out all week.
3. **Sort Lies (1 minute):** Among your list of feelings, which one might the enemy be using to deceive you into wrong thinking about yourself or others? Look especially for messages that lead you to wanting to give up in discouragement. Example: Because your son is getting bad grades, he is going to fail in life and end up on the streets.
4. **Invoke Truth (1 minute):** Look to the Word and prayer for the Truth that counters the lie you identified. Example: Getting bad grades doesn't mean he'll be homeless, and God will help me care for my son.
5. **Litigate Conflict (2 minutes):** Using pen/pencil and paper, start brainstorming how to reconcile the conflict between your feelings and the truth. Feel free to draw pictures, make a diagram, write a poem, or do something creative that forms a bridge that frees you from being dominated by feelings to living by the truth.
6. **Employ Slogan (2 1/2 minutes):** End with a phrase that summarizes the action you will take to live by the truth in your situation. For example, "Bad grades today doesn't mean homelessness tomorrow." Schedule seven times during the day to stop what you are doing to take five seconds to repeat the slogan out loud. Here are some examples:

- I don't have to amaze anyone
- I have time to enjoy every good work
- I am not assigned to fix every problem
- Waiting renews strength
- I don't have to participate in toxic drama
- Content and thankful
- Live on the truth-grace plateau
- Look how far you've come
- Love, unify, speak truth
- Take His yoke
- It's not all on me
- Enjoy future restoration
- Smile in the goads
- Provision in the moment