

# FAMILY FAITH BUILDER

## Character Lessons for Practical Application of Faith

# RESILIENCE



### Recovering from Adversity

As people of Faith, we have some extra help in the form of our Faith, when it comes to being Resilient. Calling upon God to help us when we feel downtrodden can boost our energy in dealing with adversity. We always know that God is there for us and this confidence can give us a more positive outlook when dealing with adversity.

We know that Christ suffered for us on the cross. When we are suffering, we can join our suffering with that of the Passion of Christ and give meaning to our suffering. If we choose to whine and complain about it, we lose an opportunity for spiritual growth.

This month, use your Faith to boost your Resilience.

#### *To Practice Resilience I Will:*

- Learn from my mistakes and then let them go.
- Not compare my situation to others
- Not let a failure in one area affect attitude in other areas.
- Ask for help when I need it
- Look for reasons to have hope

Any others appropriate to your family?

#### *God's Word on Resilience*

*"And we know that in all things God works for the good of those who love Him, who have been called according to His purpose."*

*Romans 8:28*

*"Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight."*

*Proverbs 3:5-6*

*"Give thanks in all circumstances, for this is God's will for you in Christ Jesus."*

*1 Thessalonians 5:18*

*"Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go."*

*Joshua 1:9*

*"Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever."*

*Psalms 23:6*

*"And my God shall supply all your need according to His riches in glory by Christ Jesus."*

*Philippians 4:19*

*"...Weeping may endure for a night. But joy comes in the morning."*

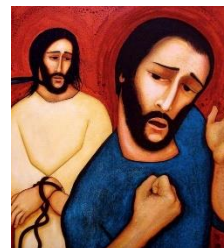
*Psalms 30:5*

*Jesus said, "Blessed are the poor in spirit, for theirs is the kingdom of heaven."*

*Matthew 5:3*

#### **Peter Teaches Us About Resilience**

We can all recall one of Peter's greatest failings in his denial of knowing Jesus when he was arrested. How does one bounce back from something like that? Jesus didn't call the apostles randomly. He called them because He knew them and he knows us, too. When Peter heard the crow, he remembered Jesus' words at the Last Supper and was remorseful of his actions and wept bitterly. We know that Peter is forgiven and goes on to become the Head of the Church. We have a few failures in our records, but we can learn from Peter that despite weakness and failure, we can be called and used by our wonderfully forgiving Lord.



## The Egg, the Carrot and the Coffee

For this activity, you will need a whole, peeled, hard-boiled egg, cooked carrots and a cup of coffee. Gather the family and talk about resilience. You may need to define adversity and give examples of tough times as a family or as individuals. Discuss what it means to recover or bounce back from tough times. Compare tough times to boiling water. The three items in front of you were all hit with the adversity of boiling water but they each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The carrots are like people who give up too easily. The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The egg is like people who get bitter and carry a grudge. The ground coffee was unique, however. After it was in the boiling water, it had changed the water. The coffee is like people who learn from their mistakes. Ask them which one they want to be, the egg, the carrot or the coffee?



### POSTER IDEA:

## Resilience

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“Even though I walk through the valley of the shadow of death,  
I will fear no evil, for you are with me;  
your rod and your staff comfort me.”  
Psalm 23:4

**Do you seek  
comfort from God  
first or when all  
else fails?**

Dear Jesus,

We praise you for your goodness and mercy and thank you for the example of resilience in your life. We remember how you performed miracles to help your followers in their situation and in their belief. Help us to embrace our roles as your servants here on Earth and Learn from my mistakes and then let them go. Remind us not compare my situation to others and to ask for help when I need it.

May we learn to Not let a failure in one area affect attitude in other areas. Teach us to Look for reasons to have hope. Help us to act in all things in harmony with the will of the Father.

Amen.

#### Other ways to teach character in the home:

- Display the character quality and definition in a prominent place such as on the refrigerator or let each child decorate it for their bedroom door.
- At the dinner table ask if anyone noticed anyone (not just family members) demonstrating the character quality (or not demonstrating it).
- Point out news stories where character was or was not involved.
- During car trips, challenge the kids by describing scenarios and having them identify if it describes being the quality or being the opposite.
- Praise with character by recognizing the character quality involved rather than the achievement.
- For more ideas visit [www.charactercincinnati.org/faith.php](http://www.charactercincinnati.org/faith.php)

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For more activities that can be adapted for family use, visit  
[www.charactercincinnati.org/quality\\_resource.php?q=Resilience](http://www.charactercincinnati.org/quality_resource.php?q=Resilience)