

Bounce Back! Part 1

In June, 2015, Time magazine's article, "Bounce Back", offered advice on resilience (the art of bouncing back!).

First. *"be quick to reach out for support"*. Dr Steven Southwick, Yale school of medicine, says, "Very few highly resilient people are strong in and by themselves. You need support. "That, of course, reflects the Christian message. We all need God's support. God's Son, Jesus, confirmed this. He said, "Without me you can do nothing." John 15.5

Second. *"develop a core set of beliefs that nothing can shake."* Jesus said, "he who hears my word and believes in Him who sent me has everlasting life." John 5.24 Nothing is more unshakeable than that.

Third. *"try to maintain a positive outlook."* Against fierce opposition, Jesus was the world's most positive person. And He gives us this invitation: "Follow me!" John 12.26

Fourth. *"don't beat yourself up or dwell on the past."* The great apostle Paul is our example here. He said "One thing I do, forgetting those things which are behind and reaching forward to those things which are ahead . . . the prize of the upward call of God." Philippians 3.13-14 Nothing empowers more than keeping our eyes on what God has in store for us.

* * *

"Set your minds on things that are above, not on things that are on earth"

Ken Packer