

Bounce Back! Part 2

Time magazine's June 2015 issue, writes about Frontiers of Medicine, giving expert tips on resilience (the art of bouncing back).

First, *"recognise what makes you uniquely strong."* Those who become Christians find that nothing in their previous life ever matched the new power of God they now experience.

Second, *"find an exercise regimen you'll stick to."* Christians recognise the importance of this, and in fact the Bible recommends "let us not give up meeting together, as some are in the habit of doing, but let us encourage one another" Hebrews 10.25

Third, *"learn new things as often as you can."* Here too, for Christians, the Bible is such an amazing book that one can never claim to "know it all" - every day we can find new truths in its pages. And there's no better teacher than Jesus who said "I am the Way, the Truth, and the Life" John 14.6

Fourth, *"take cues from someone who is especially resilient."* This is another reason for Christians to meet regularly so they can learn how to handle life's setbacks in a positive way, with more experienced believers teaching younger members. Did Time magazine's editors realise how closely they reflected Christian teaching.? See how the apostle Paul bounced back. He said, "I thank Christ Jesus our Lord.

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Ken Packer