

From the Family Room

**Creekwood Church of Christ
Mobile, AL**

31 March, 2019

RESILIENCE – BOUNCING BACK



Consider it nothing but joy, my brothers and sisters, whenever you fall into various trials. Be assured that the testing of your faith through experience produces endurance leading to spiritual maturity, and inner peace. And let endurance have its perfect result and do a thorough work, so that you may be perfect and completely developed in your faith, lacking in nothing.

James 1:2-4

Bear one another's burdens, and thereby fulfill the law of Christ.

Galatians 6:2

"I have told you all this so that you may find your peace in me. You will find trouble in the world—but, never lose heart, I have conquered the world!"

John 16:33

I received a call from Operation Bounce Back at Mobile Infirmary earlier this week. At four weeks after heart surgery, they begin physical rehab for heart patients. This is a very controlled workout with heart monitors on each person. If any abnormality occurs during the workout, that person is stopped immediately. I am to meet with them later this coming week and start the workouts. The body can be very resilient and bounce back from a physical crisis like by-pass surgery and return to pre-crisis status quickly.

It is inevitable that we will all deal with stress, hardship, change, and loss in life. Resilient people have the ability to not only handle these situations but to make something positive come from these trials and problems. Strong families also show the characteristic of resilience. These families withstand life challenges and become even stronger and more resourceful. Strong families are able to deal with potentially destructive events in constructive ways. They have the ability to see positives in the middle of a dark valley of negatives. Studies have indicated that resilient families can grow in the middle of trouble because of several skills. First, they communicate openly and clearly. This leads to a feeling of being connected to each other. They are able to unite and face the problem together rather than being fragmented by it. Second, their family enjoys connectedness and mutual support but they also have flexibility necessary to adapt to necessary changes. Third and most importantly, their family has shared beliefs and faith giving them a larger purpose in life. This helps them see the problem as a transformative opportunity leading to a positive attitude regarding solving the problem.

In our family here at Creekwood, there are several individuals and families dealing with trials and tribulations at this time. Please be aware of those around you and encourage them. For those not facing trials at this time, let's be building our family skills. Then when the storms of life hit, we will not just weather the storm, but even more importantly we turn these storms into a catalyst for growth.

For those facing trials now, I pray that we will remember the inspired words of James found in James 1:2-4 and view our problems as opportunities for growth. I pray that we will remember the inspired words of Paul written in Galatians 6:2 and help others bear their burdens in life. I pray that we will all remember the words of Jesus and find our peace in Him.

Life brings all of us challenges. Jesus gives all of us the ability to bounce back.

RICKY