Resolution 12

Resilience

“I resolve to increase my capacity to overcome adversity.”

Proverbs 24:16 For a just man falleth seven times, and riseth up again: but the wicked shall fall into mischief.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is not measured by whether you fall or not, it is measured by whether you get up after you fall.

There is a term used by Paul G Stalty

Adversity Quotient

1. AQ tells how well you withstand \_\_\_\_\_\_\_\_\_\_\_and your ability to surmount it
2. AQ predicts  who will overcome adversity and who will be \_\_\_\_\_\_\_\_\_\_ by it
3. AQ predicts who will exceed expectations of their performance and potential and who will fall short
4. AQ predicts who gives up and who will prevail

Don’t give up on your dreams

Habakkuk 3:17-18

The driving force behind this scripture is the \_\_\_\_\_\_\_\_

Elijah was \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ but kept going through God’s help

Paul was resilient

*He was …*

* Imprisoned repeatedly
* Flogged
* Exposed to death again and again
* Received 39 lashes five times
* Beaten with rods three times
* Pelted with stones
* Shipwrecked three times

II Cor. 4:8-9, Proverbs 24:16