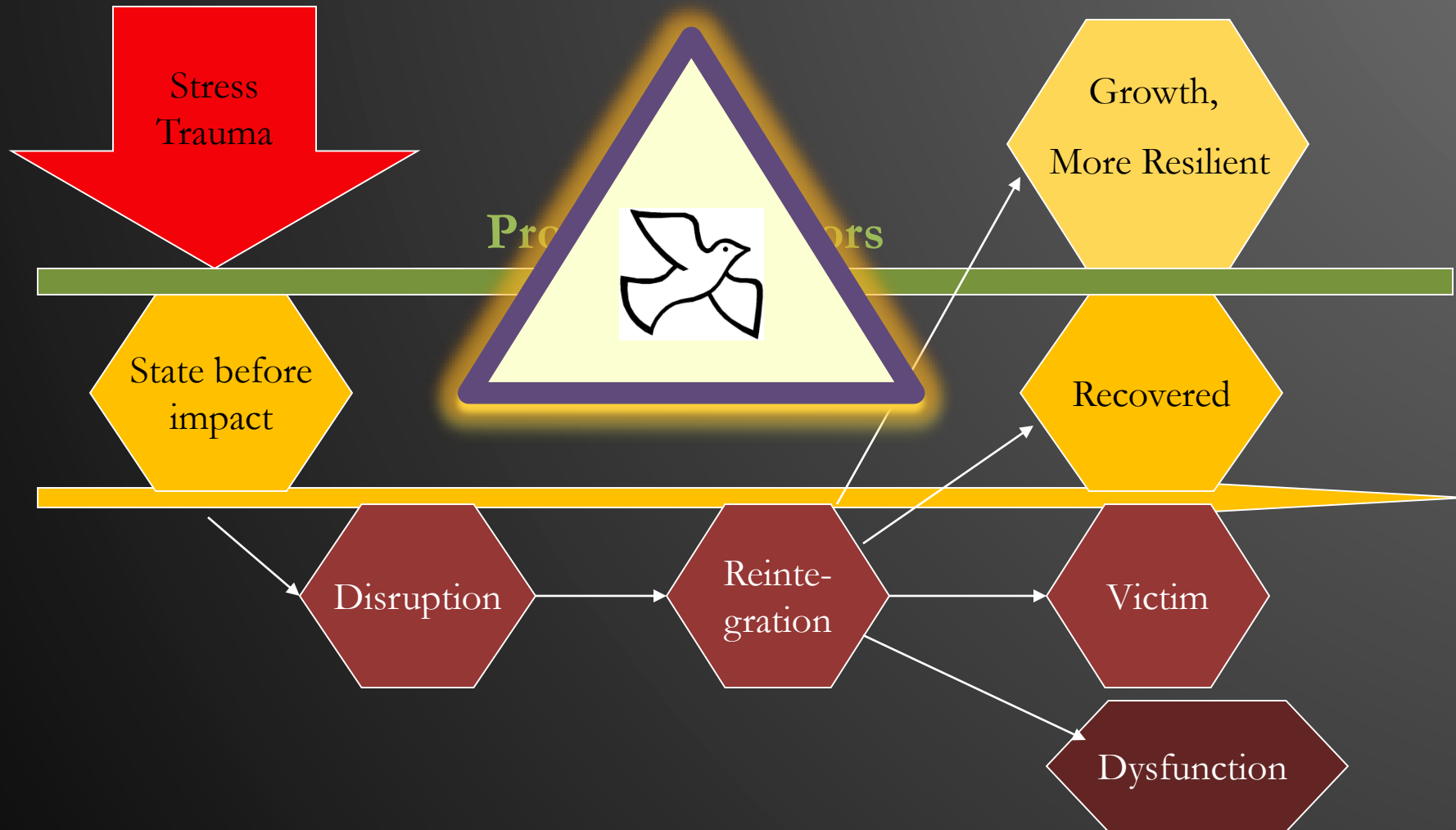




# *Spiritual Resilience*

# Resilience Model



# Suffering – Perseverance – Hope – God’s love in us



## WE KNOW THAT

suffering produces perseverance; perseverance, character; and character, HOPE.

And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.

Romans 5:3-5

# Spiritual Factors and Trauma



## Pre-trauma Characteristics

- Global beliefs and goals (e.g. theodicy, theology of suffering)
- Intrinsic (vs. extrinsic) religious motivation
- Disposition to **forgive** others
- Religious attendance and practices

*Ability to form supportive relationships in faith community*

***Knowing and receiving grace** (accept human vulnerability)*

*Ability to accept and deal with difficult feelings*

# Spiritual Resilience Highlights TODAY

- Sound Theology of Suffering → Scott Shaum's plenary!
- **Intrinsic Religious Motivation**
- **Supportive Relationships**
- **Knowing and Receiving Grace**
- Ability to Face and Share Uncomfortable Feelings
- Knowing and Extending Forgiveness

SPIRITUAL RESILIENCE HANDOUT

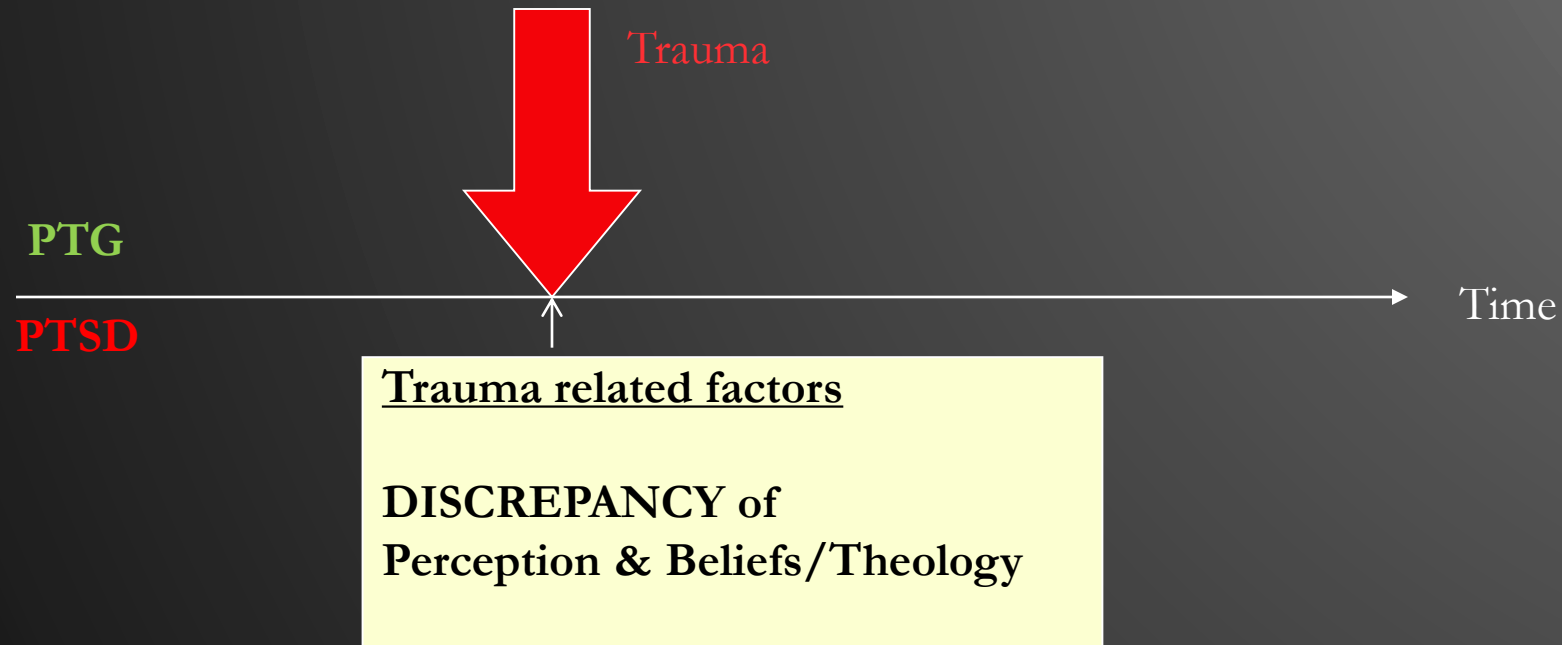
# Spiritual Resilience Characteristics

## 1. Sound Theology of Suffering

- A person's view of the world, self, and God in suffering, based on their faith; perception of spiritual realities in suffering
- A person's perspectives on:
  - Why would God allow this to happen?
  - Where is He in my suffering?
  - Why has he not protected me? Can I still trust Him? Is He in control now?
  - Has he abandoned me? Is this a punishment?Needs to correspond closely with biblical realities



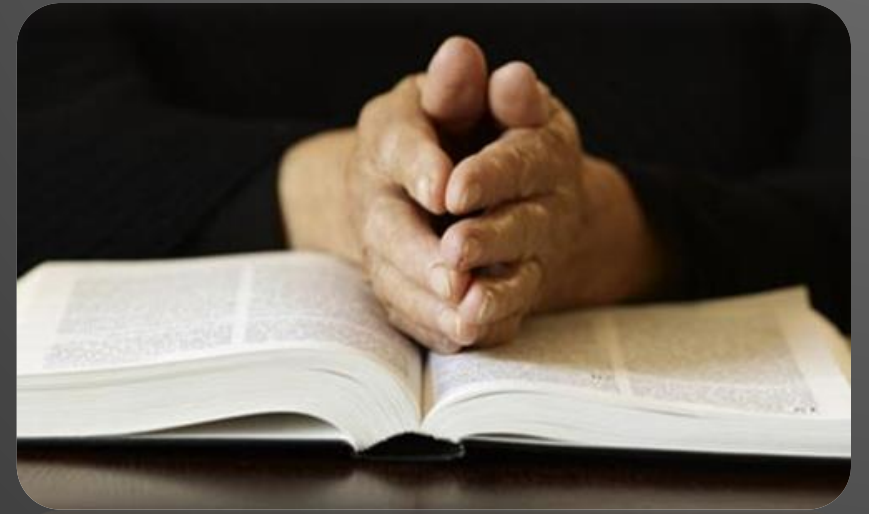
# Spiritual Factors and Trauma



# 1. Sound Theology of Suffering

## BUILDING

- ❖ Personal Reflection on a Biblical Theology of Suffering (personally, and in groups)
- ❖ People need to truly wrestle with this, rather than repeat truisms gleaned from books or others
- ❖ Resources:
  - ❖ ToS Worksheet in Appendix of Schaefer T&R Handbook
  - ❖ Jerry Sittser A Grace Disguised

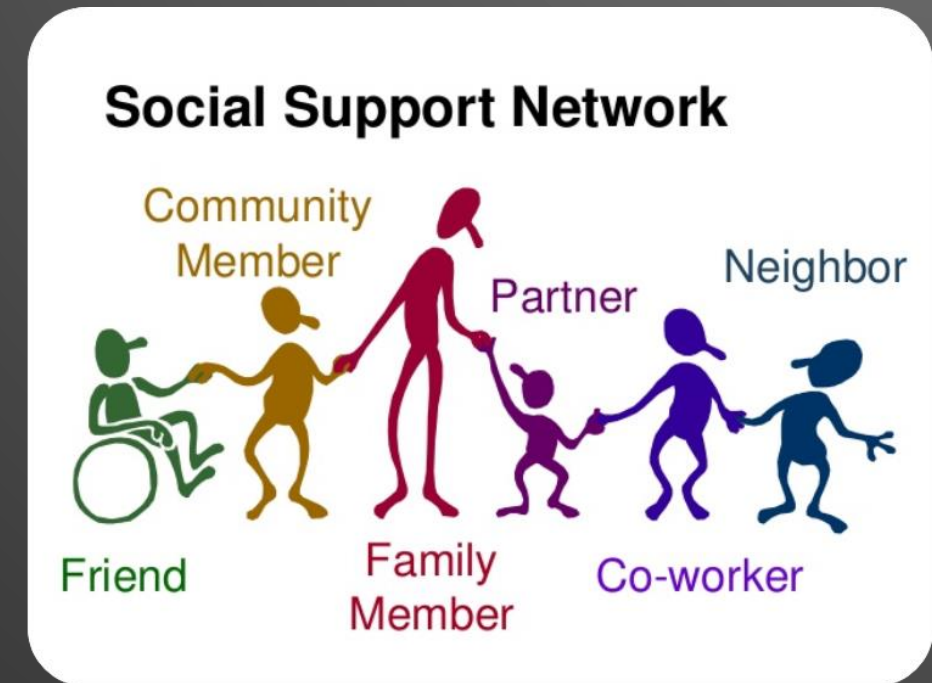




# Spiritual Resilience Characteristics

## 2. Supportive Relationships with Other Believers

- Close, trusted Christian friends ( $\geq 2$ )
- Part of a supportive Christian community, team
- Regular attendance of gatherings
- Marital Satisfaction



## 2. Supportive Relationships with Other Believers

### BUILDING

- ❖ Team gatherings (prayer, bible study, conferences)
- ❖ A culture of mutual support
- ❖ Provide resources and ideas, how to stay connected with other Christians in isolated field situations
- ❖ Resource - [www.mmct.org/wp-content/uploads/2016/08/How-are-we-Nurturing-our-Spiritual-Community.pdf](http://www.mmct.org/wp-content/uploads/2016/08/How-are-we-Nurturing-our-Spiritual-Community.pdf)



Faith is an adventure we take with trusted friends.



# Spiritual Resilience Characteristics

## 3. Intrinsic Religious Motivation

- Source of Motivation for our Actions/Work focused on God, His purposes, and His calling
- Motivated by love, obedience
- Wanting to glorify God, and enjoy Him forever

**Intrinsic**

- Purpose
- Meaning

**Extrinsic**

- Benefits

# 3. Intrinsic Religious Motivation

## BUILDING

- ❖ WORSHIP
- ❖ Bible reading (God's character)
- ❖ Prayer (personal encounter)
- ❖ Fasting practices
- ❖ Spiritual direction
- ❖ Retreats



**Intrinsic motivation**  
- motivated by interest  
- exists within an individual



**Extrinsic motivation**  
- motivated by an external motif  
- exists outside the individual

# Spiritual Resilience Characteristics

## 4. Graceful Disposition of Self & Organization toward Distress

- Knowing God's amazing grace personally
- A gracious and positive view of oneself, and one's distress; realistic expectations
- Organization accepts, and responds to distress with compassion



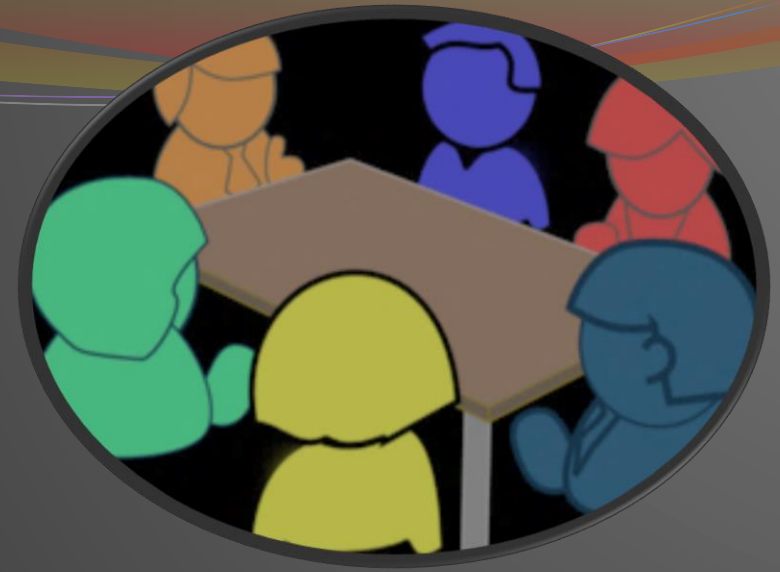
## 4. Graceful Disposition of Self & Organization towards Distress

### Building

- ❖ Growing in knowledge of grace through reading, and being part of a gracious community
- ❖ Normalizing distress
- ❖ Culture of helpful response to distress without dramatization or coddling
- ❖ Counseling, e.g. becoming more mindful of judgments, and and refocusing on truth



# GROUPS



About 5'

- Which idea or resource for building spiritual resilience would you like to briefly share?

About 15'

- Your group is asked to provide input in how an **annual staff conference** could incorporate strengthening spiritual resilience of workers from a variety of fields. Please sketch out relevant practical suggestions, and identify those you consider the most important.