

SPIRITUAL RESILIENCE CHARACTERISTICS

by F&C Schaefer, October 2014

1. Having wrestled with a **biblical theology of suffering** (group and individual), including the purpose of suffering; knowing that suffering is not usually a punishment from God, or a result of being abandoned by God.
2. **Worshipping, serving, and loving God for His own sake** rather than our own benefits gained from knowing and serving Him
3. **Ability to forgive others**; regularly practicing true forgiveness
4. Involvement in **regular spiritual practices** such as prayer, bible reading, attendance of Christian worship and fellowship, small groups, and serving in the faith community
5. **Ability to connect** and form close, supportive relationships in the faith community
6. **Ability to receive grace**; accepting human vulnerability
7. Ability to see oneself **valued and loved by God for one's own sake**, rather than for one's service
8. Ability to accept and **constructively deal with difficult feelings** such as sadness, anger, confusion, pain, shame, and guilt
9. **Seeking and finding connection with God**, when the emotional connection with God is disrupted; practiced in entering the presence of God, in personal, vulnerable communion with him; awareness of what usually helps to feel connected again, if one has lost the sense of connectedness.

Personal and Interpersonal Resilience Characteristics (The Master Plan)

1. Strong sense of **purpose and meaning, focus on God rather than his provisions**
2. Ability to **actively cope** with distress
3. A posture of **collaborating with the Lord**, both active, and surrendered
4. **Flexibility and adaptability**
5. **Ability to connect well** with others, and deeply with at least a few
6. **Social support** system in place
7. Being part of a **graceful organizational or church culture**