

ASSESSING, BUILDING, AND MAINTAINING SPIRITUAL RESILIENCE

| Resilience Characteristic | What it is | Assessing it | Building it | My experience and ideas how to build it |
|--|--|---|--|--|
| <u>1. Sound Theology of Suffering</u> | <ul style="list-style-type: none"> View of the world, self, and God in suffering, based on faith perception of spiritual realities in suffering (bible based) A sound biblical theology of suffering needs personal grappling with what the Bible says about suffering, and how God acts in it | <ul style="list-style-type: none"> Has ... grappled with his/her Theology of Suffering? Do the resulting assumptions appear biblical? Does our mission encourage and promote a sound Theology of Suffering? | <ul style="list-style-type: none"> Personal Reflection on a Biblical Theology of Suffering (personally AND in groups) Truly wrestling with this, rather than accept truisms (may use challenging case studies from the mission field) | |
| <u>2. Supportive Relationships with other Believers</u> | <ul style="list-style-type: none"> Trusted Christian friends (>=2) Part of a supportive community, team Regular attendance of Christian gatherings Marital Satisfaction | <ul style="list-style-type: none"> At least two Christian friends? Openness and transparency level? Active part of a Christian community? Giving growing relationships a measure of priority? Satisfaction in marriage? | <ul style="list-style-type: none"> Encourage and equip to build close relationships Being a regular part of a church community Support team (sending Ch.) Visits from leadership, MC, and support team Team gatherings (prayer...) Team retreats, conferences Leadership providing time and support for team activities Resources to stay connected in isolated places | |
| <u>3. Intrinsic Religious Motivation</u> | <ul style="list-style-type: none"> Source of motivation for actions/work Motivated by His love, love for Him, purpose Wanting to glorify God and enjoy Him forever | <ul style="list-style-type: none"> What do you look forward to in your ministry the most? Sense of call Getting to know M Active spiritual disciplines? | <ul style="list-style-type: none"> WORSHIP Bible reading (God's character) Prayer (personal encounter) Fasting, spiritual disciplines Spiritual direction, retreats | |

ASSESSING, BUILDING, AND MAINTAINING SPIRITUAL RESILIENCE

| | | | | |
|--|--|---|--|--|
| <p><u>4. Graceful Disposition of Toward Distress</u></p> | <ul style="list-style-type: none"> • A gracious and positive view of oneself and one’s distress • Organization accepts and responds with compassion | <ul style="list-style-type: none"> • Person’s self-talk, self-assessment; judgmental thoughts? • Perfectionism? | <ul style="list-style-type: none"> • Normalizing distress • Culture of helpful response to distress without dramatization or coddling | |
| <p><u>5. Ability to Face and Share Uncomfortable Feelings</u></p> | <ul style="list-style-type: none"> • Facing and expressing strong feelings like pain, anger, guilt, shame rather than repressing these feelings and isolating oneself • Sharing raw, “negative” emotions with others and before God, or journaling about them | <ul style="list-style-type: none"> • Does a person feel distant from God after stress/trauma? • In what way has the person processed strong feelings in the past? • Withdrawal, or attempt to express? | <ul style="list-style-type: none"> • Attentively listen, asking open questions about feelings rather than facts • Offering: If I would experience this, I may feel... • Providing a psalm that laments feelings the person has; providing a structure of lament for group/individ. | |
| <p><u>6. Ability to (Re-) Connect with God’s Presence in Distress</u></p> | <ul style="list-style-type: none"> • Emotional disconnect with emotional numbing or burnout/depression • The soul ‘instrument’ does not sound the ‘tones’ of joy/peace, commonly taken as indicators of God’s presence • Can lead to a sense of disconnection & abandonment | <ul style="list-style-type: none"> • Feeling connected to God since the stressor? • Sense of abandonment by God? • Thoughts of being punished, unworthy, unloved | <ul style="list-style-type: none"> • What helped you to connect with God before this happened. Any song, image, item, story, text, remembrance of experience of His presence? • Communion • Contrast biblical reality with negative thinking | |
| <p><u>7. Knowing and Extending Forgiveness</u></p> | <ul style="list-style-type: none"> • Understanding the forgiveness process, incl. what it is not • Willingness to forgive and entrust justice to God or perhaps a justice system | <ul style="list-style-type: none"> • Does s/he understand what forgiveness means? • Can s/he wish the offender well while holding him/her responsible? • Is the person able to see the humanity of the offender? | <ul style="list-style-type: none"> • Practicing forgiving in the small things increases capacity to let go of desires for revenge, entrusting justice to God, perhaps a justice system • Forgiveness ritual to enact forgiving initially; retracing the steps when memory and feelings recur. • Forgiving oneself | |