

SPIRITUAL RESILIENCE CHECKLIST

(Trauma & Resilience: A Handbook, eds. Schaefer and Schaefer, 2012;
www.TraumaResilience.com)

Sound Theology of Suffering

- Has the person (have I) grappled with his or her (my) theology of suffering and are the resulting assumptions biblical?
- Does our (my) organization encourage and promote a sound theology of suffering?

Intrinsic Religious Motivation

- Does the person (do I) have a habit of attending community worship and prayer?
- Does the person (do I) have at least two close Christian friends for mutual support and sharing openly and deeply?
- Does the person (do I) have a regular habit of personal prayer and studying the Bible?
- Does the person (do I) have a regular practice of participating in spiritual retreats, contemplative prayer, and receiving spiritual direction?

Ability to Face and Share Uncomfortable Feelings

- Is the person (am I) authentically and honestly talking about difficult life experiences and surrounding feelings?
- Does our (my) organization support honest sharing of uncomfortable feelings, or are there indirectly communicated messages that “good Christians” should not have certain feelings?

Knowing and Extending Forgiveness

- Does the person (do I) have experiential knowledge of receiving forgiveness from God and from others?
- Is the person (am I) aware of the forgiveness process and able to distinguish forgiving from excusing or glossing over injuries?
- Does our (my) organization encourage and promote giving, experiencing, and knowing forgiveness?

Knowing and Receiving Grace

- Does the person (do I) have a deep experience of being loved and valued by God?
- Is the person (am I) accepting of human brokenness as a common experience and able to love others (myself) when the brokenness is visible, rather than being overly condemning?
- Does our (my) organization encourage a culture of openness, vulnerability, and support as its members deal with their brokenness?

Supportive Relationships with Other Believers

- Does this person (do I) have at least two close Christian friends?
- Does this person (do I) give growing and maintaining close relationships a measure of priority over ministry work?