

Find Resilience

In the Strength of the Lord



What is Resilience?

1828 Dictionary - The act of rebounding; Coming back stronger than you were.

As you see from this definition, resilience is not the absence of trials, but the ability to come back stronger from whatever hardships occur.

Facing Opposition

You will experience peril of all sorts in your life. In fact, this is an important part of the learning experience that you came to earth to have.

2 Nephi 2:11

For it must needs be, that there is an opposition in all things. If not so, my firstborn in the wilderness, righteousness could not be brought to pass, neither wickedness, neither holiness nor misery, neither good nor bad. Wherefore, all things must needs be a compound in one; wherefore, if it should be one body it must needs remain as dead, having no life neither death, nor corruption nor incorruption, happiness nor misery, neither sense nor insensibility.

Experiencing the contrast between things is essential for your progression. But you are certainly not meant to stay down emotionally, spiritually or otherwise. How will you be able to rebound?

Christ Will Strengthen You

Philippians 4:12-13

I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ which strengtheneth me.

Jesus Christ loves you! You can have confidence that He will strengthen you as He has promised.

Isaiah 41:10

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Strength to Withstand



Though you may have troubles of every sort, you need not be distressed, for you are not utterly forsaken or destroyed. You will be given strength to withstand it all.

2 Corinthians 4:8-9

We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed;

When the enemy tries to knock you down, attacking with all that he can throw at you, if you have founded your self on Christ you will not be dragged down to mystery and endless suffering. With this foundation it is impossible to fall prey the enemies attack.

Helaman 5:12

And now, my sons, remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty storm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men build they cannot fall.

Strength to Recover



But what if you do fall? Although you might make mistakes, what's important is that you learn from them, repent and look to the Lord for a better way.

Micah 7:8

Rejoice not against me, O mine enemy: when I fall, I shall arise; when I sit in darkness, the Lord shall be a light unto me.

Yes, hard times will certainly come, circumstances which may cause you to stumble physically or emotionally, leaving you in the darkness of despair or even depression. When you fall or find yourself in darkness, look to the Lord Jesus Christ, He will light your way.

Out of Darkness into Light

The darkness you experience may be a result of believing something that is not true or not believing the truth.

D&C 84:54

And your minds in times past have been darkened because of unbelief, and because you have treated lightly the things you have received—

Jesus is the source of truth and light.

D&C 84:45

For the word of the Lord is truth, and whatsoever is truth is light, and whatsoever is light is Spirit, even the Spirit of Jesus Christ.

To recover yourself out of this trap which the enemy has set to ensnare you, you must turn to Jesus and repent. Ask Him to show you the truth and believe it, then you will be free and have light once again!

2 Timothy 2:25

In meekness instructing those that oppose themselves; if God peradventure will give them repentance to the acknowledging of the truth;²⁶ And that they may recover themselves out of the snare of the devil, who are taken captive by him at his will.

It's All Good

Spiritual growth is gained through trials. Sometimes these trials are the result of getting caught in the devil's trap of sin, but oftentimes trials may come upon you regardless of your own righteousness, so it's important to remember no matter what, that through all these trials you will gain experience which will be for your good.

D&C 122:7

And if thou shouldst be cast into the pit, or into the hands of murderers, and the sentence of death passed upon thee; if thou be cast into the deep; if the billowing surge conspire against thee; if fierce winds become thine enemy; if the heavens gather blackness, and all the elements combine to hedge up the way; and above all, if the very jaws of hell shall gape open the mouth wide after thee, know thou, my son, that all these things shall give thee experience, and shall be for thy good.

The Ultimate Resilience



All that you suffer, if you endure faithfully will result in a glorious eternal life.

D&C 101:35

And all they who suffer persecution for my name, and endure in faith, though they are called to lay down their lives for my sake yet shall they partake of all this glory.

Think of it, someone who has the worst life that you can imagine, who is persecuted and even killed, because they endured it all with faith in Jesus Christ will one day become as glorious as He is! This is the ultimate example of resilience!

Strength to Be Resilient

How can you access the strength to be resilient?

Have Confidence

Confidence yes, but it's not about confidence in yourself or in your own wisdom, in fact it's important to realize how weak you really are on your own. Seeing the need for strength beyond your own ability, you can then put your confidence in the almighty God who is has power over all things, because He is the creator of all things!

Alma 26:11-12

But Ammon said unto him: I do not boast in my own strength, nor in my own wisdom; but behold, my joy is full, yea, my heart is brim with joy, and I will rejoice in my God. Yea, I know that I am nothing; as to my strength I am weak; therefore I will not boast of myself, but I will boast of my God, for in his strength I can do all things; yea, behold, many mighty miracles we have wrought in this land, for which we will praise his name forever.

Let your confidence in God be so great that you can rejoice knowing that you can do all things in His strength!

Psalms 27:1

The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?

Call on Jesus



Matthew 14:28-31

And Peter answered him and said, Lord, if it be thou, bid me come unto thee on the water. And he said, Come. And when Peter was come down out of the ship, he walked on the water, to go to Jesus. But when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, saying, Lord, save me. And immediately Jesus stretched forth his hand, and caught him, and said unto him, O thou of little faith, wherefore didst thou doubt?

When Peter became afraid he began to fall down into the water, calling on Jesus to save him! He found resilience to rise, as Jesus reached out and caught him bringing him up to walk upon the water once again.

When you need help, call on Jesus! He is anxious to help you but honors your agency and will not take charge unless you ask Him to help you.

Put Faith in Action

Ask for God's help, trust that He will prepare a way, then go and do what He commands.

1 Nephi 3:7

And it came to pass that I, Nephi, said unto my father: I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them.

No matter what happens on your journey through life, you can be resilient. Have confidence in the Lord's strength and His willingness to help you. Ask for Him to strengthen you so that you can be resilient. And then put forth your best effort to do whatever His Spirit prompts you to do.

You can do all things through Christ, He will strengthen you!