



# Design: Is resilient, bouncing back well from setbacks

Indicator #	L3Q07
Category	Character
Indicator	Is resilient, bouncing back well from setbacks

	Spiritual	Experiential	Relational	Instructional
1	Meditate on Psalm 37:23-24; Proverbs 24:16; 2 Corinthians 4:8-18 and memorize a few of these verses.	Carry a rubber band with you as a reminder to yourself that you can bounce back like the rubber band when stretched.	When your emotions threaten to overwhelm you, find a close friend or a mentor who knows you well to help you process them. Ask them to share positive qualities they see in you. Share your struggles honestly and humbly with them and ask them for prayer. Share your negative thoughts and past that is holding you back.	Study Psalm 37:23-24; Proverbs 24:16; 2 Corinthians 4:8-18.
2	Meditate on these Scriptures: John 1:12-13; Ephesians 2:8-10; Romans 8:1-4, 26-27; Colossians 2:13-15; 2 Peter 1:4; 1 Corinthians 2:14-16; Philippians 3:17-21. Pray that God would change your perspective – to see yourself as He sees you.	Climb a small hill or do something physical every day for 30 minutes. Use the mountain or hill as a metaphor for overcoming hurdles.	Share words of affirmation and promise that you have received with someone. Ask them to pray for you and with you and declare these affirmations out loud.	Study Peter: his identity (Matthew 16:16-18), his detour (John 18:15-18; 25-27) and his destiny (John 21). How did Jesus view Peter and his betrayal? Notice Peter's growth when it came to later opposition in Acts 4:7-31; 5:17-42.
3	Meditate on Romans 8:14-17 and other passages where God affirms you as His child. Ask the Lord to show you who you are in Him, and quietly listen for Him to speak.	Write out passages about God calling people to His service (Jeremiah 1:4-10; Ephesians 1:11-12; etc.) where God called people to His service. Speak these passages out loud in your daily prayer.	Meet with a leader who has bounced back into ministry after experiencing failures. Ask them questions about what they did on a daily basis to fight back depression and negative thinking.	Read a biography about a leader who started well but experienced many failures and eventually came back to his calling.
4	Reflect on setbacks you have faced. Have you given in to shame or self-pity to the point of doubting God's promises and love for you? Seek His face and rest in His love for you. Know that you have been bought by the blood of Christ and made holy in Him.	What dreams and desires have you ignored or set aside that used to excite you? Write them down. What things have discouraged you from pursuing your dreams and desires?	Find spiritual people who are especially resilient and have overcome many setbacks in their lives. Get to know them and imitate them.	Find and read books or articles on coming back from setbacks. Ask a spiritual leader for suggestions.
5	Reflect on how Jesus views you, not how others view you or how you view yourself. Pray that you would trust in His love and care for you.	Make a list of failures and ask yourself how big they are compared to the rest of your life and to your God. Don't let those failures paralyze you into inactivity. You lose only when you quit!	Ask several close friends or intercessors to pray for you regularly in this area.	Listen to audio teachings on Spiritual Life by Malcolm Webber – at least one per week.
6	Pray this prayer: "Lord, I desire to know more fully who I am in You. Show me how every positive aspect of myself can be used for Your purposes. Give me a vision of myself from heaven's perspective."	Thank God every day for who He is. Declare His character. Thank Him for creating you, saving you and calling you to His service.	Go to a Christian counselor to discuss your difficulties in bouncing back from difficulties and setbacks. Are they rooted in something deeper, perhaps depression?	Watch a video or listen to an interview on how Nick Vujicic (born without arms or legs) dealt with his challenges. What are two specific things you can learn from him?
7	Worship God daily. Declare His goodness, and quietly listen for Him.	Find specific ways to minister every week in a local church or through a ministry organization that resonates with you. Recognize the value of adding value to others. When you focus on helping others, you will find perspective on your own failures.		Watch two TED Talks on how leaders came back from major setbacks. What did you learn from them? What did they do on a daily basis to be proactive in life and ministry? What are two things you can do on a daily basis to build inner resilience?
8	Read the Psalms of David out loud.			Study two examples in the Bible of people who gave up. Why did they give up? What were the results?
9				Study two examples in the Bible of people who were resilient, even after setbacks. What can you learn from their examples?
10				Make a list of your setbacks and write down insights and wisdom you glean from it.
11				Read Malcolm Webber's article on Enduring Well.
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