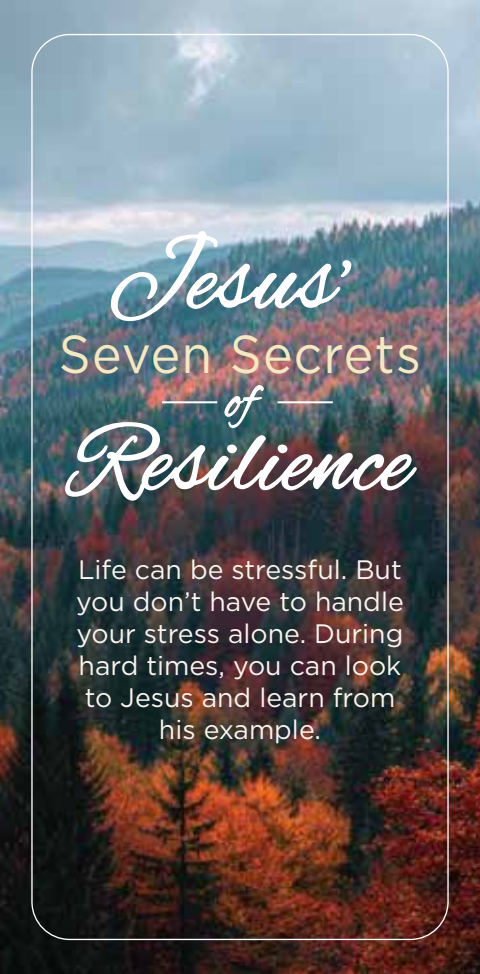




Jesus' Seven Secrets — *of* — *Resilience*

Life can be stressful. But you don't have to handle your stress alone. During hard times, you can look to Jesus and learn from his example.

#1

*Remember how much
God loves you.*

Jesus said it
simply in John 10:17:

*“The Father loves
me” (NLT).*

And Jesus loves you with
that same kind of love. He
said,

*“I have loved you even
as the Father has loved
me. Remain in my love.
When you obey my
commandments, you
remain in my love, just
as I obey my Father’s
commandments and
remain in his love”
(John 15:9-10 NLT).*

#2

Remember who you are.

When you know who you are, you're less likely to be crushed by stress. Jesus knew who he was. Over and over again he made statements like,

"I am the way, the truth, and the life"
(John 14:6 NLT).

And in Matthew 5, Jesus tells you who you are:

"You are the salt of the earth. . . . You are the light of the world. . . . Let your good deeds shine out for all to see"
(Matthew 5:13, 14, 16 NLT).

#3

Know who you're trying to please.

No one can live for two masters at the same time, so you have to decide which master you're trying to please. Jesus was trying to please his Father:

"I don't try to do what I want but what the one who sent me wants"
(John 5:30 GW).

The apostle Paul followed that example, and you can too:

"I am not trying to please people. I want to please God. Do you think I am trying to please people? If I were doing that, I would not be a servant of Christ"
(Galatians 1:10 CEV).

#4

Know your calling.

Knowing your calling simplifies your life because you understand both what you should be doing and what you should not be doing. Jesus knew his calling:

"I know where I came from and where I'm going"
(John 8:14 NLT).

Take some time to consider how God has uniquely shaped you—and how he may be calling you to use that shape to serve others. As Paul says in Ephesians 4:1,

"I urge you to live a life worthy of the calling you have received" (NIV).

#5

*Focus on what
matters most.*

Jesus focused his life like a laser, and he refused to be distracted. Here's what that looked like:

"As the time drew near for his return to heaven, he moved steadily onward toward Jerusalem with an iron will"
(Luke 9:51 TLB).

God has specific work planned for you too:

"Someone may say, 'I'm allowed to do anything,' but not everything is helpful. I'm allowed to do anything, but not everything encourages growth"
(1 Corinthians 10:23 GW).

#6

Focus on what matters most.

Prayer is a great stress reliever. It's a decompression chamber, a place to unload your burdens. Prayer was one of Jesus' habits:

"Jesus would often go to some place where he could be alone and pray"
(Luke 5:16 CEV).

And it's a habit you can develop too. What should you do when you get alone with God?

"Be still, and know that I am God!"
(Psalm 46:10 NLT).

#7

*Find a small group
of fellow Christians
for support.*

When he began his public ministry, one of the first things Jesus did was to form a small group:

*“He chose twelve of them
to be his apostles, so they
could be with him”
(Mark 3:14 CEV).*

A small group doesn't need to be complicated; it can simply be made up of people willing to support, encourage, and help each other. Sometimes all you need is what Jesus asked of his disciples:

*“Stay here and keep
watch with me”
(Matthew 26:38 NLT).*

The truth is, your life won't become less stressful by accident. But when you practice these seven things Jesus modeled, you'll develop the resilience you need to face whatever comes your way.

