

# RESILIENCE

## Will I Make a Fresh Start?

November 24, 2024

### Genesis 8:1-22

#### Resilience Statement:

I will choose to bounce back from defeat. I know that my failures are not final and can become stepping stones to future growth. When I make mistakes, I will learn from them and will demonstrate courage to start again and not allow regret to fester and derail me.

**Your failure is not final. Your faith is not fragile. Your fear is not fatal. Your future is not futile.**

**Choose to forge forward in faith!**

## HOW TO LIVE A RESILIENT LIFE

### 1. Remember how God feels about you.

**Genesis 8:1a—** *But God remembered Noah...*

- Forgive like Joseph
- Forge forward like Job
- Find hope like Ruth
- Face failure like Joshua
- Fight my fears like Esther
- Focus my heart like Paul

### 2. Understand your flood doesn't have to last forever.

**Genesis 8:1-3—***But God remembered Noah and all the wild animals and the livestock that were with him in the ark, and he sent a wind over the earth, and the waters receded. Now the springs of the deep and the floodgates of the heavens had been closed, and the rain had stopped falling from the sky. The water receded steadily from the earth. At the end of the hundred and fifty days the water had gone down...*

A setback CAN become a setup for a comeback.

### 3. Focus on progress not perfection.

**Genesis 8:6-12**— *After forty days Noah opened a window he had made in the ark and sent out a raven, and it kept flying back and forth until the water had dried up from the earth. Then he sent out a dove to see if the water had receded from the surface of the ground. But the dove could find nowhere to perch because there was water over all the surface of the earth; so it returned to Noah in the ark. He reached out his hand and took the dove and brought it back to himself in the ark. He waited seven more days and again sent out the dove from the ark. When the dove returned to him in the evening, there in its beak was a freshly plucked olive leaf! Then Noah knew that the water had receded from the earth. He waited seven more days and sent the dove out again, but this time it did not return to him.*

**Colossians 3:23-34**— *Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.*

### 4. Live life with gratitude.

**Genesis 8:20-22**— *Then Noah built an altar to the Lord and, taking some of all the clean animals and clean birds, he sacrificed burnt offerings on it. The Lord smelled the pleasing aroma and said in his heart: “Never again will I curse the ground because of humans, even though every inclination of the human heart is evil from childhood. And never again will I destroy all living creatures, as I have done. “As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease.”*

**1 Thessalonians 5:16-18**— *Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.*

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*All verses quoted in New International Version unless otherwise noted.*

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