

# The Road to Transformation: Sowing Resilience

## *Not a Destination, But a Journey*

Sermon Outline

Sunday, December 29, 2019

Matthew 27: 27 – 66

- 1) The Soldiers Mock Jesus (27-31)
- 2) The Crucifixion of Jesus (32-44)
- 3) The Death of Jesus (45-56)
- 4) The Burial of Jesus (57-61)
- 5) The Guard at the Tomb (62-66)

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### Sermon on the Mount Questions

1. What does it mean to be a Christian? **Following Jesus**
2. What does following Jesus look like? **Doing Sermon on the Mount**

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## 4 Steps to Transformation

### Sowing/Things You Do

#### **1. Agreement with God – submission/watch for God’s signature moves**

*Steps to Agreement:* 1) Reflect on the darkness – what is going on? 2) Give up the excuses. 3) Accept that you are not in control. 4) Seek witnesses, seek confirmation. 5) Look at all these things and submit.

#### **2. Resilience – so that you can stay on task and have the capacity to recover quickly through life’s challenges. (*Jesus as CRO*)**

##### 7 C’s of Resilience (What it looks like):

**Competence:** knowledge, know-how and skills required to succeed in a particular task. (Training)

**Confidence:** Belief in your own abilities. (Practicing)

**Connection:** Developing close ties to family and community. (Praying/Communicating)

**Character:** Set of morals and values to determine right from wrong and demonstrate a caring attitude towards others. (Believing)

**Contribution:** Understanding that you matter in making the world a better place – source of purpose and motivation. (Following)

**Coping:** Being prepared for life's challenges (Preparing)

**Control:** You can control the outcomes by your decisions. (Yielding)

### Steps to resilience:

- Explore hazards: What are the hazards for followers of Christ? Anything that would lead us not to follow Him completely.
- Assess Vulnerability & Risks: Where are my areas of temptation and the potential consequences to yielding?
- Investigate Options: What do I do when temptations arise?
- Prioritize and Plan: What vulnerable areas have the greatest negative impact if not addressed? Devise a plan to address the most important areas first.
- Take Action: Don't hesitate. Complete the tasks necessary for implementing the plan.

## Reaping/Things That Result

### 3. Growth – connection with God and Purpose

### 4. Courage – (**venture/start, persevere/stay and withstand/stability**) - in the face of danger, fear, or difficulty; your healthy feedback loop

**This is NOT a ONE AND DONE Transformation!!**

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### Exercise: Evaluating Resilience – Where are your current strengths and weaknesses and where do you need to focus?

- Think about the various difficult situations you've faced – any situation that has caused frustration, anxiety, fear, sadness, depression, regret, negative behaviors or your faith to be challenged. *Examples: Losing a loved one; infertility; making someone feel bad about themselves; low self-esteem; feeling overwhelmed by work/school; rejected by someone you liked; struggling with your marriage/relationship; questioning who you are; your boss is trying to get rid of you at work; struggling with a particular sin; you are not as good as the rest of the members on your team and you are feeling useless; your parents show favoritism with you and your siblings; should I give money to the homeless on the street? Should I say something to my friend who is bullying others? I trashed talked during a spades game and hurt someone's feelings; I get into trouble for things I don't do.*

- Rate yourself generally on a scale of 1 to 10 in each of the following resiliency areas as it relates to those difficult situations:
  - **Competence:** Your knowledge of God’s Word, spiritual principles or godly wisdom and how they apply to difficult situations \_\_\_\_\_
  - **Confidence:** Your ability to use your knowledge and skills in the face of those difficult situations. \_\_\_\_\_
  - **Connection:** How good are you at getting support from God, family, friends, church or community members in difficult situations? \_\_\_\_\_
  - **Character:** Your ability to respond to difficult situations in a godly (pleasing to God) manner immediately versus according to your feelings without thinking much about whether your reaction is right or wrong? \_\_\_\_\_
  - **Contribution:** Your ability to see and use your gifts and talents to change that situation for the better? \_\_\_\_\_
  - **Coping:** How good are you at facing challenging situations and coming up with a godly/healthy solution? \_\_\_\_\_
  - **Control:** How well do you manage your emotions in the face of adversity?  
\_\_\_\_\_

- Form groups of 4 – 5 people.
- For any score 7 and above, pick one and discuss with your group why you gave yourself that score and what key things you have done that has helped you earn that score? **Write it down** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- For any score 6 and below, pick one and discuss with your group why you gave yourself that score and what 1 thing you will commit to doing to move the score closer to 10? **Write it down** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Pick one person to partner with?
- Go back to last week’s homework: **Think about a time/instance when your faith in Jesus required you exercise Courage. Share your example with your partner.**

As a part of developing a plan to improve your resiliency scores, for your example above and for each of the difficult situations or moments in your life, questions to ask yourself:

- What was your goal? \_\_\_\_\_
- What was the outcome? \_\_\_\_\_
- What obstacles did you have to overcome? \_\_\_\_\_
- \_\_\_\_\_
- What unpleasant feelings and thoughts do you remember having in the situation? \_\_\_\_\_  
\_\_\_\_\_
- Who, if anyone, did you receive external help and support from? \_\_\_\_\_
- \_\_\_\_\_
- What specific spiritual attitudes and skills helped you cope with the situation? \_\_\_\_\_
- \_\_\_\_\_
- How would you rate your resilience in that situation? \_\_\_\_\_
- Why wasn't it 1? \_\_\_\_\_
- \_\_\_\_\_
- What strengths and personal qualities helped you? \_\_\_\_\_
- \_\_\_\_\_
- If it wasn't a 10, how could your resilience be improved during similar situations in the future? \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_
- **Based on your experience how might you advise someone else to cope/deal with a similar situation in the future?** \_\_\_\_\_
- \_\_\_\_\_