

Have You Done What You Need to Do?

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; 20 for the anger of man does not produce the righteousness of God. 21 Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls. 22 But be doers of the word, and not hearers only, deceiving yourselves. 23 For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. 24 For he looks at himself and goes away and at once forgets what he was like. 25 But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing. 26 If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless. 27 Religion that is pure and undefiled before God the Father is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world. [James 1:19-27 ESV]

Ten Ways To Build Resilience:

1. Connect with others.
2. Get control over how you respond.
3. Accept that change is a part of life.
4. Start small.
5. Commit to making decisions.
6. Learn about yourself.
7. Trust God and His power in your life.
8. Understand bad things will happen.
9. Practice optimism.
10. Practice self-compassion.

Additional Scripture references:

Luke 6:46-49

Ephesians 6:10-12

Proverbs 16:32

Romans 14:9

Matthew 12:37

Proverbs 23:7

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