

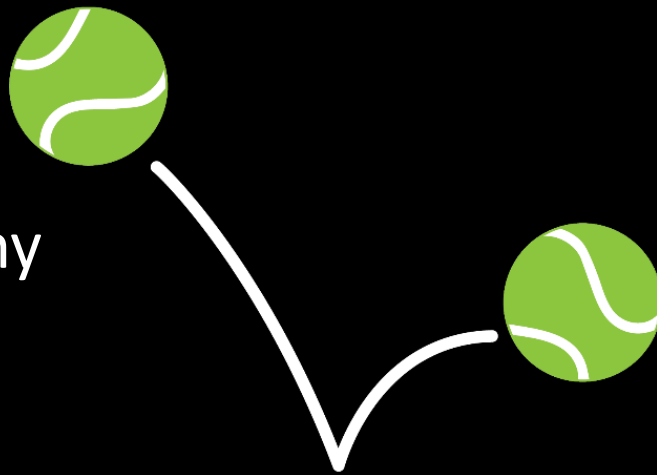
Session 3



BOUNCE BACK!

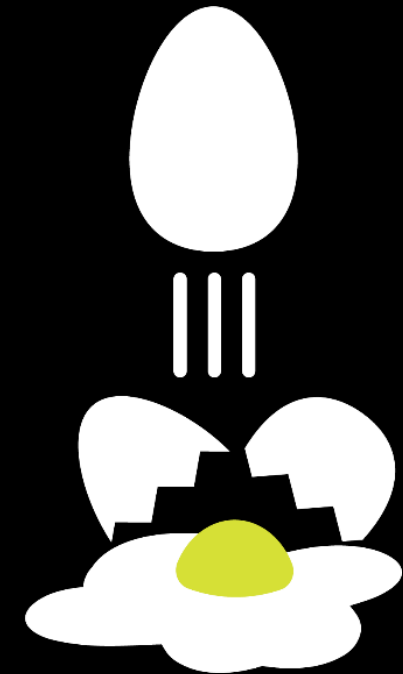
WE ARE OFTEN:

- troubled
- in doubt
- facing many enemies
- badly hurt

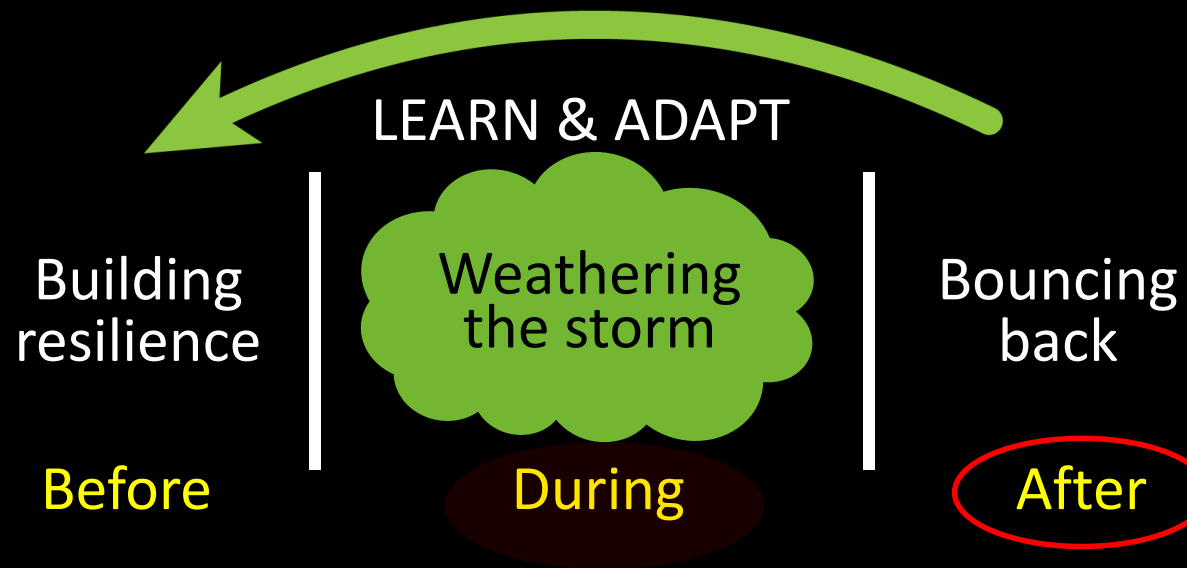


BUT NOT:

- crushed
- in despair
- without a friend
- destroyed



2 Corinthians 4:8,9

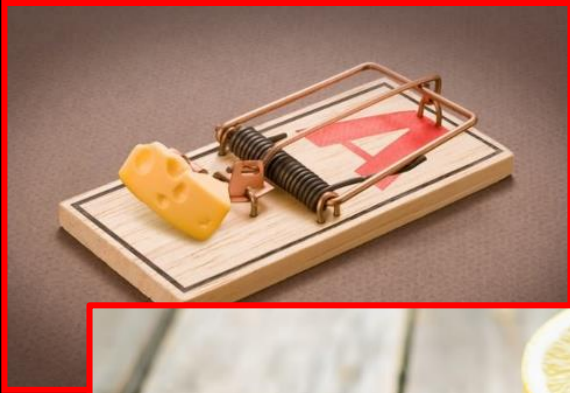


Guard Primary Relationships
Choose Forgiveness & Gratitude
Grieve Well

Sing a New Song
Revalidate Your Calling
Comfort Others

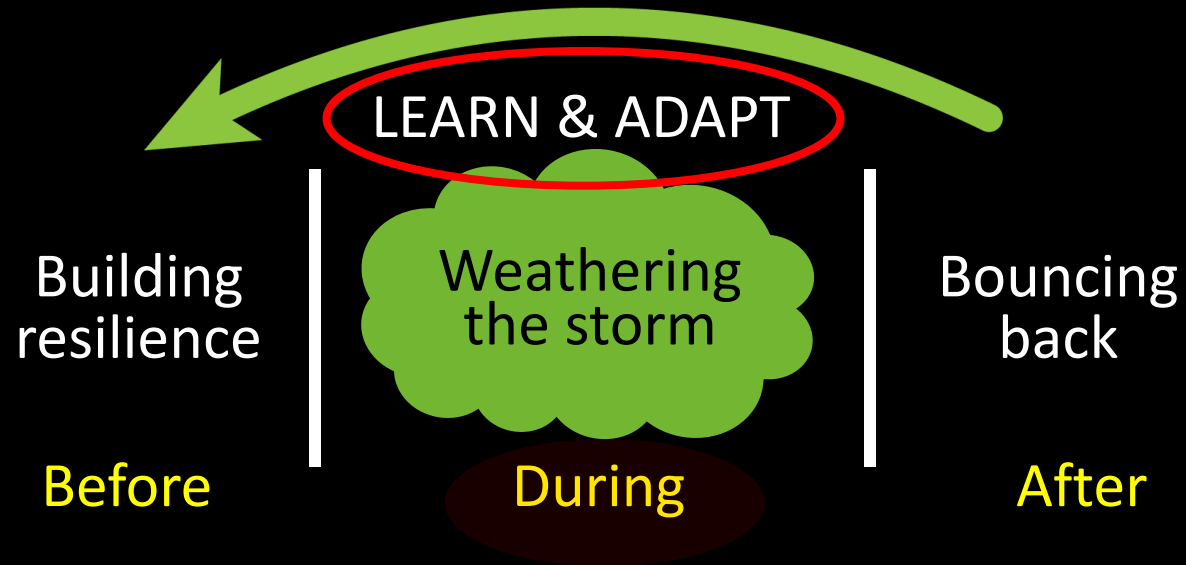
Choose Forgiveness and Gratitude

Keys to Not Getting “Stuck”



- Don't Take the Bait!
- Loosen Your Grip on Bitterness!
 - A Cancer of the Soul
 - Stewardship of Pain
 - Biblical Imperatives
 - Gratitude
 - Forgiveness
- “As we grow older...”
- Release your “captors!”





Refill your “Well of Courage”
Personal & Corporate Introspection
Update “Actions on Contact”
Stay Ready & Resilient

LAND THE PLANE!

- We are ALL Warriors!
- **TRAUMA** is a Reality -- **RESILIENCE** is a Necessity
- Invest **NOW** in yourself and others...
Before, During, After
- Not merely about human strength or grit
- Power of God leads to greater Resilience & Readiness
- JESUS was the ultimate Resilient Warrior & Leader

FOLLOW HIM!



GROUP DISCUSSION

**What will it take for you
to escape the prison of toxic emotions
(anger, guilt, false guilt, BITTERNESS)?**