

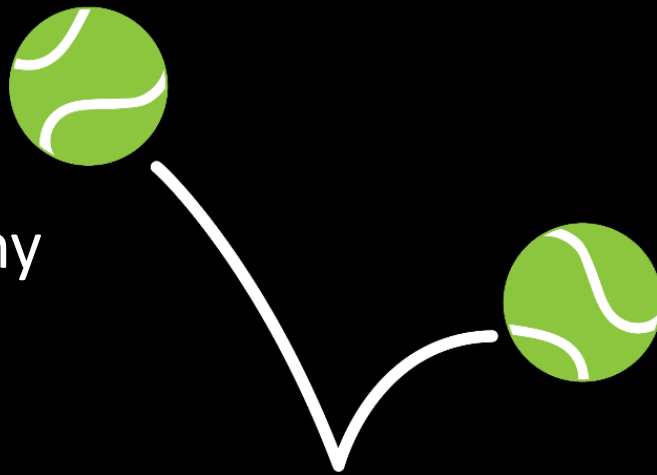
# Session 3



## BOUNCE BACK!

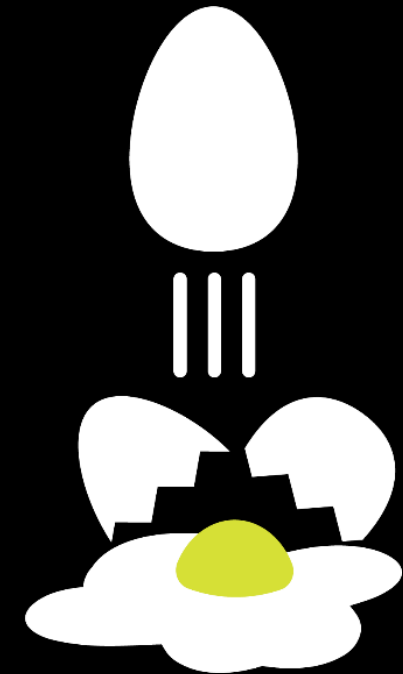
### WE ARE OFTEN:

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

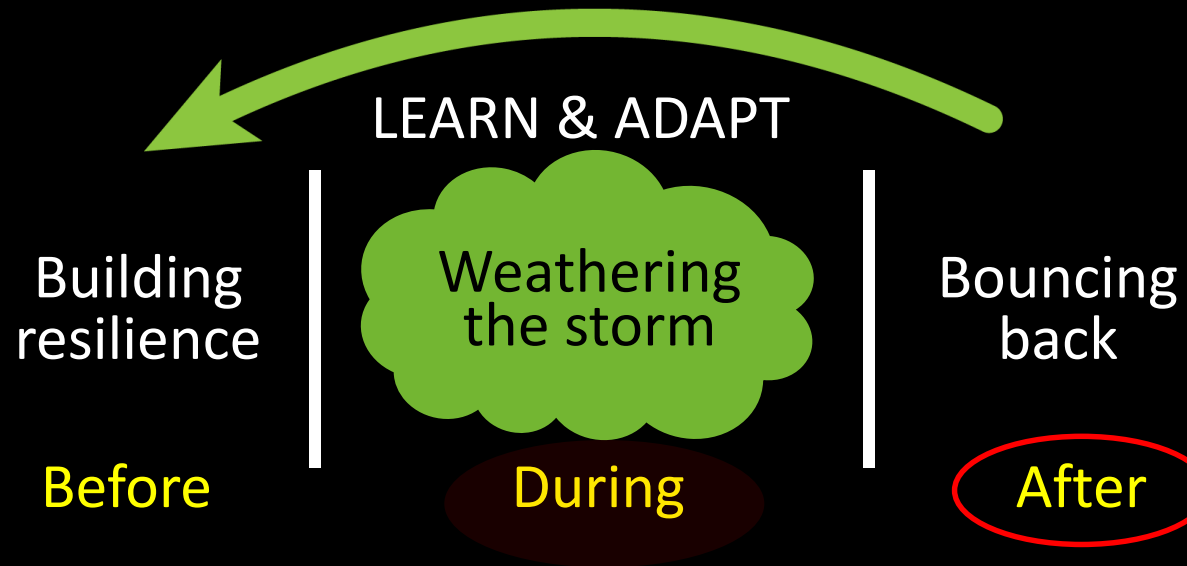


### BUT NOT:

- crushed
- in despair
- without a friend
- destroyed



2 Corinthians 4:8,9

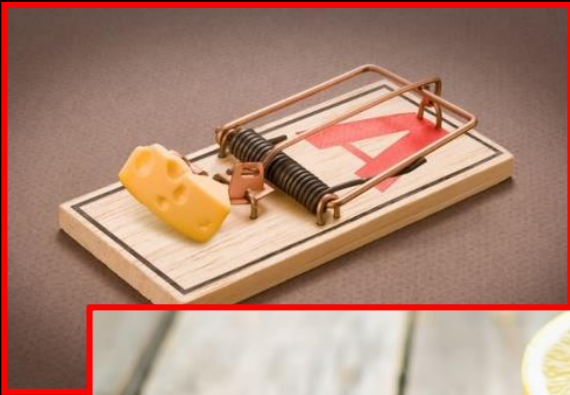


**Guard Primary Relationships**  
**Choose Forgiveness & Gratitude**  
**Grieve Well**

**Sing a New Song**  
**Revalidate Your Calling**  
**Comfort Others**

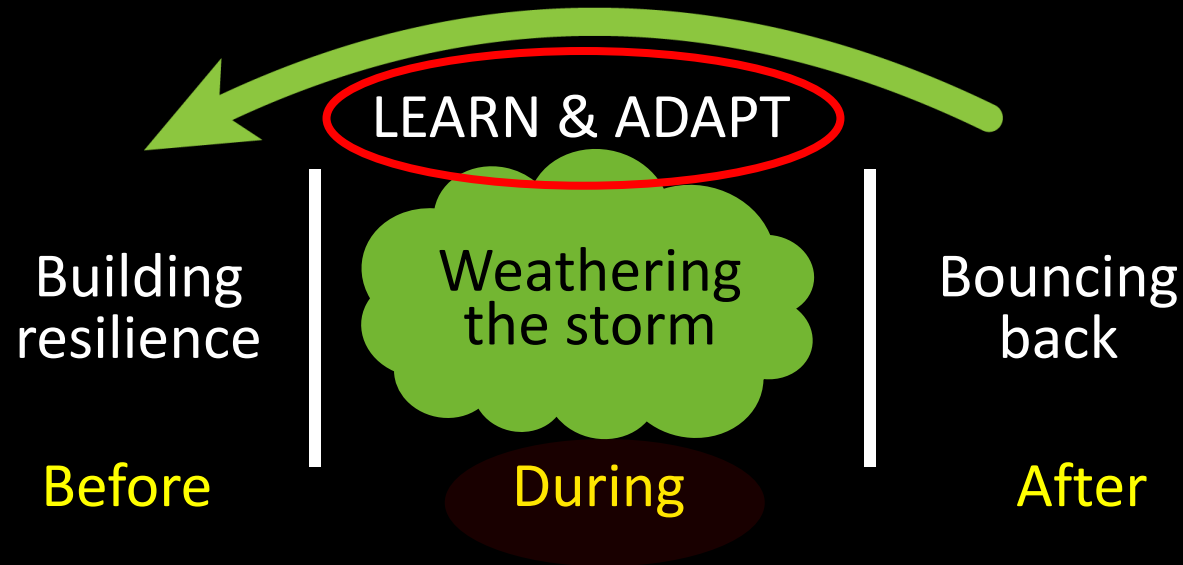
# Choose Forgiveness and Gratitude

## *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)?**