Passion for God – Compassion for Souls

AMERICA: Tennis Ball or Egg???

Bob Dees
Major General, U.S. Army
Resilience Consulting
First...

A WORD ABOUT YOUR MILITARY: Past, Present, and Future
All of America’s Veterans Are NOT Healthy

• Family breakdown
• Moral injury
• Addictions  
  More than 20% of vets with PTSD also have a drug or alcohol addiction.
• Homelessness  
  40,056 veterans are homeless on any given night.
• Mental & behavioral health  
  2.1 million vets (only 50% of those in need) received mental health treatment from the VA between 2006 & 2010.

• Transition to civilian employment
• Isolation
• Divorce  
  80% divorce rate for combat veteran families.
• Incarceration  
  140,000 veterans held in federal and state prisons.
• PTSD  
  Up to 20% of vets who served in Operations Iraqi Freedom & Enduring Freedom have PTSD.

SUICIDE

• 20+ veterans kill themselves every day in America – 7,300 in 2017 alone.
• 321 active-duty members took their lives in 2018, including 57 Marines, 68 sailors, 58 airmen, and 138 soldiers; the highest numbers since 2001.
• 78 Airmen (USAF) have taken their lives as of August 2019, a 50% increase over last year.

A nation with such persistent and pervasive veteran’s issues cannot be considered GREAT and cannot over time sustain the willing participation of its populace in the defense of the nation.
Who is helping our Nation’s Veterans?

VETERANS ADMINISTRATION:
- Working to improve coverage of veterans, including newly sanctioned faith-based approaches
- VA only touches roughly 30% of the veteran demographic
- Expanding capabilities is limited, especially training and deploying mental health professionals

PRIVATE SECTOR Solutions:
- Critical to full coverage and lasting solutions
- Many private organizations are doing great work
- A small percentage of the private sector programs are faith-based

FAITH-BASED (FB) Programs:
- Empirically significant results for veteran and military populations
- POTUS executive order for veteran suicide prevention accommodates faith-based programs
- Ideal time and opportunity for the Churches of America to truly engage.
INVESTING IN AMERICA’S FUTURE: National Center for Healthy Veterans

Faith-based Recovery
- Faith-based, family approach
- A partner with national programs
- Reboot program research
- Model offers a destination property, community, courses, crisis housing, and weekend family encounters
- Ag biz subsidiary provides jobs for vets and revenue model

Liberty University - Collaboration & Research
- Nation’s largest Christian university
- Institute for Military Resilience
- ROTC and military programs
- Significant residential and online military and veteran population

Caring Community Infrastructure
- Community is the best solution to homelessness
- Replicating national best practice
- Occupants have employment, pay rent and restored dignity

Mission: Return Healthy Veterans To America
- Resiliency Strengthened
- Self-worth Restored
- Skills Trained
- Veterans Employed
- Lives Transformed
- Lives Saved
- Marriages Saved
- Families Saved

Proven Best Practices
“In proportion to her former greatness, the fall of Rome was the more awful and deplorable...

... the public and private edifices, that were founded for eternity, lie prostrate, naked, and broken, like the limbs of a mighty giant...”

Gibbons, *Decline and Fall of the Roman Empire*
"A critical assessment reveals that America’s Spiritual Infrastructure is nearing bankruptcy. This constitutes a national security crisis."

Resilient Nations, page 161
“Such a Time as This...”

If not US, Then WHO?

If not NOW, Then WHEN?

SILENCE IN THE FACE OF EVIL IS ITSELF EVIL.

GOD WILL NOT HOLD US GUILTY.

NOT TO SPEAK IS TO SPEAK.

NOT TO ACT IS TO ACT.

DIETRICH BONHOEFFER
Ten Pillars Of AMERICAN EXCEPTIONALISM

1. Adherence to **Constitutional Foundations**
2. Submission to the **Rule of Law**
3. Free Exercise and Relevance of **Religion in Private and Public Venues**
4. Basic **Societal Morality** in respect of God and man
5. **Healthy Traditional Families** as Primary Building Block of Society
6. Moral and Practical **Education of our Youth**
7. **Unity, Diversity, and Civility** of our People
8. Industrious, **Resilient, and Engaged Citizenry**
9. Retention of **National History and Traditions**
10. Spirit of **Philanthropy and Volunteerism**

**Spiritual Infrastructure is an Essential Element of National Power**
“Not by power or by might, BUT by My Spirit saith the Lord.”
Zechariah 4:6

www.ResilienceGodStyle.com

Individuals, Leaders, and Nations all need the ability to BOUNCE BACK!
The Storms of Life
TRIBULATION

“In the world you have tribulation... but take courage, I have overcome the world.”

—Jesus (John 16:33 NASB)
WHY INVEST IN RESILIENCE?

Sometimes We Must Go Through the Storm

Navigation Makes A Difference!
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!
RESILIENCE GOD STYLE

WE ARE OFTEN:
• troubled
• in doubt
• facing many enemies
• badly hurt

BUT NOT:
• crushed
• in despair
• without a friend
• destroyed

“We are often troubled, but not crushed; sometimes in doubt, but never in despair; there are many enemies, but we are never without a friend; And though badly hurt at times, we are not destroyed.”

At all times we carry in our mortal bodies the death of Jesus, so that His life may also be seen in our bodies.

2 Corinthians 4:8-10

RESILIENCE CONSULTING LLC
What Does RESILIENCE Look Like?
RESILIENCE LIFE CYCLE

Build Resilience  
Weather the Storm  
Bounce Back

LEARN & ADAPT


RESILIENCE CONSULTING LLC
RESILIENT WARRIORS
RESILIENCE LIFE CYCLE©

Before
Know Your Calling
Know Your Enemy
Know Your Friends
Know Your Equipment
Deploy with the Right Mindset
“Actions on Contact”

During
Call 911
Start the IV
Keep Breathing
Your Well of Courage
Remember Your Calling

After
Guard Primary Relationships
Choose Forgiveness & Gratitude
Grieve Well
Sing a New Song
Revalidate Your Calling
Comfort Others

www.ResilienceGodStyle.com, Twitter “@GodBounce”, Facebook @ “ResilienceGodStyle”
Analyze one of your life “body slams” in terms of the Resilience Life Cycle©


1. **My “Body Slam:”**
2. **My Reactions:**
3. **My Thoughts:**
4. **My Feelings:**

<table>
<thead>
<tr>
<th>BEFORE</th>
<th>DURING</th>
<th>AFTER</th>
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<tbody>
<tr>
<td></td>
<td>A. __________</td>
<td>B. _________</td>
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<tr>
<td>2. How could I “Get Ready” for this?</td>
<td>B. __________</td>
<td>C. __________</td>
</tr>
<tr>
<td>A. __________</td>
<td>C. __________</td>
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<tr>
<td>3. Did I have “Actions on Contact” prepared in advance?</td>
<td>2. What/Who were my “life preservers?”</td>
<td>2. Did I grieve the loss?</td>
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<tr>
<td>A. __________</td>
<td>A. __________</td>
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<tr>
<td>B. __________</td>
<td>B. __________</td>
<td>B. Guilt?</td>
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<tr>
<td>C. __________</td>
<td>C. __________</td>
<td>B. Anger?</td>
</tr>
</tbody>
</table>

1. **LEARN & ADAPT**

| 1. What did I LEARN? |
| A. Before? | B. During? | C. After? |
| 2. Did I GROW? How? |
| A. | B. | C. |
| 3. Did I ADAPT in order to “Be Ready” for future life traumas? |
| | | |

RESILIENCE CONSULTING LLC

IMPORTANCE OF CALLING:
WHY you are doing what you are doing...

LEARN & ADAPT

BUILD Resilience

Weather the Storm

Bounce Back

KNOW

REMEMBER

REVALIDATE

Is your **WHY** greater than your **WHAT**?
Greater than your trial and tribulation?
“Don’t Doubt in the Dark What You Believed in the Light”

CHAPLAIN ROBERT PRESTON TAYLOR

Bataan Death March

RESILIENCE CONSULTING LLC
Weathering the Storm (DURING)

**Call 911**
- Pray to God
- Ask for Help from 911 Friends
- Ask the “experts”
- Graciously accept help from others

**Start the IV**
- God’s WORD in every possible way

**Keep Breathing**
- Count Your Way
- Spiritual Breathing
- Hit A Knee
- Record the Journey

**Draw From Your Well of Courage**
- Remember Past Faithfulness
- FEAR + FAITH = COURAGE
- Disciplines of Replenishment

**Remember Your Calling**
- “Gain altitude” (perspective) by remembering God’s purpose for your life
Draw from Your Well of Courage!!!
Guard Your Primary Relationships

First With GOD
  – Don’t lose your first love
  – Press into God

Then With Others
  – Avoid attacking inward
  – Set example for 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!”
CONSIDER JESUS
The Ultimate Resilient Warrior

➢ Calling (John 10:10b)
➢ Enemies (Matt 12:14,14a)
➢ Friends (Mark 3:13,14)
➢ God’s Word (Matt 4:7)
➢ Replenishment (Matt 14:13a)
➢ Comfort to Others (Luke 23:43)
➢ Sing a New Song (2 Corin 5:17)

Even on the Cross!
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!
Don’t Dip Too Deeply into Your Well of Courage!
(LEADERS NEED RESILIENCE TOO!)

- First Love!
- Great Commandment
  Comprehensive Self-Care
- Disciplines of Replenishment
- Leader Risk Management

“HALT”
(Hungry, Angry, Lonely, Tired)
Hebrews 12:1

“Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us,“
Running with Endurance

➢ Fight for your FIRST LOVE... don’t lose it!
➢ Remember your CALL...
  ➢ Keep chasing Lions!
  ➢ Keep loving People!
➢ Beware SUCCESS!
➢ Don’t Dip Too Deeply into your WELL OF COURAGE
  ➢ Watch the gas gauge!
  ➢ “HALT”
  ➢ Disciplines of Replenishment
Leader Self-Care

DISCIPLINES OF REPLENISHMENT

Sabbath Rest

Work Ending Rituals

Lowering Ambient Noise

Visualization (“Minute Vacations”)

Spiritual Meditation

Sleep Management

RESILIENCE CONSULTING LLC
Individuals, Leaders, and Nations all need the ability to BOUNCE BACK!

www.ResilienceGodStyle.com
"For HE rescued us from the domain of darkness, and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sins."

Colossians 1:13, NASB
Got Bounce? Tennis Ball or Egg?

Got JESUS?  Life or Death?