

# Centurion Summit

## September 26, 2020

*Ready & Resilient  
Warriors & Leaders  
In Trying Times*



**Bob Dees**  
Major General, U.S. Army Retired  
President, National Center for Healthy Veterans



# *Honor to Whom Honor is Due*

- ❑ Our Military, Veterans, and First Responders... and their Families
- ❑ Chaplains who minister to them .. and to the many other sectors of Federal Chaplaincy
- ❑ Parachurch Ministries who come alongside
- ❑ JESUS

**“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.”**

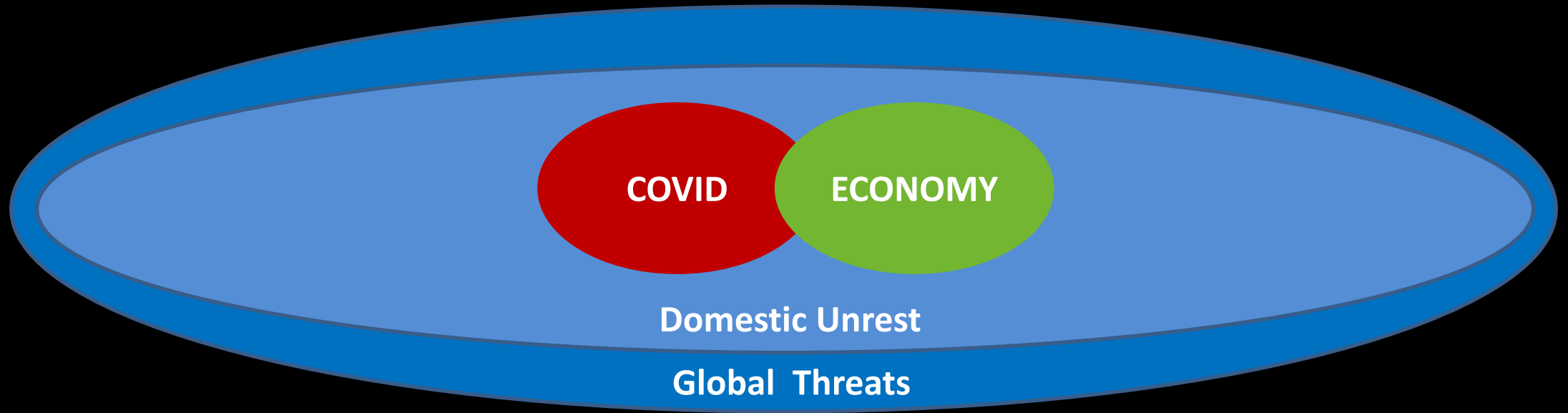
**Colossians 1:13, NASB**

# Understanding the Times

I Chronicles 12:32

...from Issachar, men who

- **understood the times and (Knowledge)**



- **knew what Israel should do (Wisdom)**



**DIRECTION**



**❑ WHAT HAS CHANGED? WHAT HAS NOT?  
❑ READINESS & RESILIENCE MORE IMPORTANT!**

# The Storms of Life



# WHAT DOES THIS ILLUSTRATE ABOUT RESILIENCE?

Sometimes We Must Go Through the Storm

Navigation Makes A Difference!

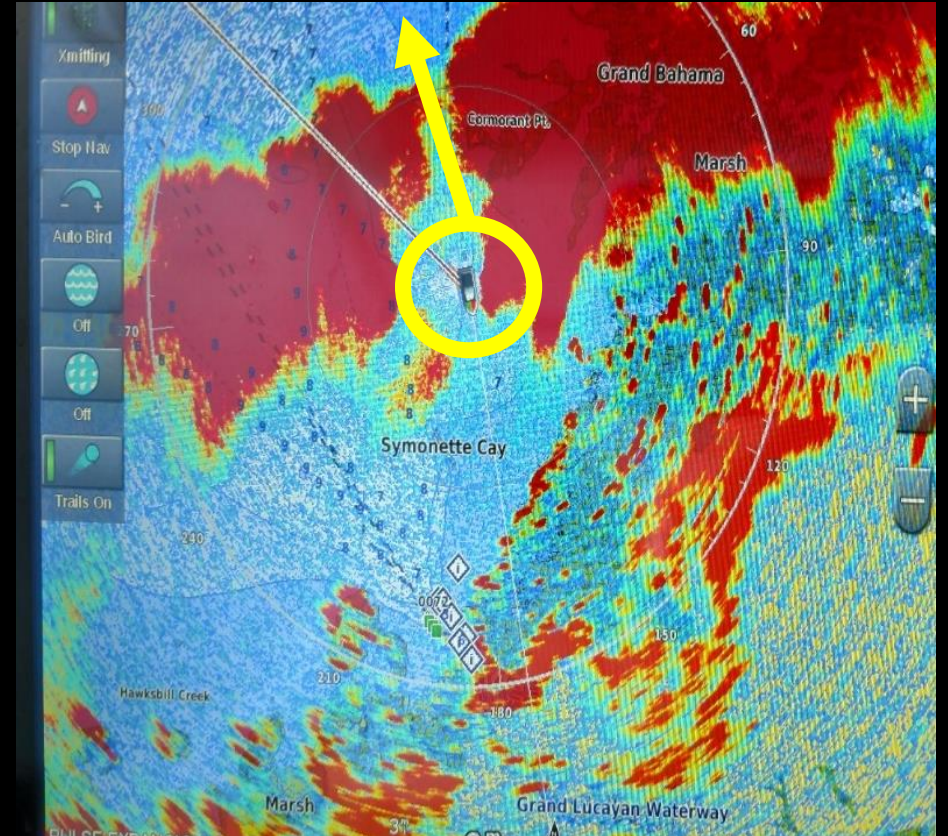


Illustration 191

Resilience Consulting LLC

# TRIBULATION

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

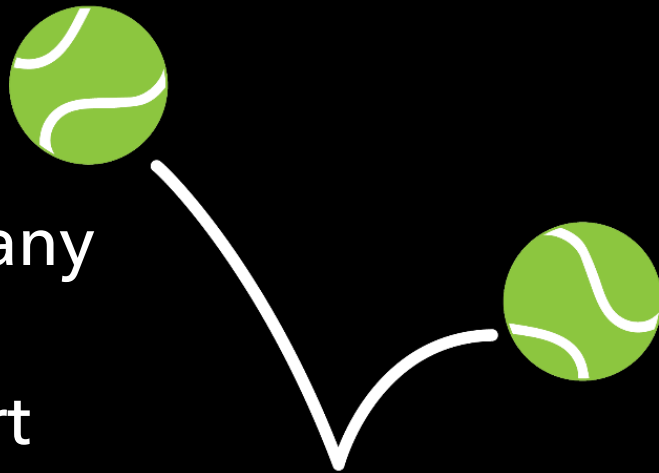
-Jesus (John 16:33 NASB)

# RESILIENCE

# Resilience God Style

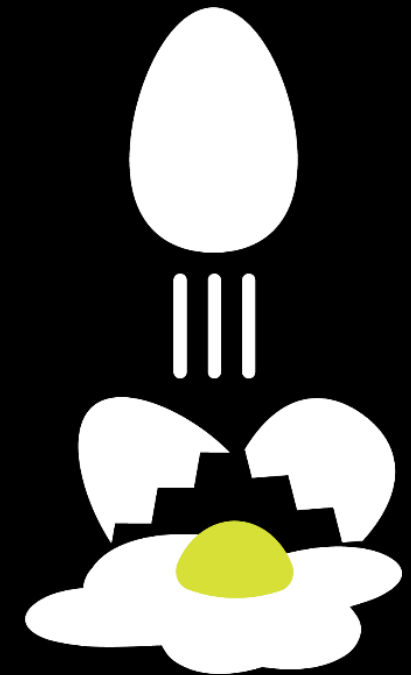
## WE ARE OFTEN:

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



## BUT NOT:

- crushed
- in despair
- without a friend
- destroyed



2 Corinthians 4:8,9

# RESILIENCE LIFE CYCLE<sup>®</sup>



Source: *Resilience God Style, [www.ResilienceGodStyle.com](http://www.ResilienceGodStyle.com)*

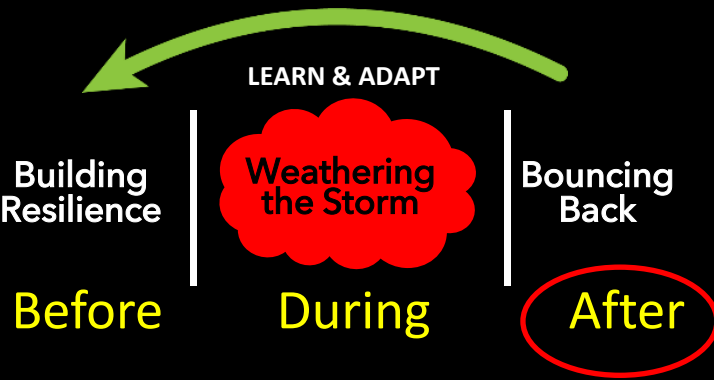


# “When the Chips are down...”



**CHAPLAIN ROBERT PRESTON TAYLOR**  
*Bataan Death March*

*“Don’t Doubt in the Dark What You Believed in the Light”*



# Bouncing Back: Escaping Toxic Emotions

## Bouncing Forward: *Regaining Vital Optimism*



# A Word on Resilient Leadership

*So he shepherded them according to the integrity of his heart,  
And guided them with his skillful hands.*

Psalm 78:72

➤ **Character -- Wisdom – Competence**

➤ **Lead Like Jesus**

# A Word on Self-Care

➤ **“Put on YOUR Mask First!”**

➤ **Comprehensive Fitness**

*Great Commandment*  
*“Know Your Numbers”*

➤ ***Disciplines of Replenishment***

“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.” Hebrews 12:1

# BOTTOM LINE

- 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*

## RESOURCES



[www.ResilienceGodStyle.com](http://www.ResilienceGodStyle.com)

Books/Study Guides/Video Series/Game  
Blogs/Downloads/Conferences/Newsletter

[www.HealthyVeterans.org](http://www.HealthyVeterans.org)

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