RGS Workshop – Saturday 1:45-3:15

Resilience in a Chaotic World: Before, During, and After the Storms of Life

(Virtual & In-Person)

Speaker: Bob Dees

Summary

Resilience is a critical life skill in every personal and professional endeavor. Resilience Coaching equips leaders across all sectors of society to best prepare for, navigate throug and recover from adversity. After an overview of Resilience Life Cycle principles and practice, this workshop will focus on practical coaching techniques and resilience object lessons that enhance coaching effectiveness.

Learning Objectives

- Review and retain Resilience Life Cycle principles and practices, including the subcomponents in each phase
- Capture and apply at least five Resilience Coaching techniques to enhance coaching effectiveness
- Learn creative resilience object lessons which motivate retention and application of resilience principles

INTERNATIONAL
Christian Coaching Institute

Resilience in a Chaotic World:

Before, During, & After the Storms of Life

Our Journey Together
"Navigating *The Storms of Life*"

Get Ready!

Hold On!

Bounce Back!

Bob Dees
www.ResilienceGodStyle.com

BOTTOM LINE UP FRONT!

- 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!

WHY IS RESILIENCE IMPORTANT?

Sometimes We Must Go Through the Storm

Navigation Makes A Difference!

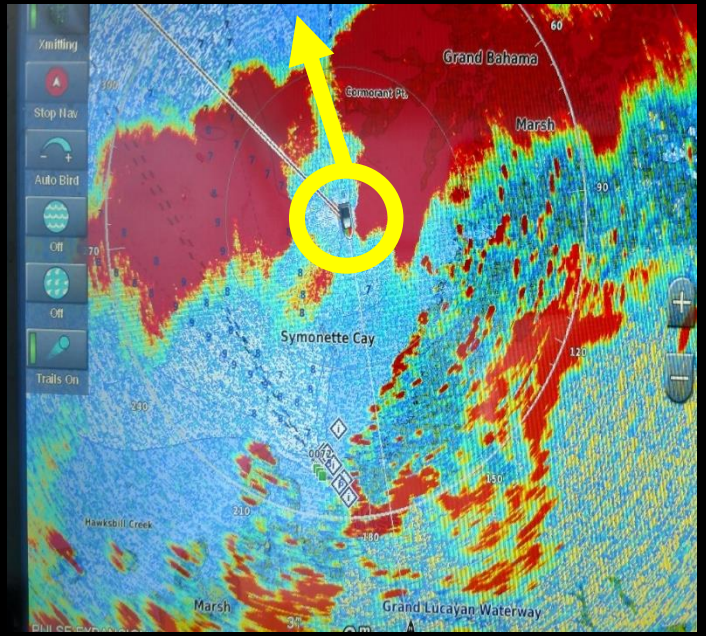


Illustration 829

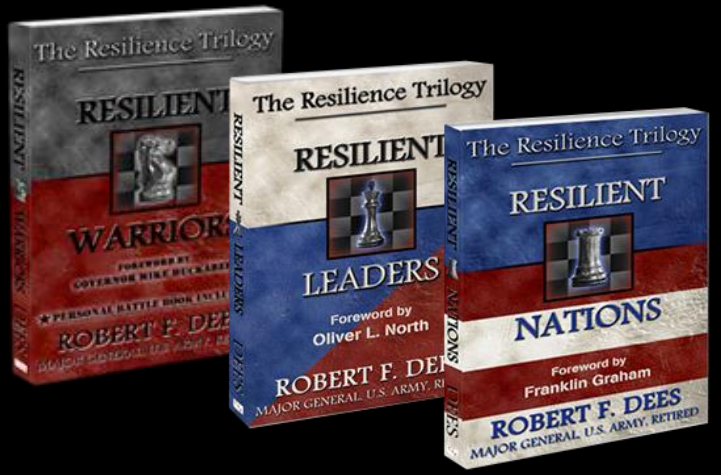
The Resilience God Style Series

RESILIENCE
GOD STYLE

www.ResilienceGodStyle.com

Book, Study Guide, Video Series, Game, Newsletters, Blog

The Resilience Trilogy



Also available for Kindle and Nook

Seminar Slides @
resiliencegodstyle.com/resources/#downloads

Preparing for the Storms of Life

TRIBULATION

"In the world you have tribulation… but take courage, I have overcome the world."

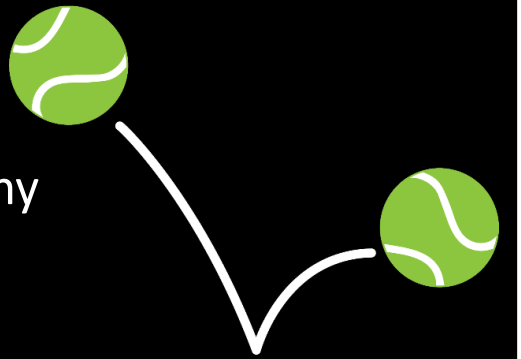
–Jesus (John 16:33 NASB)

RESILIENCE – *God Style!*

RESILIENCE GOD STYLE

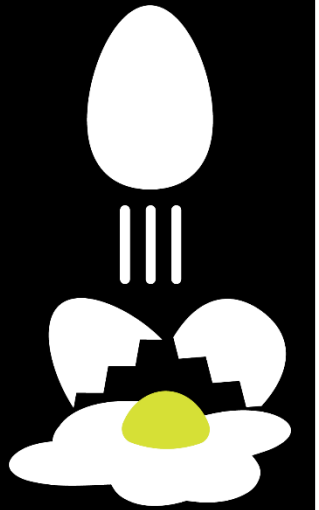
WE ARE OFTEN:

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



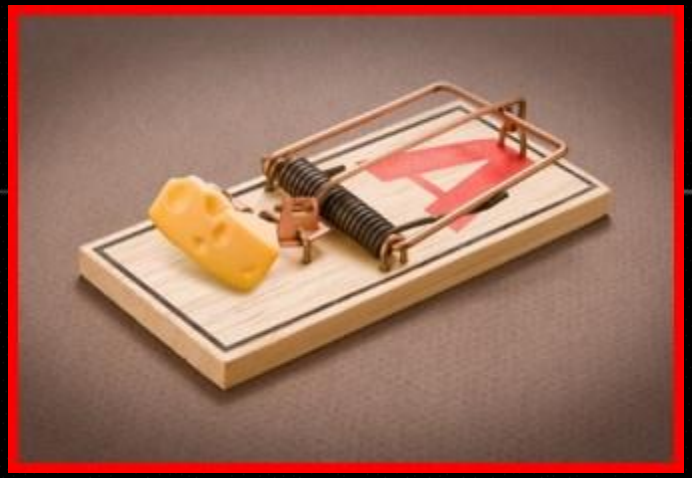
BUT NOT:

- crushed
- in despair
- without a friend
- destroyed

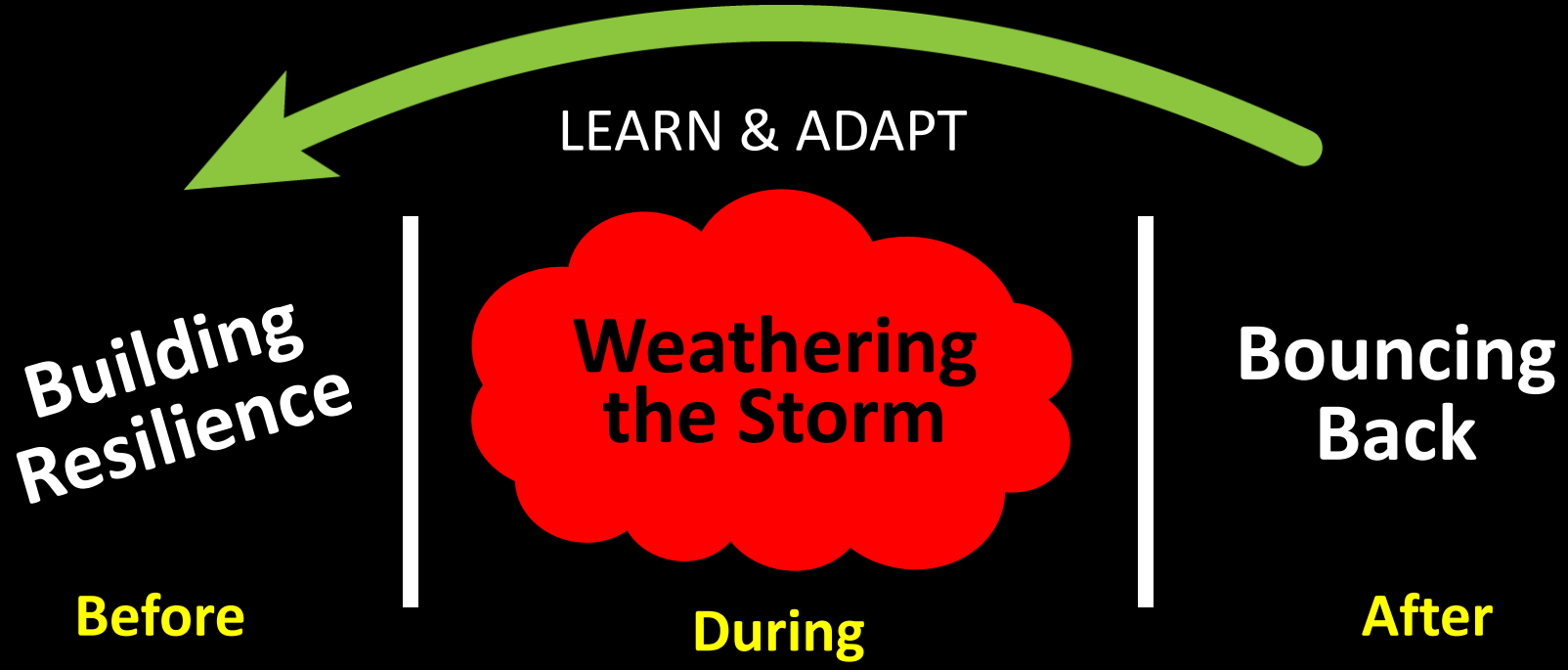


"We are often troubled, but not crushed; sometimes in doubt, but never in despair;
there are many enemies, but we are never without a friend;
And though badly hurt at times, we are not destroyed."
**At all times we carry in our mortal bodies the death of Jesus,
so that His life may also be seen in our bodies.**
2 Corinthians 4:8-10

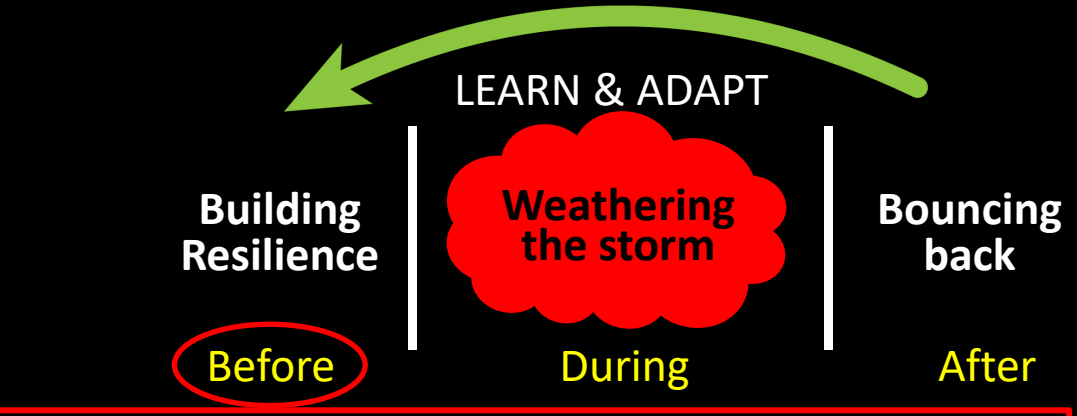
What Does RESILIENCE Look Like?



RESILIENCE LIFE CYCLE©



Source: *Resilience God Style, www.ResilienceGodStyle.com*



Know Your Calling

Know Your Enemy

Know Your Friends

Know Your Equipment

Deploy with the Right Mindset

Develop/Rehearse "Actions on Contact"

KNOW YOUR CALLING

1. **GENERAL Calling** (applies to all Christian believers)
   EG - Great Commandment + Great Commission
   OR… Various Denominational Catechisms

2. **SPECIFIC Calling** (for a particular Chapter of Life)

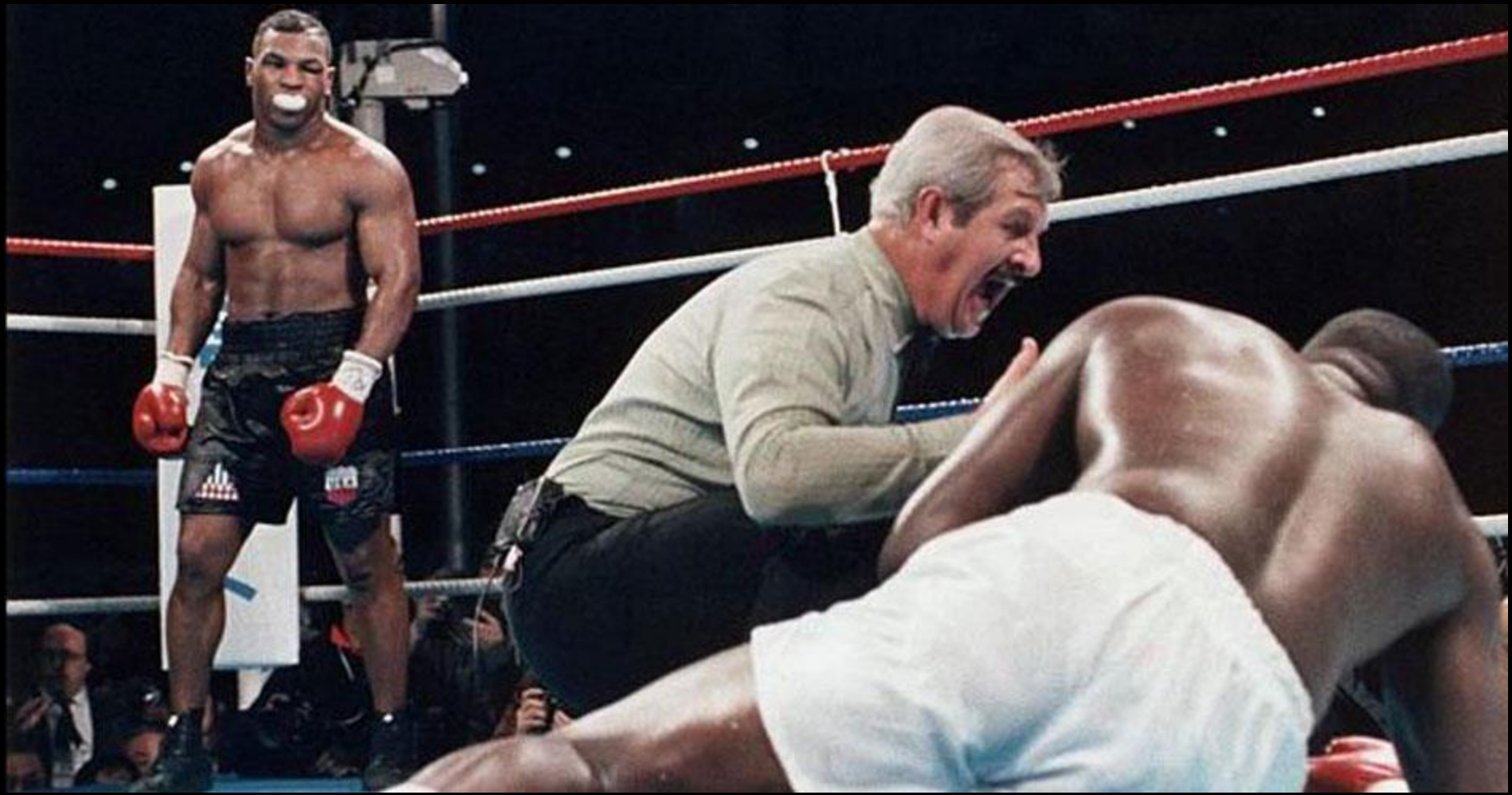
Finish well, Leave a Legacy, Grow in Godly wisdom, Launch my children, Business as Ministry, Blessing Others, Bounce Back, et al

Examples: ***Leading my family to be a strong, loving team within which we individually and collectively achieve our full God-given potential.*** **OR** ***Bring help, hope, and healing to the "least of these" in the inner cities of America.*** ***OR*** ***Be a good student who respects others, performs to the best of my ability, and continues to grow mentally, physically, and spiritually.***

When the "chips are down," calling/life purpose become an anchor for the soul.

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

Source: *Resilience God Style, www.ResilienceGodStyle.com*



Know Your "911 FRIENDS"

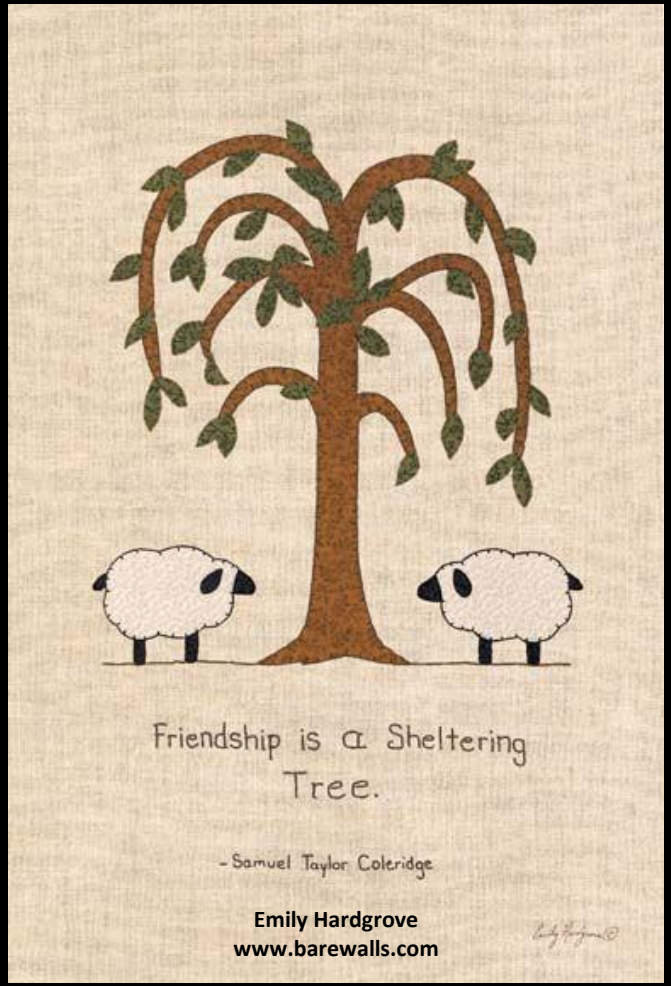
Sheltering Trees, by New Song

"it's been said a friend is like a mighty sheltering tree
a place of refuge we can run when trouble comes for you and me
someone we can count on through the thick and thin
when the storms of life are blowing, there's
just nothing like a friend
(there's just nothing like a friend)

there've been days that i was sure that i couldn't make it through
clouds of doubt came rolling in and i didn't know what i would do
i would've given in and said i just can't go on
if it hadn't been for a friend that helped me to be strong
(helped me to be strong)

you can face the highest mountain and
the climb won't feel so high
or cross the darkest valley and it won't seem so wide
nothing is impossible when a friend is by your side "

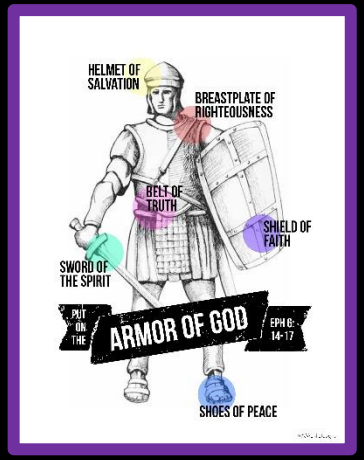
**"we all need sheltering trees
friends in our lives who'll get down on their knees
and lift us up before the king of kings
we all need sheltering trees"**



Know Your Enemy

“Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.”
I Peter 5:8

“Save me from all those who pursue me, and deliver me. Or he will tear my soul like a lion.”
Psalm 7: 1,2



Know Your Equipment

“But resist him, firm in your faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world. After you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen, and establish you.”

2 Peter 5:9,10

Armor of God

Ephesians 6: 10-18 “Be Strong in the Lord…”

Truth	Righteousness	Gospel
Faith	Salvation	Word
	Prayer	

Deploy with Right Mindset

"For the mind set on the flesh is death, but the mind set on the Spirit is life and peace.
Romans 8:6

"For Ezra had set his heart to study the law of the Lord and to practice it, and to teach His statutes and ordinances Israel."
Ezra 7:10

- "Mindset" is inextricably linked with "Heartset"
- King Jehosophat's "deployment" (putting Levites out front in battle formation) reflected both his mindset and his heartset. 2 Chronicles 20

Preparing for the Storms of Life (BEFORE)

- CALLING
- FRIENDS
- ENEMY
- EQUIPMENT
- MINDSET
- ACTIONS ON CONTACT (next class)

Did you have changed priorities after your last "body slam?

How will this guide preparation for your next storm of life?

RESILIENT WARRIORS

RESILIENCE LIFE CYCLE©

Slides & Resources available at www.ResilienceGodStyle.com

Before	During	After
Know Your Calling	Call 911	Guard Primary Relationships
Know Your Enemy	Start the IV	Choose Forgiveness & Gratitude
Know Your Friends	Keep Breathing	Grieve Well
Know Your Equipment	Your Well of Courage	Sing a New Song
Deploy with the Right Mindset	Remember Your Calling	Revalidate Your Calling
"Actions on Contact"		Comfort Others

SOURCE: Page 13, *Resilience God Style Study Guide*, 2018, Dees

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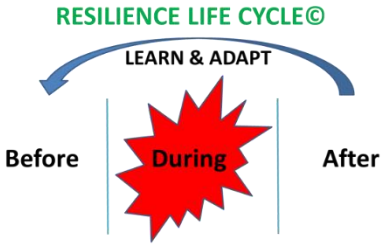
Learning from the Past to Build for the Future

A Critical Life Skill

Analyze one of your life "body slams" in terms of the Resilience Life Cycle©

Source: ***Resilience God Style Study Guide*, pages 15,16, 37-43**

1. **My "Body Slam:"** _____
2. **My Reactions:** _____
3. **My Thoughts:** _____
4. **My Feelings:** _____



Source: *Resilience God Style*, www.ResilienceGodStyle.com

BEFORE

1. **Was I Prepared for this life experience?**
   _____
2. **How could I "Get Ready" for this?**
   - A. _____
   - B. _____
   - C. _____
3. **Did I have "Actions on Contact" prepared in advance?**
   - A. _____
   - B. _____

DURING

1. **How did I "Weather the Storm?"**
   - A. _____
   - B. _____
   - C. _____
2. **What/Who were my "life preservers?"**
   - A. _____
   - B. _____
   - C. _____

AFTER

1. **Did it get worse?** _____
2. **Did I grieve the loss?** _____
3. **Did I get stuck?** _____
   - A. **Guilt?**
   - B. **Anger?**
   - C. **Bitterness?**
4. **Am I still stuck?** _____
5. **How do I get unstuck?** _____
   - A. **New Song?**
   - B. **Forgiveness?**
   - C. **Renewed Purpose?**

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
GOD STYLE

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

www.ResilienceGodStyle.com

CHAPLAIN ROBERT PRESTON TAYLOR

Bataan Death March

"Don't Doubt in the Dark What You Believed in the Light"

Call 911

Start the IV

Keep Breathing

Refill Your Well of Courage

Remember Your Calling

Rembrandt, *The Storm on the Sea of Galilee*, 1633

Weathering the Storms

"Teacher,
do You not care
that we are perishing? "

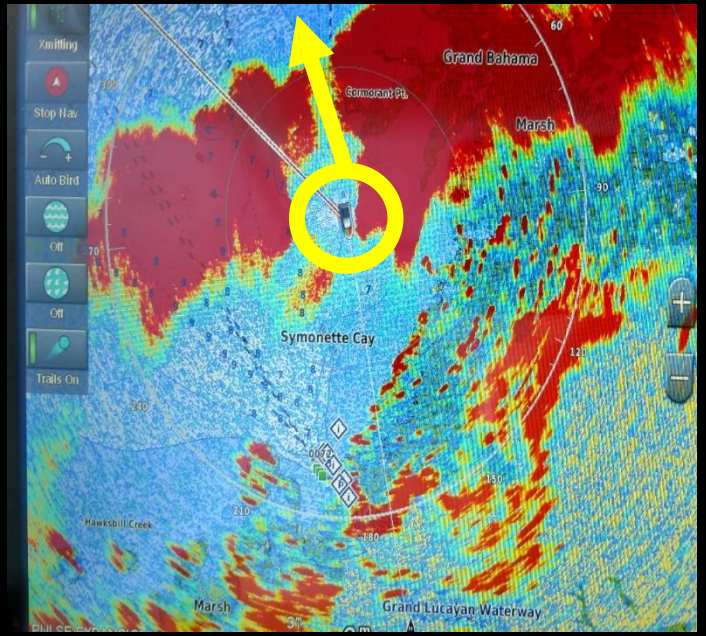
"Hush, be still"

And the wind died down
and it became perfectly calm

WHAT DOES THIS ILLUSTRATE ABOUT RESILIENCE?

Sometimes We Must Go Through the Storm

Navigation Makes A Difference!



“Through the Storm”

- In order to get TO, you gotta’ go THROUGH
  - Are you in a storm, or between two miracles?
- In a storm, hard to see God…
  - But He sees us!
- Storms
  - Remind us we are not in control
  - Give way to new revelations
  - Create stage for audacious response
- You can be in storm, but don’t let storm get in you!

Isaiah 43: 2
Mark 6:45-56

Pastor Rick Wilkerson -- http://vouschurch.com/sermons/through-the-storm

Resilience Consulting LLC

Common Misconceptions About PAIN

- ❖ PAIN IS PUNISHMENT (versus John 9:1-5)
- ❖ PAIN IS UNPRODUCTIVE (versus James 1:2-4, et al)
- ❖ PAIN INDICATES SPIRITUAL FAILURE (Paul?, Job?, Peter?)
- ❖ PAIN IS NOT GOOD (versus Romans 8:28,35,37)
- ❖ PAIN IS NOT COMPATIBLE WITH A GOOD AND ALL-POWERFUL GOD

"Our investigation of resilience will illustrate how God's goodness, omnipresence, and omnipotence provide courage and confidence as we struggle with pain in our lives." ***Resilient Warriors*****, page 52**

Categories above from Joseph M. Stowell, *The Upside of Down*. Grand Rapids, MI: Discovery House Publishers, 1991.

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

What Refills Your Well of Courage???

Weathering the Storms of Life (During)

ACTIONS ON CONTACT

- CALL “911”
- PUT IN THE “IV”
- KEEP COUNTING
- REFILL YOUR WELL OF COURAGE
- REMEMBER YOUR CALLING

What refills your well of courage?

Are you READY for your next body slam?

RESILIENCE
GOD STYLE

Resilience God Style Video Series

- Includes powerful Biblical teaching
- Resilience stories designed for your small group
- Each Video is less than 30 minutes
- Parallels content in the Resilience God Style book and associated study guide
- Both virtual delivery and hard copy

The Resilience God Style Video Series addresses:

How do we prepare for the Storms of Life?
How do we weather these storms?
How do we bounce back without getting stuck in the toxic emotions of guilt, false guilt, anger, and bitterness?

VIDEO SERIES CONTENT

Includes GROUP LEADER INSTRUCTIONAL VIDEO

INTRO "Welcome to Resilience God Style"
LESSON 1 "We Will Have Tribulation!"
LESSON 2 "Better or Bitter?
LESSON 3 "Resilience Life Cycle©"
LESSON 4 "BEFORE: The Ounce of Prevention"
LESSON 5 "DURING: Weathering the Storm"
LESSON 6 "AFTER: Looking Back"
LESSON 7 "AFTER: Pressing Forward"
LESSON 8 "Higher Than Ever Before!"

ALL in the power of God
RESILIENCE GOD STYLE

www.ResilienceGodStyle.com/Resources

RESILIENCE
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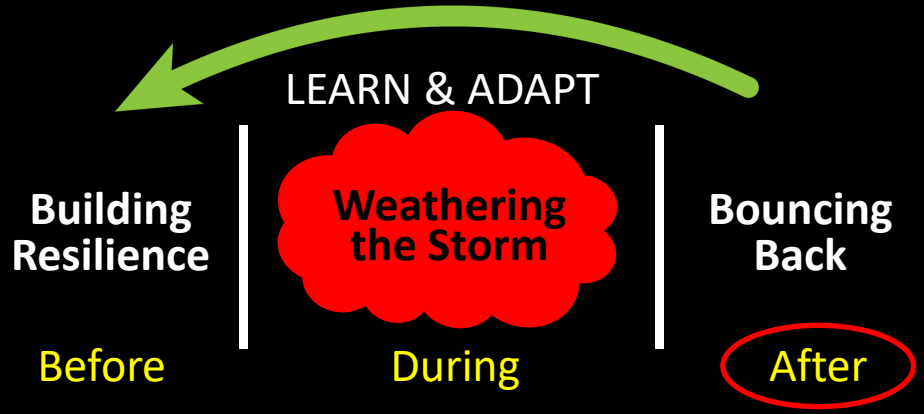
Bouncing Back: *Escaping Toxic Emotions*



BACK

Guard Primary Relationships

Choose Forgiveness & Gratitude

Grieve Well

Sing a New Song

Revalidate Your Calling

Comfort Others

FORWARD

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!"

Grieve Well

- **"Stuffing Grief" only prolongs and deepens the impact of trauma on you and others.**
- **Grief is like waves of the ocean that roll to our emotional shore… and then recede… time and again until the waves become smaller and less frequent.**
- **We never forget, but we do learn to process it through the lens of God's Word.**

Kubler-Ross Grief Cycle

"DABDA"

Denial
Anger
Bargaining
Depression
Acceptance

Bouncing Back: *Escaping Toxic Emotions* (AFTER)

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

Do any relationships that need "mending?"
Do you have the courage to forgive?
Are you stuck in grief?

RESILIENCE
GOD STYLE

Resilience God Style Training Game

- Comprehensive Interactive Learning System
- Fun way to learn critical resilience skills, based on Biblical principles.
- Creates a safe environment to discuss key life issues.
- Great team builder–for families, schools, churches, and organizations
- Complements Resilience God Style Book and Video Series.

Are you a tennis ball or an egg?
This training game
makes the difference
Resilience God Style!!!

www.ResilienceGodStyle.com/Resources
www.WinningTheTrainingGame.com

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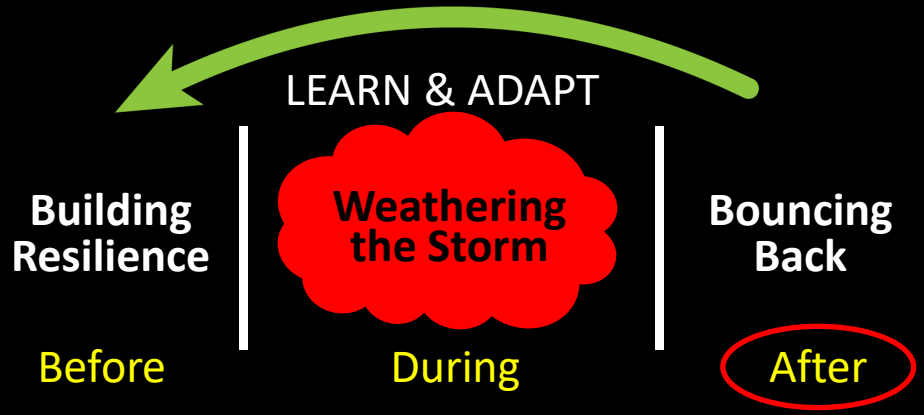
Bouncing Forward: *Regaining Vital Optimism* (AFTER)



BACK

Guard Primary Relationships

Choose Forgiveness & Gratitude

Grieve Well

Sing a New Song

Revalidate Your Calling

Comfort Others

FORWARD

Sing a New Song

"being renewed in body, mind, soul, spirit, and relationships as we rise from the ashes of brokenness" **(RW, pg 166)**

- Jeremiah 29:11
  - ***"For I know the plans that I have for you, plans to prosper you and not to harm you, plans to give you a hope and a future." (NIV)***
- "Vital Optimism"
- The Power of "New"
- Singing in Prison???

Courtesy iClipArt.com

"as we obediently seek to sing a new song in our recovery from trauma, we will soon find that the Creator God starts refilling us" **(*RGS*, pg 183-188)**

Revalidate Your Calling

Discern and Chart the Future

- Personal Board of Directors
- "Zero Based Budgeting"
- "Fixed Life Costs" (Values Map)
  - Comprehensive Personal Fitness™
- "Variable Life Costs" (Mission Map)
- "Practice Your Declinations"

The challenging realities of trauma and transitions in life are also **"cleverly disguised opportunities "** to allow God to speak to you in new ways, and to guide you on new paths (callings) or to confirm your existing azimuth.

***Resilience God Style Study Guide* (Pg 83-87) lays out this process**

Comfort Others

- “Walking with a Limp”
- Stewardship of Pain
- Healthy Dependence

“…God of all comfort, who comforts us in all our affliction, so that we will be able to comfort those who are in any affliction.” (2 Corinthians 1:3,4)

Healthy Dependence

"Bear *one another's burdens* and therefore fulfill the law of Christ." Galatians 6:2

"For each one must *bear his own load*." Galatians 6:5

"BAROS"

Which is it???

BOTH!

Healthy Balance between being comforted and comforting others.

Accept help, but pull own weight as soon as possible.

Avoid unhealthy dependency and associated co-dependency.

"PHORTION"

Bouncing Forward: *Regaining Vital Optimism*(AFTER)

- Sing A New Song
- Revalidate Your Calling
- Comfort Others

Do you need to regain "vital optimism?"
Is it time to "revalidate your calling?"
Are you being a good steward of your pain?

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all need the ability to BOUNCE BACK!

www.ResilienceGodStyle.com

Higher Than Before!

Refill your "Well of Courage"

Personal & Corporate Introspection

Update "Actions on Contact"*

Stay Ready & Resilient

Actions on Contact*

Call 911

Start the IV

Keep Breathing

Refill Your Well of Courage

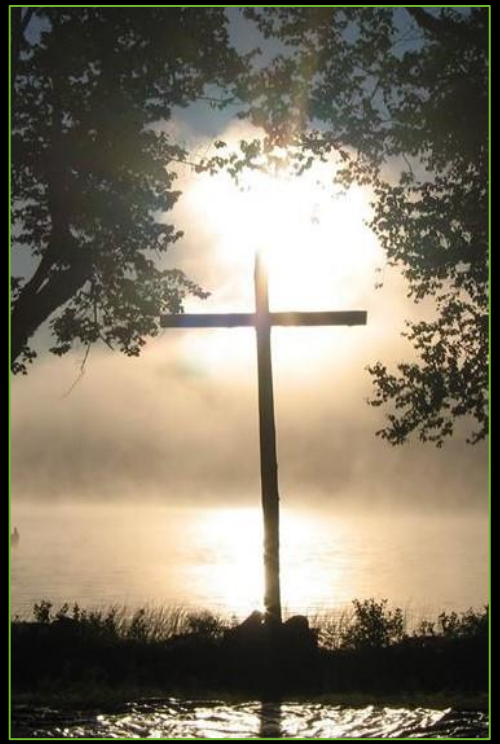
Remember Your Calling

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!



“The Hope Diamond”

Courtesy Max Lucado, *3:16: The Numbers of Hope*, page 8.

"Gaining Altitude" with HOPE(1)

Verse	Quote	Comment
Psalm 31:24	"Be Strong and let your heart take courage, All you who trust(hope) in the Lord."	COURAGE & STRENGTH
Psalm 38:15	"For I hope in you, O LORD; you will answer, O Lord my God."	PETITION
Psalm 42:15	"Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall yet praise Him, The help of my countenance and my God"	ANTIDOTE TO DESPAIR, PRAISE, JOY, CHEERFUL COUNTENANCE
Psalm71:5	"For You are my hope; O Lord GOD, You are my confidence from my youth?"	CONFIDENCE
Romans 5:2-5	"… we exult in hope of the glory of God. And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us."	TRIBULATION, PERSEVERANCE, CHARACTER, HOPE

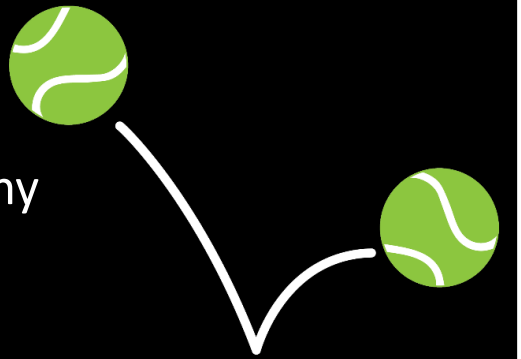
“Gaining Altitude” with HOPE(2)

Romans 15:4	“For whatever was written in earlier times was written for our instruction, so that through perseverance and the encouragement of the Scriptures we might have hope.	ENCOURAGEMENT
I Corinthians 3:12	“Therefore, having such hope, we use great boldness in our speech” (not like Moses…)	BOLDNESS
Colossians 1:27	“… the riches of the glory of this mystery among the Gentiles, which is Christ in you, the hope of glory.”	MYSTERY
Hebrews 6:18-20	“… we who would have taken refuge would have strong encouragement to take hold of the hope set before us. This hope we have as an anchor of the soul, a hope both sure and steadfast and one which enters within the veil, where Jesus has entered as a forerunner for us, having become a high priest forever according to the order of Melchizedek.	ASSURANCE, ENCOURAGEMENT, ANCHOR, SURE AND STEADFAST

RESILIENCE GOD STYLE

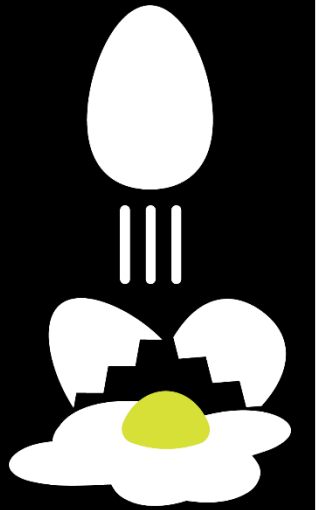
WE ARE OFTEN:

- 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

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!

IS THAT YOU, BOB?

“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?

BACKUPS

The Greatest of Commandments

Comprehensive Personal Fitness™

"[28]One of the scribes came and heard them arguing, and recognizing that He had answered them well, asked Him, "What commandment is the foremost of all?"

[29] Jesus answered, "The foremost is,

'HEAR, O ISRAEL! THE LORD OUR GOD IS ONE LORD; [30] AND YOU SHALL LOVE THE LORD YOUR GOD WITH

ALL YOUR **HEART**(EMOTIONAL), AND WITH

ALL YOUR **SOUL**(SPIRITUAL), AND WITH

ALL YOUR **MIND**(MENTAL), AND WITH

ALL YOUR **STRENGTH**(PHYSICAL).'

The second is this,

'YOU SHALL LOVE YOUR **NEIGHBOR**(RELATIONAL) AS YOURSELF.'

There is no other commandment greater than these." [31]

Mark 12: 28-31, NASB, Parenthetical and Bold comments added

Comprehensive Personal Fitness™

EMOTIONAL (“Be quick to hear, slow to speak, and slow to get angry”)

- Regulation, Temperament, Hardiness, Psychological Health

SPIRITUAL (“To be spiritually minded is life & peace”)

- Calling/Purpose, Core Values, Beliefs, Identity, And Life Vision

PHYSICAL (“Body is Temple of Holy Spirit”)

- Diet, Exercise, Hygiene, Sleep, Aerobic Fitness, Endurance, Strength, Agility

MENTAL (“Mind set on the Spirit is life and peace”)

- Thought Patterns, Intellectual Curiosity, Mental Acuity, Mental Response Tools

RELATIONAL (“Let us LOVE one another”)

- Connectivity, Mutual Support, Valued Friendships