

**5 Minutes on Faith
Finish Strong in 2024 - Day 9
Episode #157**

Tuesday, December 10, 2024

Arise With Resilience

Arise: To ascend, mount up or move to a higher place, to emerge, leave the place or state of rest.

Resilience: the act of leaping or springing back or rebounding.

Resilience is a spiritual muscle that grows with intentional exercise.

Jesus is the ultimate example of arising with resilience as he endured temptation, persecution and crucifixion.

Isaiah 60:1 Arise, shine, for your light has come, and the glory of the Lord has risen upon you.”

Psalm 46: 1 “God is our refuge and strength, an ever-present help in trouble.”

Psalm 112:7 “They will have no fear of bad news; their hearts are steadfast, trusting in the LORD.”

James 1:3 “know that the testing of your faith produces perseverance.”

As you reflect on past challenges you have overcome, what strategies helped you persist? What is in your toolkit today that you rely on when facing challenges or setting new courses for your life?