

Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good." Elizabeth Edwards

"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow'." Mary Anne Radmacher

Joshua 1:9 *Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.*

Resilience (noun) from The American Heritage Dictionary

1. the capacity to recover quickly from difficulties; toughness;
2. the ability of a substance or object to spring back into shape;
3. elasticity: "nylon is excellent in wearability and resilience"

Joseph, in the Old Testament, can be thought of as the come-back king. He was hated by his brothers, sold into slavery, accused of sleeping with his boss' wife, thrown into prison, and forgotten. Then he ascended to second in command of Egypt, before saving Egypt (by storing food), his own people (including his brothers), and being reunited with the rest of his family, including his father who loved him dearly.

More than 20 years had passed before Joseph was back with his family, but he endured. And when it came time to face his brothers, he didn't show anger or bitterness. He showed grace and mercy.

Joseph was resilient and came out on top (outwardly, but most importantly, inwardly) despite his circumstances. His attitude of hope was preserved and expressed because of his reliance on God to sustain him – through people, but mostly through God's unseen presence and doing things for Joseph that God could only see and do.

Joseph teaches us to recognize we can't script what the future may hold. Unexpected circumstances and uncertain conditions make up our existence, including tragedies and victories. Joseph shows us what a life of faith in God looks like, even in seemingly impossible situations.

When an obstacle reveals itself, a resilient heart seeks God for a fresh perspective, which means trying to find God's redemptive purpose during the time of stress and uncertainty. And the more closely God's core values are followed – grace, love, mercy, service, and forgiveness – the more resilience increases.

2 Corinthians 4:16-18 (Message paraphrase) *So we're not giving up. How could we! Even though on the outside it often looks like things are falling apart on us, on the inside, where God is making new life, not a day goes by without his unfolding grace. These hard times are small potatoes compared to the coming good times, the lavish celebration prepared for us. There's far more here than meets the eye. The things we see now are here today, gone tomorrow. But the things we can't see now will last forever.*

Christians are resilient because of a hope that isn't based on wearing a mask or the development of a vaccine, but that rests in a relationship with the Prince of Peace, Jesus Christ.