

Finding Resilience, Joy, and Our Identity in Jesus Christ

by Rhashell D. Hunter

Suggestions for Leaders by Joyce MacKichan Walker

In this Bible study, we will explore resilience. This is modeled for us by several biblical characters, gospel and epistle writers, as well as Jesus. So, what exactly is resilience?

Resilience is the ability to spring back into shape and to adapt well in the face of adversity, trauma, tragedy, threats, or stress—such as from family, relationships, health, workplace, and financial stressors. People who survive and thrive well in change are resilient.

The Bible study is also about joy. How do we find joy in a chaotic world? Christian joy may be different from how a lot of people define joy.

Joy is sometimes confused with happiness. For Christians, joy can occur while we are in the midst of difficult circumstances. Joy is the second fruit of the spirit, preceded by love and followed by peace. [Gal. 5:22-23] Trusting in God when we are in trying times can fill us with glorious joy and peace. We have joy in our suffering, because ultimately our joy is found in Jesus Christ.

We will also seek to rediscover our identity.

Identity is more than who we are or who we show ourselves to be. At its core, it points to our humanity. Our core identity is not found in our titles, our positions, our spouses, our partners, or our possessions. For Christians, our identity is found in Jesus Christ.

Presbytery of New Covenant

**There will be one in-person overview on
Saturday, August 9, at St. Andrew's Presbyterian Church,
[5308 Buffalo Speedway, Houston, TX 77005](https://www.google.com/maps/place/5308+Buffalo+Speedway,+Houston,+TX+77005).**

Registration and refreshments at 9:30am, followed by overview from 10am to 12noon
Register with Honi Boudreaux at 832-656-0049 (call or text) or email honiboudreaux@gmail.com.

If you would rather attend a virtual overview,
there will be an overview via Zoom on **Saturday, August 16**, at 10am to 12noon.
You may email Patti Nanney at pananney@sbcglobal.net, and she will email you the Zoom link.

All overviews will be presented by Patti Nanney, R.E., Spring Branch Presbyterian Church



All overviews are free!

**To assist with planning,
pre-registration is requested one week prior to the event.**