Building Resilience in a Challenging World

richard g. berlach

What is Resilience?

= Response to a Challenge

1. The capacity to withstand or to recover quickly from difficulties; toughness
2. The ability of a substance or object to spring back into shape; elasticity

3 Components:

- An attitude ('I can')
- A volition ('I will')
- An ability ('I learn')

A Global Concern

- Japan shut ins – Hikikomori – 1.5 million
- China – bai lan (Eng. 'let it rot') = giving up because goals are too difficult to achieve
- – Sang = mourning culture: feelings of defeatism, loss, and pessimism
- South Korea – sampo generation: describes the despair and hopelessness of young Koreans
- Australia – Failure to launch syndrome – adult children – fear of failure and perfectionism
- – Gen Z/Millennials (1997-2012) --------→OVER

Generational Resilience?

"An Australian woman has issued a warning to older managers after witnessing two younger workers break down in tears while on the job.

Older managers need to learn how to better support Gen-Z workers who are "more fragile". Interactions like the following were sparking "the end of ambition" for the next generation of Aussie workers.

A young girl took an order for a baguette and revealed she didn't remember it.

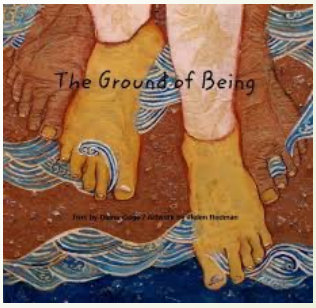
Her boss says: "You can't just keep forgetting orders, you can't do this". She started crying.

She said the manager was right to be frustrated and wasn't overly aggressive, but the confrontation was enough to tip the Gen Z worker over the edge, leaving the manager confused as to how to solve the issue".

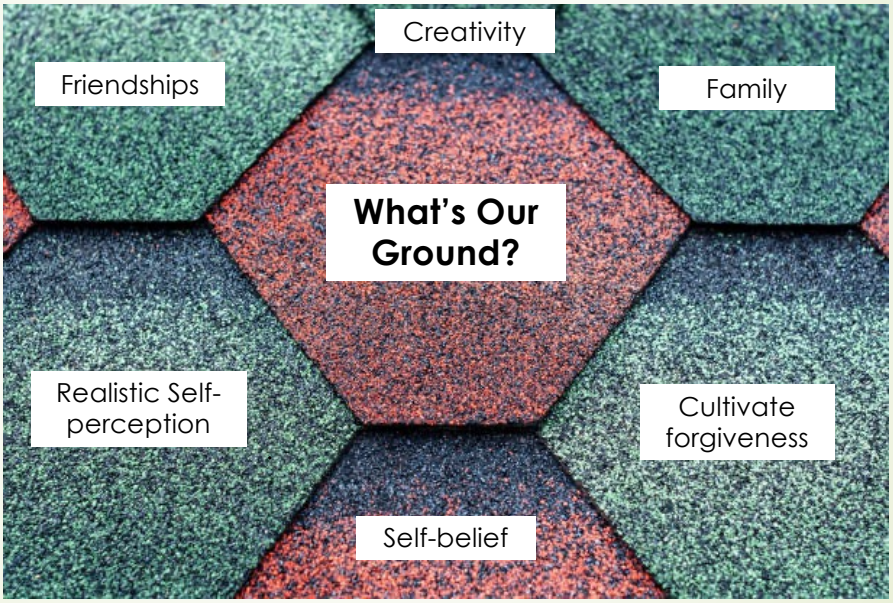
(passim)

https://apple.news/ALHMD-W_mScCliZobSjS-hA

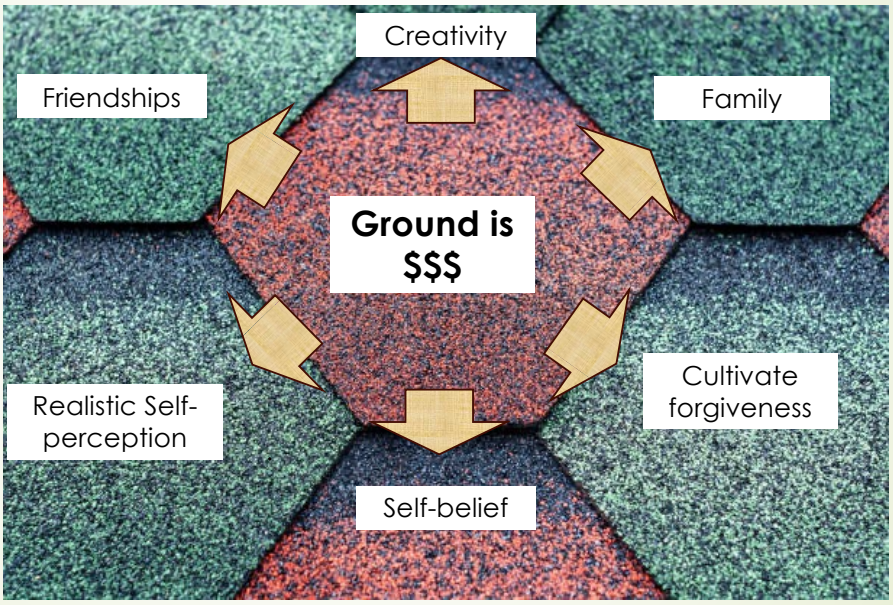
Being resilient is NOT a matter of forcing our will by gritting our teeth. It's about remaining **courageous and calm** in the face of (often unrelenting) opposition, while at the same time being true to our VALUES. So….it's about the GROUND upon which we stand…the GROUND of our being.



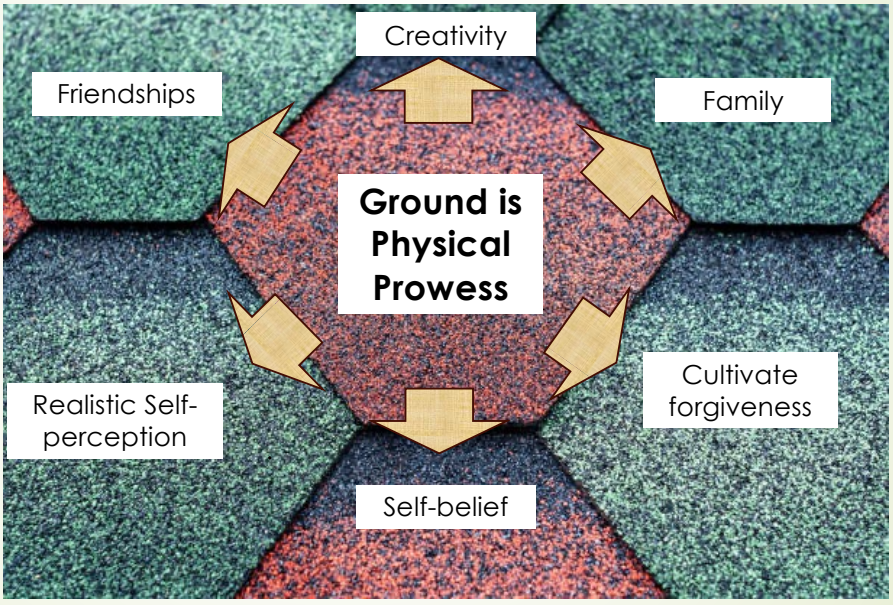
Values in Resilience Building 1



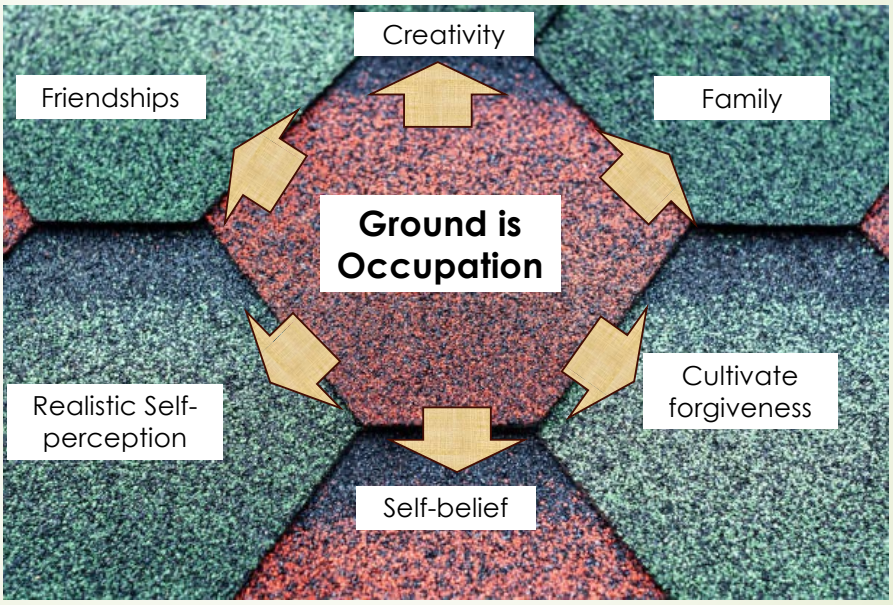
Values in Resilience Building 2



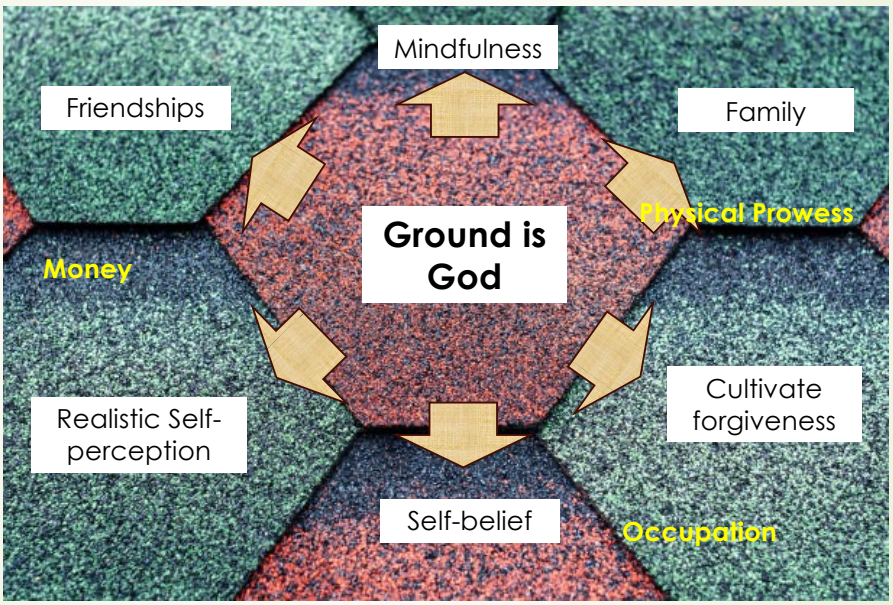
Values in Resilience Building 3



Values in Resilience Building 4



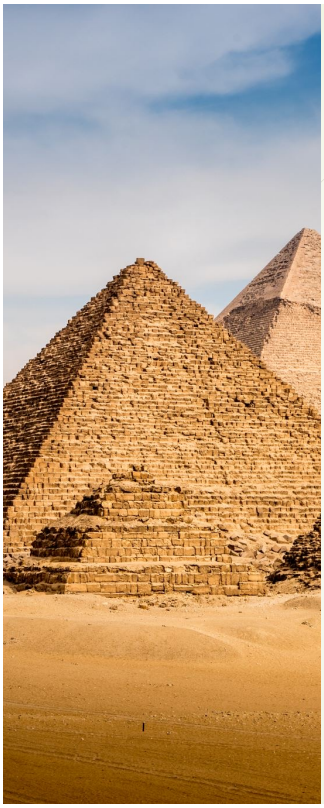
Values in Resilience Building 5



Resilient People in the Bible: Relationship between Resilience and God as the Ground of our Being

- Moses
- Ruth
- Paul
- Jesus

Resilience is achieved by assessing a situation and then recalibrating our internal compass to accommodate it



Moses and the Burning Bush (Exod 3-4)

- *MOSES' MISSION*

  "The cry of the Israelites has reached Me, and I have seen how severely the Egyptians are oppressing them. Therefore, go! I am sending you to Pharaoh to bring My people the Israelites out of Egypt."

- *MOSES' CONCERNS*
  - "Who am I, that I should go to Pharaoh and bring the Israelites out of Egypt?" [status]
  - "What if they do not believe me or listen to my voice?" [authority]
  - "Please, Lord," Moses replied, "I have never been eloquent…" [talent/gift]
  - "Please, Lord, send someone else." [pass the buck!!!]
- *MOSES' EVENTUAL RESPONSE*

  "Moses took his wife and sons, put them on a donkey, and headed back to Egypt".

Ruth ("in the days of the judges")

- *THE SITUATION*
  - Moabite who experienced death of husband, father-in-law, brother-in-law.
- *THE DECISION*
  - Committed to *going with her mother-in-law Naomi (Jewess) back to Bethlehem – lost her security,* livelihood, home, culture.
- *THE OUTCOME*
  - *Worked hard in wealthy Boaz's field.*
  - *Eventually married Boaz, gave birth to son Obed* ("the father of Jesse, the father of David" 4:17).

Paul (2 Cor 12:7-8; Phil 4:13)

- *PAUL'S SITUATION*

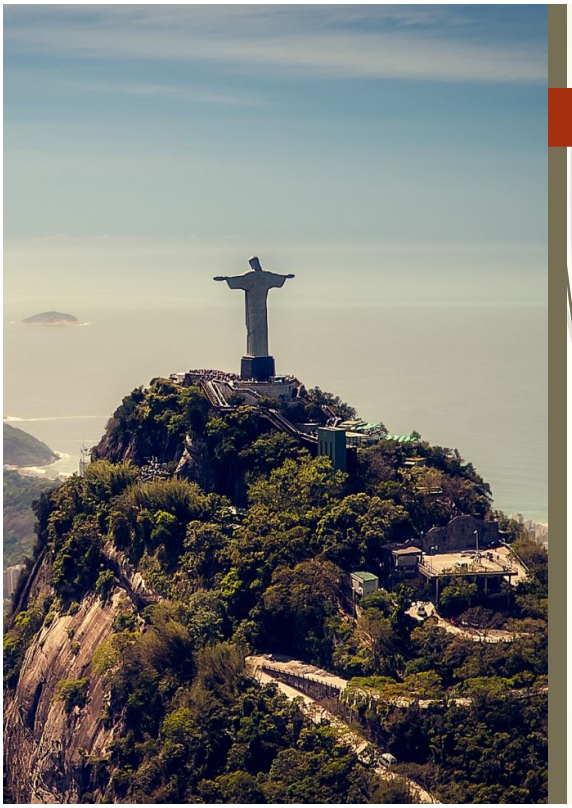
  "I was given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me".

- *GOD'S RESPONSE*

  "My grace is sufficient for you, for my power is made perfect in weakness."

- *PAUL'S RESOLUTION*

  "I can do all things through Him who strengthens me" (Phil 4:13)



Jesus (Lk 22:42; Mk 15:34; Col 2:14)

- *THE CONCERN*
  - "Father, if you are willing, take this cup from me"
- *THE RESPONSE*
  - "yet not my will, but yours be done"
- *THE UNWANTED OUTCOME*
  - "My God, my God, why have you forsaken me?"
- *THE FINAL OUTCOME*
  - "He cancelled the record of the charges against us and took it away by nailing it to the cross"

Lessons for our Own Resilience…

- God will never leave nor forsake us

  (Moses)
- Encounters are specific and individual

  (Ruth)
- Trials may continue

  (Paul)
- Sometimes, our resilience is for others!

  (Jesus)

Building Blocks of Resilience

- Meeting basic needs
- Reducing fatigue/stress/burnout
- Flexing problem-solving ability
- Avoiding over-protecting
- Addressing Fear of failure
- Creating social support
- Facilitating quality teaching and modelling

Maslow's hierarchy of needs