Have you ever tried telling someone who is frightened or scared to just calm down? How did that go? It doesn’t usually help, does it? At that moment we are in fight or flight mode. We need to be soothed and assured. We all come into the world as babies: vulnerable, fully dependent on another person to meet our needs and to show us how to soothe ourselves. We all need love, and it’s no surprise that evidence shows us that resilience is born out of healthy relationships. But resilience is defined as the ability to bounce back from difficult circumstances. That means we’ve got to have something to bounce back from. Love on its own isn’t what builds resilience.

We also need the presence of challenge, the ability to operate outside our comfort zone. These two things together build resilience—love and challenge. To say it another way, the greatest enemies of resilience are under-affirmation and overprotection. This sounds a bit like our world at the moment, don’t you think? One of my favorite verses in the Bible is in the first chapter of Joshua. God says to Joshua, “Be courageous, be strong and courageous, do not be afraid.” And the verse goes on and explains why he doesn’t need to be afraid. “For the Lord Your God will be with you wherever you go.” Isn’t that amazing? Joshua is not on his own. We are not on our own. And it’s not just anyone that’s with us, it’s God. He is the one who sees us, the one who knows us and the one who gives us more than enough for every challenge.

So, if you want to build resilience, get as much love as you can and enjoy the challenge, which you’ll no doubt be encountering. Love and challenge mingled together will bear the fruit of resilience today. May you be strong, may you be courageous, may you know that God is with you, and that He is for you.

**MEDITATE**

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” —Joshua 1:9

**REFLECT**

What is your most difficult situation where you need God’s help to build resilience?

Knowing God provides everything you need to face challenges, what do you need from Him to build more resilience?

Think about who God is and how does reflecting on that encourage you as you face challenges?