

“Virtues to Live by”

PERSEVERANCE and RESILIENCE

Before You Begin – An overview for teachers

Perseverance & Resilience Definitions and Biblical Sources

Perseverance

‘O God, put a steadfast spirit within me.’

Psalm 50:12

Definition

To persevere is to do good when it becomes hard to do or obstacles are put in the way. A person with perseverance can be relied upon because they are committed to seeing things through to the end.

Biblical Sources

In the New Testament perseverance occurs 31 times. It has the meaning of ‘*steadfastness*’, ‘*endurance*’ and ‘*constancy*’. The actual word does not appear in the Hebrew Bible (Old Testament), although ‘steadfast’ appears many times and recalls God’s steadfast love and the people are called constantly to be steadfast.

Endurance and ***constancy are passive*** having the meaning of ***enduring whatever comes***:

Luke 21:19 “By your *endurance* you will gain your lives.”

Romans 8:25 “If we hope for what we do not see, with *perseverance* we wait eagerly for it.”

James 1:3-4 “knowing that the testing of your faith produces *endurance*. And let *endurance* have its perfect result, so that you may be perfect and complete, lacking in nothing.”

2 Peter 1:6 “and in your knowledge, self-control, and in your self-control, *perseverance*, and in your *perseverance*, godliness...”

Steadfastness - brings out the ***active principle in perseverance: persistence in doing good*** (“*Jesus went about doing good.*” **Acts 10:38; Mark 3:4**):

Luke 8:15 “But the seed in the good soil, these are the ones who have heard the word in an honest and good heart, and *hold it fast*, and bear fruit with *perseverance*.”

Galatians 6:9 “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

2 Thessalonians 2:13 “And as for you, brothers and sisters, never tire of doing what is good.”

Romans 5:3-4 “And not only this, but we also exult in our tribulations, knowing that tribulation brings about *perseverance*; and *perseverance*, proven character; and proven character, hope...”

The Letter to the Hebrews (12:1-3) places perseverance within the context of a race (a lifelong journey) in which the Christian must have 'staying power' gained by fixing their eyes on Christ so that they do not become weary and give up. Perseverance is therefore closely linked to being a faithful and hopeful friend of Jesus.

Resilience

"The Lord is my strength and my song"

(Psalm 118:14)

Definition

Resilience

To accept that there will be difficulties in life. To see these as a challenge and not to be discouraged. To search for your inner strengths and faith to get you through personal challenges.

Biblical Sources

Romans 8:28 "And we know that in all things God works for the good of those who love Him, who have been called according to His purpose."

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

Psalm 23:6 "Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever."

Psalm 30:5. "...Weeping may endure for a night. But joy comes in the morning."

Why Practice Perseverance and Resilience?

Sometimes it is important to understand that there are some things we have to accept. We will have challenges in life but these can be an opportunity for growth. Therefore, it is important that we commit ourselves to ensure we keep going and see things through. If we persevere, this will help us to become more resilient in facing personal challenges. There will be some things we cannot change and some we can. Through the experience of these challenges we will develop the wisdom to discern the situations that are in need of perseverance and resilience.

When we persevere, even when we have doubts, in our hearts we remain committed. When we are resilient we can cope with the doubts because deep down we know where we stand and are committed for the long run.

How do we Practice Perseverance and Resilience?

Key Words:

Steadfast, Staying Power, Reliable, Committed, Tireless, Motivation.

We practice perseverance and resilience when we are steadfast and have the staying power to commit to seeing things through. We don't give up when things get hard because our motivation comes from within. We can be relied upon to stay focused.

You will stand by your friends even if you have fallen out, had disagreements or they are having a hard time.

You are like a strong ship in the storm and do not allow yourself be blown off course.

Psalm 106:

Some sailed over the ocean in ships, earning their living on the seas.

They saw what the Lord can do, his wonderful acts on the seas.

He commanded, and a mighty wind began to blow and stirred up the waves.

The ships were lifted high in the air and plunged down into the depths. In such danger the sailors lost their courage; they stumbled and staggered like drunks - all their skill was useless.

Then in their trouble they called to the Lord, and he saved them from their distress.

He calmed the raging storm, and the waves became quiet.

They were glad because of the calm, and he brought them safe to the port they wanted.

They must thank the Lord for his constant love, for the wonderful things he did for them.

Mark 4: 35-41 'Calming of the Storm'

On the evening of that same day Jesus said to his disciples, "Let us go across to the other side of the lake." So they left the crowd; the disciples got into the boat in which Jesus was already sitting, and they took him with them. Other boats were there too. Suddenly a strong wind blew up, and the waves began to spill over into the boat, so that it was about to fill with water. Jesus was in the back of the boat, sleeping with his head on a pillow. The disciples woke him up and said, "Teacher, don't you care that we are about to die?" Jesus stood up and commanded the wind, "Be quiet!" and he said to the waves, "Be still!" The wind died down, and there was a great calm. Then Jesus said to his disciples, "Why are you frightened? Do you still have no faith?" But they were terribly afraid and began to say to one another, "Who is this man? Even the wind and the waves obey him!"

Signs you are Resilient and you Persevere:

You don't let doubts stop you from trying

You are not afraid because you know you are not alone

You ask God to help you grow through your personal challenges

You take one step at a time - You keep going!

You complete what you start

You are a reliable classmate

Other ideas:

Aesop's Fable : The Hare and the Tortoise

Reflection Questions:

When in your life have you been like the Hare?

When in your life have you been like the Tortoise?

Who persevered? How did they show it?

When might you need to practise perseverance?

Quotes:

"You who believe seek courage and prayer, for God is with those who are patient and persevere."

Qu'ran 2.153

"Perhaps the most valuable result of all education is the ability to make yourself do the thing you have to do, when it ought to be done, whether you like it or not."

Thomas Huxley

"A journey of a thousand miles must begin with a single step."

Taoism.