

# Speaking to the soul



## Resilience

**The godly may trip seven times, but they will get up again. But one disaster is enough to overthrow the wicked. Proverbs 24:16**

The big question is not whether we experience failure, but what we do when it happens. The writer is clear that the person who knows God has resilience. We may get knocked many times, but each time we are able to bounce back because we know that God is the one who inspires and strengthens us. The writer says that we may trip seven times but almost certainly he is using the number to represent an unlimited number of times. Nelson Mandela said: “Do not judge me by my successes, judge me by how many times I fell down and got back up again.”

The reason that a godly person is resilient is because their confidence is in God rather than their circumstances. This is most powerfully described by Habakkuk who declared: “Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the LORD! I will be joyful in the God of my salvation!” (Habakkuk 3:17-18). To declare praise to God when everything has gone wrong shows real faith.

On many occasions I have accompanied friends as they have lost members of their family, and frequently they have chosen for the funeral the song: ‘Blessed be your name’. This beautiful song includes the words: “You give and take away, you give and take away, my heart will choose to say Lord, blessed be your name.” It’s tough to sing these words, and they are often sung with tears, but they show that our confidence is based on our great and loving God, and not on circumstances which, in a broken and sinful world, are often desperately painful and disappointing.

## **QUESTION**

How resilient are you; how could you grow that resilience?

**PRAYER**

Loving God, thank you that you are always worthy of my praise whatever the circumstances. Amen

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