

NOTES

Soul Leadership

Message 2 | Building Resilience

Resilience is the ability to absorb and rebound from adversity or crisis.

Daniel 1:3–5

Resilience Equation _____

How We Can Build Resilience:

1. Intentional Relationships

Daniel 2:17–18, Ecclesiastes 4:9–10a _____

2. Physical Health Practices

Three Key Physical Health Areas that Make a Significant

Difference in Building Resilience: _____

A. Exercise _____

1 Timothy 4:8a (NLT) _____

B. Nutrition _____

C. Sleep _____

Mark 6:31b _____

3. Spiritual, Mental, and Emotional Health Disciplines

Daniel 6:10 (NKJV), Joshua 1:8 (NKJV), Psalm 42:5 (NKJV)

Emotional Recharging Activities that Help Build Resilience

A. Expressing Gratitude Daily _____

Psalm 100:4 _____

B. Sabbath _____

C. Healthy Boundaries _____

What is God speaking to me today? Who can you invite to church next weekend? _____
