

# **JESUS STRONG IN RESILIENCE**

Part 11 of Jesus Strong. Philippians 4:10-14.  
Peter Foxwell. Cornerstone Church. December 1, 2024.

## **WHEN LIFE KNOCKS US DOWN**

**Saint Chrysogonus's life was marked by unwavering faith and resilience in the face of persecution.**

- He was a third century follower of Jesus who was imprisoned, tortured, and martyred for his faith.

**Life is challenging. It takes endurance in faith to follow Jesus for a lifetime.**

- The modern word for that is resilience.
- Resilience is an inner drive to get back up no matter how hard we fall.
- And the good news is we can learn resilience and get better at it.

## **PHILIPPIANS 4:10-14**

**Philippians 4:10-14 contains helpful example of endurance in faith.**

- The apostle Paul wrote from house arrest in Rome.

10 I rejoiced in the Lord greatly because once again you renewed your care for me. You were, in fact, concerned about me but lacked the opportunity to show it.

11 I don't say this out of need, for I have learned to be content in whatever circumstances I find myself. 12 I know how to make do with little, and I know how to make do with a lot. In any and all circumstances I have learned the secret of being content — whether well fed or hungry, whether in abundance or in need.

13 I am able to do all things through him who strengthens me. 14 Still, you did well by partnering with me in my hardship.

# THE BUILDING BLOCKS OF RESILIENCE

## Building Block One: Positive Relationships - verse 10.

- Paul was grateful for the Philippians' care and concern for him.
- One reason he had resilience was his connection to supportive people and a caring church.
- Paul loved people and they loved him.

Philippians 1:7-8 (CSB) I have you in my heart, and you are all partners with me in grace, both in my imprisonment and in the defense and confirmation of the gospel. 8 For God is my witness, how deeply I miss all of you with the affection of Christ Jesus.

- You can find positive relationships at the Cornerstone. Stay for lunch, join a ministry team, and commit to a small group.

## Building Block Two: Perspective - verses 11-12.

- Resilient people are made, not born. That's good news. It means we can learn how to endure in faith. We grow as we go.
- Experiences help us develop a God-centered perspective.
- The Romans took everything from Paul, but he discovered he could be content without them.
- Contentment (and resilience) doesn't come from external circumstances, but from inside, our attitudes and beliefs - our perspective.

Psalms 73:23-26 (CSB) Yet I am always with you; you hold my right hand. 24 You guide me with your counsel, and afterward you will take me up in glory. 25 Who do I have in heaven but you? And I desire nothing on earth but you. 26 My flesh and my heart may fail, but God is the strength of my heart, my portion forever.

## **Building Block Three: Power - verse 13.**

- The late pastor Warren Wiersbe wrote,  
“The Christian has all the power within that he needs to be adequate for the demands of life. We need only release this power by faith” (Wiersbe, W. The Wiersbe Bible Commentary on Philippians).
- The verse is easily misunderstood. It is not a guarantee of worldly success. God is not our genie or ATM.
- Verse 13 is God’s promise to help us endure in faith in all situations.
- The principle is: God will keep us in faith by his power. He never fails.
- We must get our eyes off ourselves and onto Jesus, our strength.

## **GET BACK UP!**

### **We are in a spiritual war.**

- The devil uses weapons such as lies, fear, accusations, etc.
- His greatest weapon against us today is complacency. He has lulled us to sleep.
- The Lord is saying to us, “Wake up!”
- The Lord is calling us to live for him with everything he puts in us. It’s like a marathon, and he expects us to be tired when our race is done.

### **This calls for resilience - faithful endurance.**

- It calls for dogged determination, day-by-day, one foot in front of the other, driven by faith in the presence and power of God.
- We have the resources we need: people, perspective, power.
- Put your eyes on Jesus and the strength he provides. Stand tall. Move forward. Fight the good fight.

# SMALL GROUP GUIDE

## Review

- Review the December 1 study guide.
- What were the highlights of the passage or Peter's teaching?
- What questions do you have about the passage or Peter's teaching?
- Use the S.P.E.C.K. method to reflect on and apply the teaching:
  - S: Sins to confess
  - P: Promises to claim
  - E: Examples to follow
  - C: Commands to obey or Christ to rest in
  - K: Knowledge or insights to consider

## Discuss

- Discuss the sermon's conclusion: Get Back Up!
- Who is the enemy faced in our spiritual war, and what are his weapons?
- According to Peter, what is the devil's most dangerous weapon today? How does it fight against Christians and their mission?
- How can we fight back against complacency?
- What qualities are necessary to persevere in this spiritual struggle? What resources can we call upon to fight the fight?
- What is the significance of the statement, "If you're still breathing, there's still a job to do"?

## Prayers

- Pray for the entire Cornerstone family to grow Jesus Strong in resilience and faithful endurance.