

Spiritual Resilience

For Ourselves and the Rising Generation

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What is the Lord's Vision
for Us?

What is resilience?

“The process of adapting and recovering in the face of adversity, bouncing back from difficult experiences.”

— Elder Timothy J. Dyches, General Authority Seventy

Spiritual Resilience

“If you have faith in Christ, as you experience life’s setbacks you can recover; as conditions change around you, you can adapt; and when adversity and discouragement are present, you can persevere and triumph.”

—Elder Dyches

Lack of Spiritual Resilience

“Many people have found themselves off-center and lacking resiliency. All it takes is complacency, worldly distractions, immorality, the philosophies of men, and other pressures from the adversary. They find themselves less able to weather life’s storms.”

—Elder Dyches

What may be the consequences of poor resilience in the face of adversity?

Potential Consequences

- Weakened Testimony
- Reduced sense of purpose
- Lack of hope for the future
- Retreat from building associations
- Failure to thrive
- Self destructive patterns that affect the individual and their loved ones

What may be some of the causes of poor spiritual resilience among the rising generation?

Potential Factors from Elder Lynn G. Robbins

- Too much time on the couch and on digital devices, and not as much exercise and physical activity as earlier generations.
- Too much exposure to an unrealistic virtual or pretend world, causing distorted self-images, anxiety, depression, and lower self-worth.
- Impatience in a world of instant gratification and answers at Google speed. (Conversely, resilience is developed in great part through the virtue of patience.)

Potential Factors from Elder Lynn G. Robbins

- Protection from rough seas. “Smooth seas do not make skillful sailors.”
- Innumerable options that distract us; half-truths that confuse us; and a life of ease that desensitizes us to the things of the Spirit.
- Too much digital face time and not enough face-to-face time, resulting in underdeveloped interpersonal skills.

How can we increase the spiritual strength of members, especially the rising generation?

Build a life centered
on faith in the Lord
Jesus Christ and his
desire and power
to save us as we
look to Him



Spiritual Resilience - 1

- Connect to Heaven every day through prayer and intentionally seeking guidance from the Holy Ghost
- Meaningful regular service to others as a disciple of Jesus Christ
- A personal commitment to make the Sabbath a delight and to connect with Heaven during the Sacrament as part of your personal worship
- Experience hope, insights, and direction from regular personal study of the scriptures and words of modern prophets
- A hopeful understanding and application of the atonement, grace, and repentance
- A belief in God's purposes for you through a Patriarchal Blessing and commitment to be a consecrated Saint building the kingdom

Spiritual Resilience - 2

- A commitment to regular worship in the temple and to live the temple standards
- Avoid isolation—Cultivating and investing in healthy, real, and vulnerable relationships with our spouses, family, and close friends
- Avoid idleness with an overconsumption of entertainment or media
- Regular physical activity and time outdoors
- Humility to seek help during times of difficulty from family, church leaders, and/or counselors
- Avoiding addiction or unhealthy coping mechanisms in times of stress and seek help if caught in these patterns

Spiritual Resilience - 3

- Being patient with ourselves and others
- A hopeful attitude about the peace, opportunities, and safety available through anchoring ourselves to Jesus Christ and his gospel
- Avoid unrighteous judgement, cynicism, and discord
- A willingness to reach out and see the good in all of God's children

Some of the Last Counsel from Apostle Joseph B. Wirthlin

- Raising Resilient Children
 - <https://www.churchofjesuschrist.org/study/liahona/2013/03/raising-resilient-children?lang=eng>
- After Trauma: Building Resilience and Embracing Healing
 - <https://www.churchofjesuschrist.org/study/liahona/2023/09/06-after-trauma-building-resilience-and-embracing-healing?lang=eng>
- Adjusting to Service Missionary Life: Resource Booklet
 - <https://www.churchofjesuschrist.org/study/manual/adjusting-to-service-missionary-life-resource-booklet?lang=eng>
- Resilience—Spiritual Armor for Today's Youth
 - <https://www.churchofjesuschrist.org/study/ensign/2019/09/resilience-spiritual-armor-for-todays-youth?lang=eng>
- Becoming a Self-Reliant and Resilient Family
 - <https://www.churchofjesuschrist.org/study/manual/becoming-a-self-reliant-and-resilient-family?lang=eng>
- Emotional Resilience: Finding Strength in the Lord
 - <https://www.churchofjesuschrist.org/self-reliance/course-materials/emotional-resilience-self-reliance-course-video-resources>