

Maturity Leads to
Resilience in
Uncertain Times.

By Adriana Salcedo



- ★ Uncertain times can be used to make or break us. God plans to make us into resilient powerhouses during uncertain times.” God says I have called you to be the answer and strength in uncertain times.”
- ★ What do we as believers need to know about uncertainty?
- ★ The only thing certain about life is that it is uncertain.
- ★ There is no way to avoid uncertainty or the unknown

Philippians 4: 6-7 (AMP)

⁶ Do not fret *or* have any anxiety about anything, but in every circumstance *and* in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God.

⁷ And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison *and* mount guard over your hearts and minds in Christ Jesus.

John 16:33 (AMP)

³³ I have told you these things, so that in Me you may have [perfect] peace *and* confidence. In the world you have tribulation *and* trials *and* distress *and* frustration; but be of good cheer [take courage; be confident, certain, undaunted]! For I have overcome the world. [I have deprived it of power to harm you and have conquered it for you.]

→ Uncertainty can take on the form of perfectionism.

Perfectionism can take on different forms:

→ immaculate home, perfect attendance, workout for hours everyday, dress to perfection.

→ The worst part of a perfectionists behavior is that it's projected onto others like Spouses, children, coworkers, etc. This creates an environment of criticism and may cause controlling behaviors.

Romans 15:7 (AMP)

⁷ Welcome *and* receive [to your hearts] one another, then, even as Christ has welcomed *and* received you, for the glory of God.

Galatians 5:14-15 (NLT2)

¹⁴ For the whole law can be summed up in this one command: “Love your neighbor as yourself.”

¹⁵ But if you are always biting and devouring one another, watch out! Beware of destroying one another.

1 Timothy 1:12-14

1Ti 1:12 I thank Christ Jesus our Lord, who has given me strength to do his work. He considered me trustworthy and appointed me to serve him,

1Ti 1:13 even though I used to blaspheme the name of Christ. In my insolence, I persecuted his people. But God had mercy on me because I did it in ignorance and unbelief.

1Ti 1:14 Oh, how generous and gracious our Lord was! He filled me with the faith and love that come from Christ Jesus.

He was chosen because of his weakness
not his perfection. He was the greatest
evangelist in history, he knew that without
Christ he was the greatest sinner. God
choose him to display his great patience
and grace in Paul.

- The more leaders mature the more humble they become.
- To overcome you may need to get down to the root of the problem which can be uncertainty. This behavior is detrimental to your health.
- Set goals that are realistic and attainable. It is great to dream, but putting too much pressure on yourself can impact your self esteem and mental health when you are not able to live up to your expectations.
- Another form of uncertainty is avoidance not acknowledging the problem. when people fall into this behavior they can not recover because they are not prepared.

Galatians 5:17-20

Gal 5:17 The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions.

Gal 5:18 But when you are directed by the Spirit, you are not under obligation to the law of Moses.

Gal 5:19 When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures,

Gal 5:20 idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division,

Galatians 5:21-24

Gal 5:21 envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

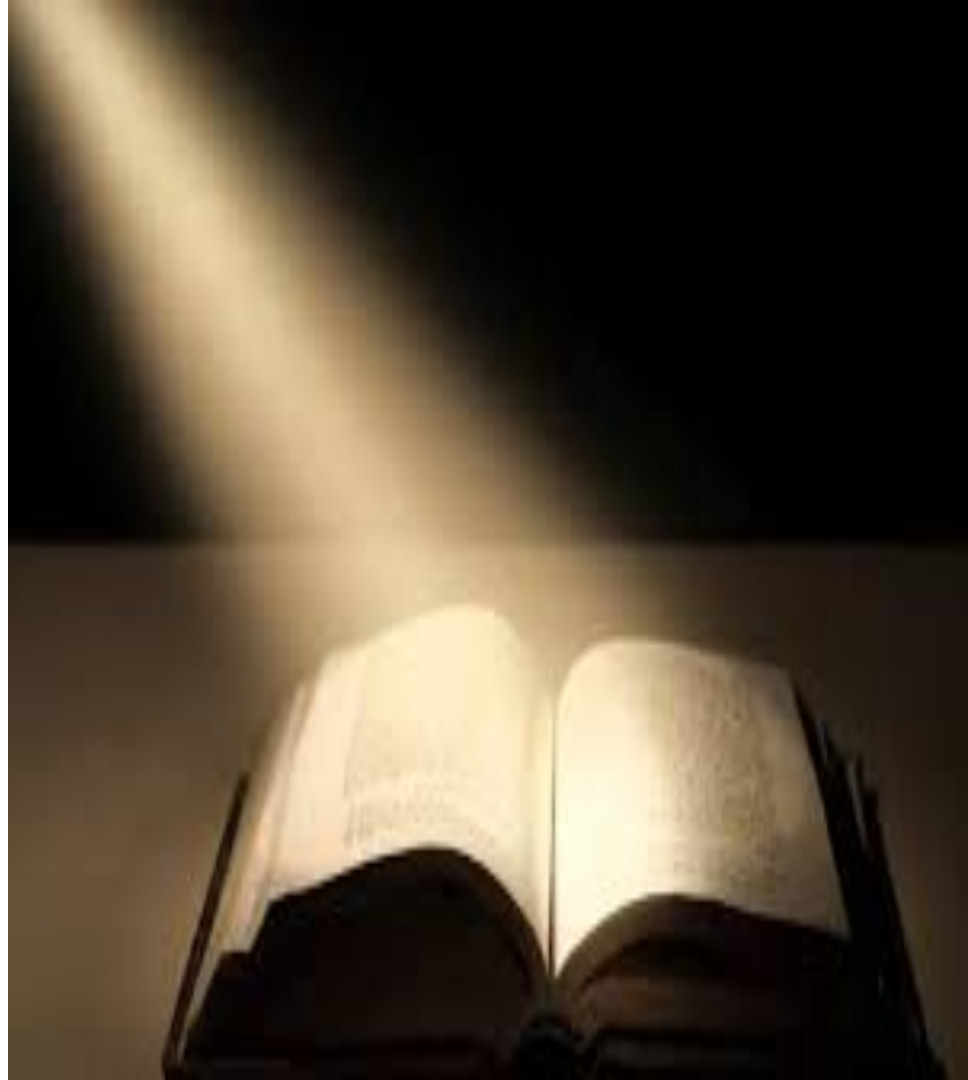
Gal 5:22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness,

Gal 5:23 gentleness, and self-control. There is no law against these things!

Gal 5:24 Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there.

1Timothy 1:5

The purpose of my instruction is that all believers would be filled with love that comes from a pure heart, a clear conscience, and genuine faith.



When we embrace uncertainty we become resilient

We pray

We reach out to a friend for comfort and perspective.

Gal 6:2 Bear one another's burdens, and so fulfill the law of Christ.

Gal 6:3 For if anyone thinks himself to be something, when he is nothing, he deceives himself.

These two are vital in problem-solving and dealing with uncertainty.

Reflect on your past successes when you were uncertain and write them down and give yourself credit.

Then write down what could I do better next time.

Psalm 32:6-7 (NKJV)

6 For this cause everyone who is godly shall pray to You In a time when You may be found; Surely in a flood of great waters They shall not come near him.

7 You are my hiding place; You shall preserve me from trouble; You shall surround me with songs of deliverance.

When life is relatively calm make it a point to try new things.

Psalm 32:8-9 (NKJV)

⁸ I will instruct you and teach you in the way you should go; I will guide you with My eye.

⁹ Do not be like the horse *or* like the mule, *Which* have no understanding, *Which* must be harnessed with bit and bridle, Else they will not come near you.

Try things outside your comfort zone,
try a new sport, take risks.

Doing these things helps you develop
skills and confidence which makes us
resilient during uncertain times.

Isaiah 41:9-10

Isa 41:9 I have called you back from the ends of the earth, saying, 'You are my servant.' For I have chosen you and will not throw you away.

Isa 41:10 Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

Self-care

Working out

1Ti 4:8 “Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”

1Ti 4:9 This is a trustworthy saying, and everyone should accept it.

Don't let stress derail your routine

Make an effort to eat well

Get enough sleep.

Psa 4:8 In peace I will lie down and sleep, for you alone, O LORD, will keep me safe.

