

## HOW TO BE STRONG

Muscles: injury, healing, rest

Most of becoming strong is learning to withstand stress, process pain, and build resilience

In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire —may result in praise, glory and honor when Jesus Christ is revealed.

1 Peter 1:6-7 NIV

### 1. Practice radical acceptance

- Accept reality as it is, not as you wish it were
- Participate in life

### 2. Learn to love TRUTH

- The truth sets you FREE
- God is the definer of TRUTH (Lisa — I have my truth...)
- TRUTH helps you solve the right problem

### 3. Practice EXTREME OWNERSHIP — but not over things that aren't truly yours to own.

- Learn how to expand your capacity.
- And that's not all. We also celebrate in seasons of suffering because we know that when we suffer we develop endurance, which shapes our characters. When our characters are refined, we learn what it means to hope and anticipate God's goodness. And hope will never fail to satisfy our deepest need

because the Holy Spirit that was given to us has flooded our hearts with God's love. Romans 5:3-5 - VOICE

- Learn how to apologize effectively— and practice often. (Podcast)
4. Practice humility (God opposes the proud, but gives grace to the humble)
  5. Limiting yourself for benefit and good of others
    - You don't have to bring all your strength to the table every time you sit down
  6. People don't have to know everything about you for their love to be authentic
    - Jesus didn't reveal everything to his disciples but he still receives their love
  7. Have manners / discretion
  8. Build your confidence (how?)
  9. Set boundaries — you teach people how to treat you.
  10. Take your power back — you are NOT a victim (whatever victimizes you has power over you. Take it back!)
    - This will take some work but it's worth it.
  11. Walk away from the comment section - you can never win there
  12. Take responsibility for your own happiness

13. Fully engage the season you're in right now. Nothing ever goes to waste in God's economy. He makes EVERYTHING beautiful in its time.

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

2 Corinthians 4:16-18 - NIV