Sermon Notes for Sunday, June 1, 2025

“Now David was greatly distressed,

for the people spoke of stoning him, because the soul of

all the people was grieved,

every man for his sons and his daughters.

But David strengthened himself in the Lord his God.”

**(1 Samuel 30:6 NKJV)**

 “I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit.”

**(Ephesians 3:16 NLT)**

**“Practicing Spiritual Resiliency”**

 We’ve looking at **5 principles** to help us cope well during times of stress, anxiety, fear, and worry.

**4) Don’t Stop Learning**

 “For I am giving you good guidance.  Don’t turn away from my instructions.” **Proverbs 4:2 (NLT)**

**5) Practice Spiritual Resiliency**

**Ephesians 3:16**

 “I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit.”

**What is Spiritual Resiliency?**

 Spiritual resilience is the ability to recover by maintaining and drawing upon our internal and external spiritual resources in the face of adversity. This can be achieved through practicing the principles of our faith that comes from the Word of God.

**To have good spiritual resiliency:**

1. **Internal Work of the Holy Spirit**

**Romans 8:11 (NLT)**

 The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.

1. **Internal Spiritual Strength**

**Ephesus 3:16** **(NLT)**

 I pray that from his glorious, unlimited resources he will empower you with inner strength

1. **Increase Spiritual Intimacy**

**Ephesians 3:17** **(NLT)**

 “Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God’s love and keep you strong.