

Resilience

St Anne's 9/1/22

Readings Psalm 1, 2 Corinthians 4.7-18

Responding to adversity

Lament

Grieve

Tell someone

Ask God

See the big picture



Building resilience

What we think about

Meditating on the Word

Praise & thanksgiving

Pleasure

Nature

Connection, interdependence.

Service

Christian community

'One another'

Listen

Be at church as often as possible

Love

Teams & projects