

# SPIRIT OF RESILIENCE

## Tasting Exercise

As servants of God we have commended ourselves: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labours, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; in honour and dishonour, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see—we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.<sup>30</sup>

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God. For just as the sufferings of Christ are abundant for us, so also our consolation is abundant through Christ. If we are being consoled, it is for your consolation, which you experience when you patiently endure the same sufferings that we are also suffering.<sup>31</sup>

**1. Touch**      **I take a bamboo rod or flexible stick – symbolic of Resilience.**

I take a thin bamboo rod, or pliant branch, slowly bend it, then watch and feel how it gives, then springs back. I repeat, reflecting on how it's flexible, yielding strength, prevents it from breaking. I enter the presence of the Spirit of Resilience.

**2. Story**      **I share a small story of being resilient.**

I remember a small story of being resilient, my own or one from those I serve. I share it in a circle of friends. We listen to each other, surprised at the gift of resilience in us.

**3. Desire**      **I ask the Spirit for the gift of Resilience.**

I read the prayer texts about suffering and endurance, calamities and genuine love, having nothing and having all, sorrow and consolation – the supple heart of resilience.

I ask the Spirit for the gift of Resilience, to endure suffering, bend with the storm winds, become strong in weakness, especially in the face of an unknown future.

**4. Mystery**      **I live in the Resilient Trinity.**

Now I imagine I am surrounded in a circle by the Resilient Trinity. Each person addresses me by name, saying, 'I am the God of all consolation, take my strength'.

Without knowing if I have the yielding strength to be resilient, given I have repeatedly suffered, I sit humbly for a while in the mystery of the Resilient Trinity and my desire.

**5. Resilient**      **I breathe in the Spirit of Resilience.**

Then I imagine and feel the Spirit breathing Resilience into me.

I breathe it in deep, then breathe it out into my bruised heart and all those needing this gift to survive. I repeat as desired – breathing, resilient, renewed.

I conclude giving thanks, moving into daily life, feeling a greater resilience in me.

PRAYER TIME: 30-40 minutes.

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<sup>30</sup> 2 Cor 6:3-6

<sup>31</sup> 2 Cor 1:3-6