

52 WEEKS of *Resilience*

A ONE-YEAR JOURNAL TO BOUNCE BACK
FROM WORRY AND REDISCOVER PEACE



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— of —

Resilience

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AND REDISCOVER PEACE



UNCORRECTED
PROOF

A close-up photograph of Bird of Paradise flowers (Strelitzia reginae) with vibrant orange and yellow petals and green bracts, arranged around a central white rectangular area.

This journal belongs to:

Date:



52 WEEKS
— of —

Resilience

A ONE-YEAR JOURNAL
TO BOUNCE BACK FROM WORRY
AND REDISCOVER PEACE



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Introduction

Worry often gives a small thing a big shadow.

SWEDISH PROVERB

There's no upside to worry. We lie awake at night imagining worst-case scenarios. We miss out on opportunities because we've become afraid of failure. We turn to coping mechanisms that turn into unhealthy habits that we then start worrying about.

Over the next fifty-two weeks, this journal will help you move from giving in to uneasiness to leaning on and trusting God. It is divided into four sections, each highlighting a simple practice you can apply to adjust your response to life's bumps. You'll learn how being *thankful*, *prayerful*, *thoughtful*, and *practical* can help you overcome anxious feelings. Each week, you'll find a Bible verse to read and meditate on, a question to reflect on and journal about, and an action prompt to help you let go of worry. Finally, at the end, you'll find a twelve-month "Daily Resilience Tracker," where you can begin the habit of recording one situation you encountered and how you bounced back.

This year resolve to switch your focus from the looming shadows of your problems to the greatness of the God who loves you.*

** Please note, this book is not intended to replace the advice of a trained psychologist or medical professional.*



Be



Thankful





*Gratitude doesn't change the scenery. It merely
washes clean the glass you look through
so you can clearly see the colors.*

RICHELLE E. GOODRICH

As children, we learned to always say “thank you” when someone gave us a gift or did something kind for us. It’s an excellent habit and, when expressed with sincerity, a word of appreciation can also convey respect, honor, and humility.

What we may not have perceived at a young age, however, is the benefit a grateful attitude has on our mind-sets and emotions. Many people see the connection between joy and gratitude as a one-way street. Sure, joy leads to gratitude, but how much sweeter it is when gratitude leads to joy!

When your default setting is “thankful,” you change course from worry to gratitude because you’ve already decided to be joyful and peaceful without waiting for perfect circumstances. Worry doesn’t stand a chance around you. When you choose gratitude, you’re automatically a winner!



WEEK 1



Rejoice Always

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 THESSALONIANS 5:16-18 (ESV)

Each day, you have twenty-four hours to do all the things you need and want to do. During each second you're awake, you also get to make choices about how you will think, feel, react, and behave. The more of that time you spend rejoicing, praying, and thanking, the less time you'll have left over to worry.

REFLECT

Why do you think God wants you to rejoice, pray, and give thanks on a continual basis?

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A large sheet of lined paper with horizontal ruling lines. At the bottom right corner, there is a light orange circular graphic containing the following text:

RESPOND

WRITE PHRASES SUCH AS "REJOICE!" OR "KEEP PRAYING" ON SEVERAL STICKY NOTES AND POST THEM WHERE YOU CAN SPOT THEM THROUGHOUT THE DAY.

WEEK 2



A Firm Foundation

Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe, for our God is a consuming fire.

HEBREWS 12:28–29 (ESV)

Unexpected challenges—a cancer diagnosis, the death of a loved one, losing your job—can shake your world and leave you feeling unsettled and scared. But remember, God’s promises, power, and provision are constant. Now there’s something to be thankful for!

REFLECT

What worries are you facing currently that you can turn over to God?

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WEEK 3



Count Your Blessings

I will give thanks to the LORD with my whole heart;

I will recount all of your wonderful deeds.

PSALM 9:1 (ESV)

To worry is essentially to tell God we don't trust His ability—or willingness—to take care of us. If we are clutching on to worry in our heart while we're expressing thanks to God, that's half-hearted gratitude. We need to count our past blessings and trust Him with future ones.

REFLECT

Expressing gratitude verbally doesn't take much effort. When was the last time you were truly thankful and expressed your gratitude to God? What was the occasion and what was special about it? Write out a prayer of thanksgiving.

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WEEK 4



More Than Enough

*Taking the five loaves and the two fish and looking
up to heaven, he gave thanks and broke the loaves.
Then he . . . divided the two fish among them all.*

MARK 6:41

The Bible has many examples of small faith rewarded with great results. Here we see Jesus thanking God for providing food for the crowd of thousands—through a young boy—before it was multiplied. God provided so much, there were even leftovers for the disciples to take home!

REFLECT

When in your life has God surprised you by providing much more than you needed? How did you feel?

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RESPOND

ON AN INDEX CARD,
DRAW FIVE LOAVES OF BREAD
AND TWO FISH. ON THE BACK,
WRITE A PRAYER OF THANKS
FOR GOD'S PROVISION. KEEP
THE CARD WITH YOU AS A
REMINDER THAT GOD CARES
AND PROVIDES.

RESPOND

ON AN INDEX CARD,
DRAW FIVE LOAVES OF BREAD
AND TWO FISH. ON THE BACK,
WRITE A PRAYER OF THANKS
FOR GOD'S PROVISION. KEEP
THE CARD WITH YOU AS A
REMINDER THAT GOD CARES
AND PROVIDES.

WEEK 5



Count It All Joy

*Count it all joy, my brothers, when you meet
trials of various kinds, for you know that the
testing of your faith produces steadfastness.*

JAMES 1:2-3 (ESV)

Feeling thankful for problems is not only countercultural but it's also counterintuitive. It doesn't seem logical! Yet James lets us in on a marvelous secret in this passage: Difficulties make us stronger. So, even when you're worried, there's always a reason to rejoice.

REFLECT

What's your instinctive response when a new problem pops up at home, in a relationship, or at work? Think of a current problem you are worried about and write out how you can reframe it as a blessing.

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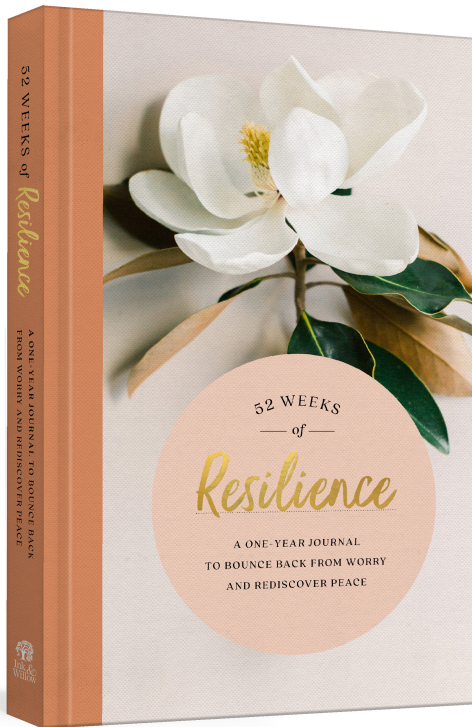
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BUY NOW

