

BIBLICAL RESILIENCE

Every one of us faces difficulties in life. Some people bounce back after unimaginable hurt; others don't. What makes the difference? In his book, "Biblical Resilience: God's Guidance When Life Hurts," Pastor Dave Dickinson offers practical tools for coping with adversity and life crises, as he tells his own story of resilience, a story that began when his father disappeared on November 28, 1959. With four children ages six and under, his mother had to move the family to a basement apartment in inner-city Chicago. They stayed in the inner city for seven additional years—experiencing 17 attempted robberies during that time. When his father was declared dead, his mother moved their family to rural Nebraska, where Dave faced the culture shock of being a city boy in a small town, where everyone else had known each other since early childhood.

But nothing prepared him for the news he'd get about his father during the years he and his wife, Pam, were raising their own children. In 1996, he learned that his father hadn't died but had instead abandoned his family to live in another state, under an assumed identity—having three more children with another woman, naming their oldest child David. In Christ, Dave learned to forgive and learned to heal. Through every trial he has faced, David Dickinson has become resilient. You can hear more of his story at <https://kearneyhope.org/awana-video/>

In "Biblical Resilience," Pastor Dickinson explains the enemies of resilience:

1. Distorted Thinking
2. Anger
3. Fear
4. Guilt
5. Pride
6. Habits and Addictions

In his book, Pastor Dickinson demonstrates that our beliefs matter—beliefs about truth, wisdom, relationships, temptation, and change.

His book can be used for personal study, in classes, and as a curriculum for homeless shelters, helping people experience freedom from their own hurts and suffering.

He designed the following chart to help people experience resilience as well as freedom from betrayal and victimization.

Be kind and helpful to one another, tender-hearted [compassionate, understanding], forgiving one another [readily and freely], just as God in Christ also forgave you.
Ephesians 4:32, AMP

The Victimization Cycle*

Stage	Victimizer	Victim
1 - THE HURT	Others	You
2 - THE ANGER	You	You
3 - THE RAGE	You	Others
Only a conscious decision to forgive and continue to forgive each time the hurt is remembered breaks the cycle.		

*This information is from page 40 of *Biblical Resilience* by David J. Dickinson.