



“RAISING RESILIENT CHILDREN”

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BIBLE TEXTS ON RESILIENCE



““ I can do all things through Christ who strengthens me.”

Philippians 4:13 (NKJV)

““ And He said to me, ‘My grace is sufficient for you, for My strength is made perfect in weakness.’”

2 Corinthians 12:9a (NKJV)

STATEMENT OF PURPOSE



This seminar will explore key factors in fostering resilience in children of any age.

INTRODUCTION

- Resilience has become the motto of the COVID-19 pandemic.
- During traumatic and uncertain times, we crave the safety and security of strong family bonds.
- As parents, we have the responsibility to prepare our children not just for sunny days but for the storms that will inevitably arise in life.





TEACH YOUR CHILD HOW TO LOSE

“*When we fail, or when circumstances or relationships do not turn out as we had hoped, we have to keep going and try to make the best of a bad situation. Your child’s ability to do this will determine how well his [her] life goes.*”

Henry Cloud & John Townsend, *Raising Great Kids*, p. 107.



A DEFINITION OF RESILIENCE

“*The ability to withstand and rebound from crisis and prolonged adversity...resilience involves positive adaptation and can yield transformation and growth.*”

Froma Walsh, *Strengthening Family Resilience*, 3rd Edition, pp. vi, vii.

MISUNDERSTANDING RESILIENCE



- **An object, such as an elastic, returns to its original form after being stretched.**
- **When talking about resilient people, it is not realistic to think that it's easy to bounce right back after facing difficult challenges.**



DISCUSSION QUESTION #1

What are some ways in which resilience may be misunderstood?



“*We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed.*”

2 Corinthians 4:8-9 (ESV)

Resilience acknowledges the impact of the trial while believing that there is a possibility of emotional well-being despite the challenges.

RELATIONSHIPS NURTURE RESILIENCE



- **Strong family bonds are extremely important.**
- **When children face adversity, studies show that if they have at least one caring relationship with an important adult who believes in them, they are able to gain strength to overcome hardships.**

RELATIONSHIPS NURTURE RESILIENCE



“*Parents, let your children see that you love them and will do all in your power to make them happy...Rule your children with tenderness and compassion remembering that 'their angels do always behold the face of My Father which is in heaven.' If you desire the angels to do for your children the work given them of God, co-operate with them by doing your part...The spirit that prevails in the home will mold their characters; they will form habits and principles that will be a strong defense against temptation...*”



Ellen G. White, *The Adventist Home*, p. 193.

DISCUSSION QUESTION #2



- **Think about your current home environment.**
- **If you were an inspector for home environments that pass the mark for fostering resilience in children, would your home pass the inspection?**
- **In what areas do you need to make changes to create the environment needed for resilience to thrive in your child/children?**

DISCUSSION QUESTION #3

- **Think about your family and list their names** (include extended family members who live in your household or frequently visit, such as grandparents and others).
- **Write or draw what your home environment looks like right now:** happy, cheerful, sad, angry, adversarial, forgiving or other?
- **Then write or draw what you would like your home to look like (vision).** What habits or attitudes would you like to change or remove from your home? What would you like to add or replace to see your vision become a reality in your home?



DISCUSSION QUESTION #4

Read Zephaniah 3:7 and list all the ways God attaches to us, his children. In what tangible ways can you be more intentional about rejoicing over your children to build closer bonds and nurture a secure attachment?

“The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.”

Zephaniah 3:17 (ESV)



GUIDELINES FOR STRENGTHENING FAMILY RESILIENCE

- **Begin with the end in mind: Jeremiah 29:11.**
- **Be intentional in family bonding.**
- **Model resilience: Philippians 4:13 and 2 Corinthians 12:9a.**



WAYS PARENTS CAN MODEL FAMILY RESILIENCE

- Foster a positive attitude.
- Learn to regulate your emotions.
- Remain hopeful.



DISCUSSION QUESTION #5



- **Read Philippians 4:13 and 2 Corinthians 12:9a.**
- **What do these texts mean to you and how can they help you become more resilient?**
- **Homework:** memorize these Bible texts this week if you haven't already done so or select other Bible texts that can help you build resilience in yourself and your children.

REGULAR FAMILY WORSHIP AND RESILIENCE



“*If ever there was a time when every house should be a house of prayer, it is now.*”

Ellen G. White, *The Adventist Home*, p. 517.



CONCLUSION

- **As Christians, we can turn to God for help with developing a greater capacity to respond to trauma and stress.**
- **Parents can help foster resilience in their children and remind them of the relief that comes with knowing that God has promised them hope and a future.**
- **If you are struggling to overcome hardship in life, don't hesitate to seek Christian counseling.**



THE PROMISE OF RESILIENCE



“*I can do all things through Christ who strengthens me.*”


Philippians 4:13 (NKJV)




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