





## Benefits of Reading the Word

- Makes you strong
- Gives confidence and effectiveness in prayer
- Produces peace and joy in daily life
- Guides your decision making
- Enables you to witness and lead others to Christ

### How to Read the Word (15 minutes a day)

- Set a regular place and time
- Make a sacred vow to God and “back it up” (No Word—no lunch!)
- Take notes/Keep a diary
- **Pray first and ask for a message each day**--look for: a personal message, a promise, an instruction/command, a timeless principle and an application to your life

### Getting Started—New Testament!!

*Go through the entire New Testament, omitting Revelation, at least twice before beginning in the Old Testament; then, start with the Psalms and the Proverbs.*

- I John**—for assurance that you really are saved, once and for all
- Gospel of John**—to increase the measure of faith you received at salvation
- Gospel of Mark**—to cover the entire life of Jesus and begin to “know” him
- The SHORT epistles of Paul (**Galatians, Timothy, Titus, Philemon, Philippians, Ephesians, Colossians, and Thessalonians**)—to understand practical application of the Word to everyday life
- Gospel of Luke**—to get the longest, most detailed account of the life of Christ
- Acts of the Apostles**—to see how the Holy Spirit worked
- Romans** (“Gospel of Paul”)—to begin to understand the Christian doctrine
- Corinthians 1 & 2**—to discover many rich promises from God with the conditions required for receiving them.
- Gospel of Matthew**—to see the life of Christ from the Jewish perspective
- James**—to see the importance of acting on our faith and the behavior God expects
- Hebrews**—to see how Christ fulfilled the Law and the importance of His sacrifice
- Peter 1 & 2, John 2 & 3, Jude**—To understand the trials of this life, the enemy of the faith and the importance of a personal witness

## Resilience Assessment

**Directions:** This is an inventory of your ability to effectively and creatively deal with transition and change using spiritual resources. Please read each question and answer honestly to what degree each statement describes you according to the rating scale below. Think of yourself in your work setting. Answer all the questions in parts A through G and then go back and add the total score for each individual part. A good rule of thumb is to go with your first response. Look at this as a personal development exercise. The **more honestly** you answer the questions, the more you can learn about yourself.

1 Not True At All	2	3 Somewhat True	4	5 Completely True
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**Part A**

• People tell me I express myself in very creative ways. I trust that God will always give me the right things to say.	1	2	3	4	5
• I have an unusual ability to work past the pain of a situation and find many opportunities for renewal. I am not moved by my emotions.	1	2	3	4	5
• I love to step back, turn to prayer and the Word and come up with new and creative solutions to issues and problems.	1	2	3	4	5

**Total for Part A** \_\_\_\_\_

**Part B**

• I love testing out new ideas and seeing if they work. I willingly step out in faith.	1	2	3	4	5
• I learn from the best role models and biblical illustrations how to navigate through change successfully.	1	2	3	4	5
• I take greater risks than others with the knowledge that I am lead by the Spirit of God.	1	2	3	4	5

**Total for Part B** \_\_\_\_\_

**Part C**

• The harder a situation gets, the more determined I am to seek wisdom, believing that God will show a way out.	1	2	3	4	5
• I can face struggle after struggle and keep finding my strength and comfort in God.	1	2	3	4	5
• I see the future with great optimism and confidence in the blessing of God.	1	2	3	4	5

**Total for Part C** \_\_\_\_\_

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**Part D**

• I can mobilize my faith quickly to help overcome obstacles that would stop other people.	1	2	3	4	5
• I don't ask for approval or permission, I move ahead with making decisions that are based on the Word.	1	2	3	4	5
• I have a strong sense that I can "do all things through Christ" and this allows me to accomplish a great deal.	1	2	3	4	5

**Total for Part D\_\_\_\_\_**

**Part E**

• I am skilled at reframing a negative situation into positive, Word of God terms quickly so I can bring my best energy to what needs to be done.	1	2	3	4	5
• People would describe me as flexible and adaptable by the way I respond to stressful situations with the peace of God.	1	2	3	4	5
• I am very good at making adjustments on the spot given the information before me and with the wisdom to know what is needed in the situation.	1	2	3	4	5

**Total for Part E\_\_\_\_\_**

**Part F**

• I can rebound from adversity knowing I am more than a conqueror.	1	2	3	4	5
• I like to go after projects that stretch me, produce growth and require faith to accomplish.	1	2	3	4	5
• I "tell the truth" to people even when they do not always want to hear it, not fearing the approval of men.	1	2	3	4	5

**Total for Part F\_\_\_\_\_**

**Part G**

• People see me as committed and very hard working, and I will do whatever it takes to get the job done well, as unto the Lord.	1	2	3	4	5
• I keep my energy highly directed toward my key goal. The enemy and the cares of this world cannot steal or choke the Word in my heart.	1	2	3	4	5
• I have a strong ability to persist towards my goal despite setbacks and frustrations. I overcome through the Blood of the Lamb and the word of my testimony.	1	2	3	4	5

**Total for Part G\_\_\_\_\_**

## Resilience: Measuring Your Results

**Step 1: Understanding Your Pattern of Resilience** Circle the number in each column that corresponds to your score for each set of questions. For example, in the first column, circle your total score for PART A. When you finish, connect the circled scores in each column to create a graph. This is your pattern of “The Seven Characteristics of Resilience,” which are identified by name at the bottom of each column.

Part A	Part B	Part C	Part D	Part E	Part F	Part G
15	15	15	15	15	15	15
14	14	14	14	14	14	14
13	13	13	13	13	13	13
12	12	12	12	12	12	12
11	11	11	11	11	11	11
10	10	10	10	10	10	10
9	9	9	9	9	9	9
8	8	8	8	8	8	8
7	7	7	7	7	7	7
6	6	6	6	6	6	6
5	5	5	5	5	5	5
4	4	4	4	4	4	4
3	3	3	3	3	3	3
<b>Creativity</b>	<b>Curiosity</b>	<b>Confidence</b>	<b>Capability</b>	<b>Change Ability</b>	<b>Courage</b>	<b>Commitment</b>

**Step 2: Overall Resilience Factor** Next, transfer your scores for Part A through Part G to the column below and then add them together to determine your “Overall Resilience Factor.” Your total will lie somewhere between 21 and 105.

Part A	_____	Creativity	Part E	_____	Changeability
Part B	_____	Curiosity	Part F	_____	Courage
Part C	_____	Confidence	Part G	_____	Commitment
Part D	_____	Capability	<b>Total</b>	_____	<b>OVERALL RESILIENCE FACTOR</b>

## Tips for Building Resilience

### **CREATIVITY**

Get enthused about God's promises and good ideas will follow.  
When looking for a breakthrough, suspend judgment and come up with ideas that are "Word based, wild, and far-fetched."  
Focus on "Christ in me" before entering into problem solving.

**2 Corinthians 9:8**  
**Ephesians 3:9**  
**Luke 2:47**  
**Isaiah 55:8-12**

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### **CURIOSITY**

Where you are in a learning mode, create a vision for yourself of how you'll function with new knowledge and confidence.  
In the next two weeks, connect with someone who can help you learn more about something you know little about. Meet with that person three times in the next six weeks.  
When faced with having to do things differently, reframe for yourself the positive benefits and what you'll be able to learn in the new circumstances.

**John 14:26**  
**Proverbs 4:7**  
**Psalms 119:105**  
**Psalms 25:4-5, 12-14**  
**Luke 12:12**

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### **CONFIDENCE**

Practice "renewed" thinking by finding God's truth about a situation when your first reaction is negative or pessimistic.  
Decide how God wants you to direct your energy in order to get results you want.  
Have positive expectations. Expect God's best—the blessing.

**Isaiah 26:13**  
**Philippians 4:8**  
**Romans 8:37**  
**Luke 18:27**

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### **CAPABILITY**

Create a simple, BIBLE BASED plan for approaching a problem you've been struggling with. Take one step, no matter what.  
Next time you question whether you have the authority or ability, seek God and if He says that you do and just do it.  
Keep the ball in your court. Tell people you will call them back.

**Philippians 4:13**  
**Revelation 12:11**

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### **CHANGEABILITY**

Practice flexibility on the "small everyday stuff" like driving a new route home or reading different things. Don't be "stiff-necked."  
Let go of the need "to do it your way" and say, "I am interested in learning something different. What are your thoughts on....?"  
Next time you want to question the Word of God, just say, "Okay, I'll try that."

**Isaiah 43:18-19**  
**Proverbs 3:5-6**

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### **COURAGE**

On a daily basis, say "One step of faith I can take today is..."  
Make a point of asking others for feedback twice a week.  
Have one "courageous conversation" a day with a cold call contact or a potential employer.

**Exodus 14:13-14**  
**Hebrews 4:16**  
**Psalms 138:3**  
**2 Titus 1:7**

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### **COMMITMENT**

Visualize yourself having already obtained a new position.  
For a current challenge, write down the results you desire and share them with someone else. Get prayer partners.  
Be clear about the gifts and skills you want to use in your next job.

**Philippians 3:13**  
**Proverbs 29:18**

