

Resilience, Respect, and Resistance
Week 1 – Resources and Practices for Spiritual Resilience

The Serenity Prayer, attributed to Reinhold Niebuhr

God grant me the serenity to
accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

Living one day at a time;
enjoying one moment at a time;
accepting hardships as the pathway to peace;
taking, as Christ did, this sinful world as it is,
not as I would have it;
trusting that Christ will make all things right
if I surrender to His Will...



From *The Prophetic Imagination*, by Walter Brueggemann

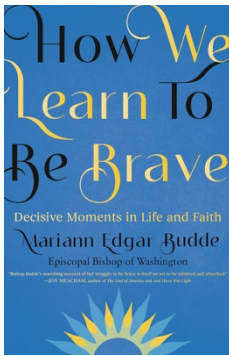
“The prophet engages in futuring fantasy.
The prophet does not ask if the vision can be implemented,
for questions of implementation are of no consequence
until the vision can be imagined.

The imagination must come before the implementation.
Our culture is competent to implement almost anything
and to imagine almost nothing...

It is the vocation of the prophet to keep alive the ministry of
imagination, to keep on conjuring and proposing futures alternative
to the single one the king wants to urge as the only thinkable one.”

“The task of prophetic ministry is to nurture, nourish,
and evoke a consciousness and perception *alternative*
to the consciousness and perception of the dominant culture around us” – and this alternative
consciousness will both “*criticize*” and “*energize*”.

“In the end, the ‘prophetic imagination’ is not simply ‘a good idea’.
It is a concrete practice that is undertaken by real believers
who share the conviction of grief and hope
that escapes the restraints of the dominant culture.”



How We Learn to Be Brave: Decisive Moments in Life and Faith
by Mariann Edgar Budde

“Accepting what we did not choose and cannot change is one of the most courageous decisions we make, and the most difficult. When faced with a terrible situation, denial is often our first response as our brains struggle to take in an unwanted new reality. When the facts stubbornly persist, we do whatever we can to avert the outcome we most dread.

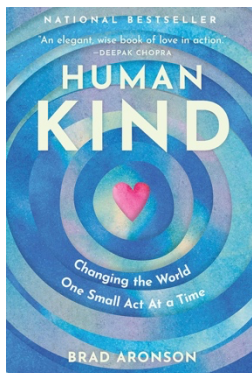
This is instinctual, for we were created for life.”

“Even the Serenity Prayer, with its emphasis on accepting the things we cannot change, also exhorts us to change the things we can. But we generally don’t get to acceptance until we’ve exhausted all other options. Acceptance can look like passivity or resignation, but it’s not. For in acceptance, we actively engage with whatever we’re faced with, precisely because this is what we’re faced with. There’s no turning away and no turning back.”

“Acceptance, unlike avoidance or denial, never looks away from suffering but rather faces it directly and seeks to place it within a larger narrative...Such is the courage of acceptance—to look directly at what we dread and trust that we can survive.”

“Acceptance remains among the hardest things asked of us. The price is always high, but in the face of what we would never choose and cannot change, it provides a way forward.”

“The courage to be brave when it matters most requires a lifetime of small decisions that set us on a path of self-awareness, attentiveness, and willingness to risk failure for what we believe is right. It is also a profoundly spiritual experience, one in which we feel a part of something larger than ourselves and guided, somehow, by a larger Spirit at work in the world and in us. Decisive moments make believers out of everyone, for no matter what name we give to it, the inexplicable, unmerited experience of a power greater than our own working through us is real. The audacious truth is that we matter in the realization of all that is good and noble and true.”



HumanKind: Changing the World One Small Act at a Time
by Brad Aronson

TAKE FIFTEEN MINUTES TO . . . Who do you know who could use a lift? Write their names on a piece of paper or type them into your phone. How will you let them know you’re thinking about them? You can send a text, a gift card, a book, or anything else you think they’d appreciate. If you don’t have time to do something now, mark the dates on your calendar when you’ll send your support to the people on your list.