

SUMMER AT THE MOVIES

The Dawn Wall - Resilience

OVERCOMING MOUNTAINS

A. Tommy Caldwell had to overcome more than a physical mountain

1. Being labeled as slow
2. A traumatic experience
3. Losing part of his index finger
4. Losing his marriage in a devastating way

B. Resilience was a bigger factor in Tommy's life

1. Had a growth mindset - focused on improvement
2. Saw adversity as a challenge, not a threat
3. Connected to gritty resilient people
4. Kept an encouraging mindset - ability to get up again with a smile
(Proverbs 17:22 NKJV)

ONE GRITTY RESILIENT LADY (Matthew 15:21-28 NKJV)

A. She had a big purpose - pursuit of something meaningful

1. A daughter with a serious behavioral problem is a motivator

B. She was willing to push past a label

1. Scriptures made a point of indicating where she was from

C. She did not allow discouraging circumstances to dictate her actions

1. She was rebuffed four times - could have determined it was not her day

D. She firmly believed Jesus was her answer

1. Jesus used a superlative He rarely used - great faith

INCREASING YOUR GQ (YOUR ABILITY TO BE GRITTY AND RESILIENT)

A. A bigger purpose contributes to greater grit (Hebrews 12:2 NKJV)

1. We, like Jesus, need a "joy" set before us

B. Begin to spiritually "rebrand" yourself

1. Far too often we think ourselves out of the fight

C. Buy into the spiritual truth of sowing and reaping (Galatians 6:7&9 NIV)

1. Keep sowing the right seeds by doing the right things
2. The challenge is not giving up when results don't come quickly

D. Keep encouraged by expecting something good to happen

1. Hope is a positive favorable expectation (Psalm 27:13 NKJV)
2. Research backs the principle of optimistic self talk