

The Resources to Flourish Where Planted



NOTES

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Reactions to Awkward Times: Three Chicken Stories

1. What the little chicken saw . . .



Struggling, suffering, and languishing are evident all around us

2. Then there was Chicken Little and “the sky is falling . . .”

<https://www.youtube.com/watch?v=ZCBIAMtaKuA>

3. Just how did the chicken end up crossing the road? **Way forward in VUCA Times**



Resilience is adapting to adversity with accessible resources, in order to be well

God is both Creator and Author: What might we learn from Him from both these ways of knowing?

Resources for Onward Times: Personal and Professional Resources Stories for Building Resilience

1. **Learning Three Mentors: Watching Three of the Women in My Life**

Who are the people thriving in your world? What are they doing that is working? What are you doing to flourish, grow and thrive?

Thriving, transformation, and flourishing is evident all around us – Pay attention to what is working

2. Resources from Social and Health Sciences: PGME Example

<p style="text-align: center;">SELF-CARE CARD</p> <p>My life and work can be overwhelming but it makes a positive difference in the lives of others! It is essential that I take care of my own well-being so I can steward my care and skills on behalf of others. My resilience matters!! I've chosen to flourish and find ways to help others do the same. Self-care is a series of daily and conscious and pro-active choices for me.</p> <p style="text-align: center;">I WILL DO THESE SIX THINGS EACH DAY</p> <ol style="list-style-type: none">1. I will get enough good sleep2. I will get enough nutritious food to eat3. I will get some exercise (i.e., take the stairs)4. I will express my gratitude, out loud, to another5. I will take time to pause, to pray, to meditate or to relax6. I will give something of worth to someone (i.e., hug, kind word)
<p style="text-align: center;">OTHER RESILIENCE BUILDERS</p> <p>Share a laugh. Do random smile self-checks. Learn from my mistakes and move on. Vary the work that I do. Do some physical stretching. Focus on what I did well today. Stop twice a day to "tactically" breath, check-in, move ahead. Sing, whistle or tap into some good music. Put away the work I've brought home tonight or on the weekend and instead . . . rest and renew. Talk feelings with a trusted friend. Set small, quick win smart goals. Read a book. Set a limit on the time and energy to optimize a task or project. Envision myself at my best. Do something pleasurable. Treat myself to a compliment (well done!). Complement or encourage a colleague. Recount what I've learned today. Go for coffee with a new friend or colleague. Show authentic interest in another. Recruit help and forego self-sufficiency. Go for a walk to nowhere for 5 minutes (take a break). Name my pain. Let go of hurt – forgive and move on. Decide not to sweat the small stuff. Breathe deeply and calmly as I start in on a tough job. Actively invite and listen to someone's story. Pay something forward or secretly give something of value to another. Decide to be flexible. Take a different route to somewhere. Plan and take a real vacation.</p>

3. Learning from Natural Sciences: Petunia and Fertilizer

Petunia care

Essential Nutrients for Fertilizing (NPK=Nitrogen, Phosphorus and Potassium)

Resources For All Times: Learning from Scripture about Our Flourishing

2 Thessalonians 1:3: We must always thank God for you. This is right since **your faith is flourishing** and the **love** each one of you has for one another **is increasing**. (HCSB)

Psalm 92: 12-14: The **righteous will flourish** like palm trees; they **will grow** like a cedar in Lebanon. Planted in the LORD's Temple, they **will flourish** in the courtyard of our God. They **will still bear fruit** even in old age; they **will be luxuriant and green**.

John 10:10: The thief comes only to steal and kill and destroy; I [Jesus] have come that they may **have life and have it to the full** (abundant).

Psalm 1:1-3 Blessed is the one who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but such a person's delight is in the law of the Lord, and on His law they meditate day and night. Like a tree planted by streams of water that **yields its fruit in its season**, and its **leaf does not wither**. In all that is done, the **person prospers**.

Proverbs 11:28 Whoever trusts in riches will fall, but the **righteous will flourish like a green leaf**.

The Key Resource for Resilience and Flourishing is the Person of Jesus Christ

1. **Forsake sin** and, in trust, **walk with the Lord Jesus Christ**
2. **Make space** for devotional habits, disciplines, and learning wisdom, in order to grow in your relationship with God and others.
3. **Engage in** your passionate **purpose**, with the gifts given; **love people** in active and practical ways and seek to **actively fulfill your promise** to make maximum impact.

Essence of Message Today:

We've been through some awkward months and need to have vision, understanding, clarity and agility to forge the building of our resilience, in order to deal with adversities that come and to adapt in thriving ways to these circumstances. We will do this through **engaging general resources** (personal and professional) into our life habits **and especially, we will flourish by giving priority to** the first of all resources: **the person of Jesus Christ and our relationship with Him**. There will always be awkward times (as there have always been). There are practical things that we can learn from those around us, from social, health and natural sciences but **the key is to fix our eyes up Jesus**.

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares *us*, and let us **run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith**, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. (Hebrews 12:1-3)

Invitation to Respond

Our prayer for you: Oh! May the God of **green hope** fill you up with **joy**, fill you up with **peace**, so that your believing lives, filled with the **life-giving energy** of the Holy Spirit, will **brim over with hope!** (Romans 15:13: Message)