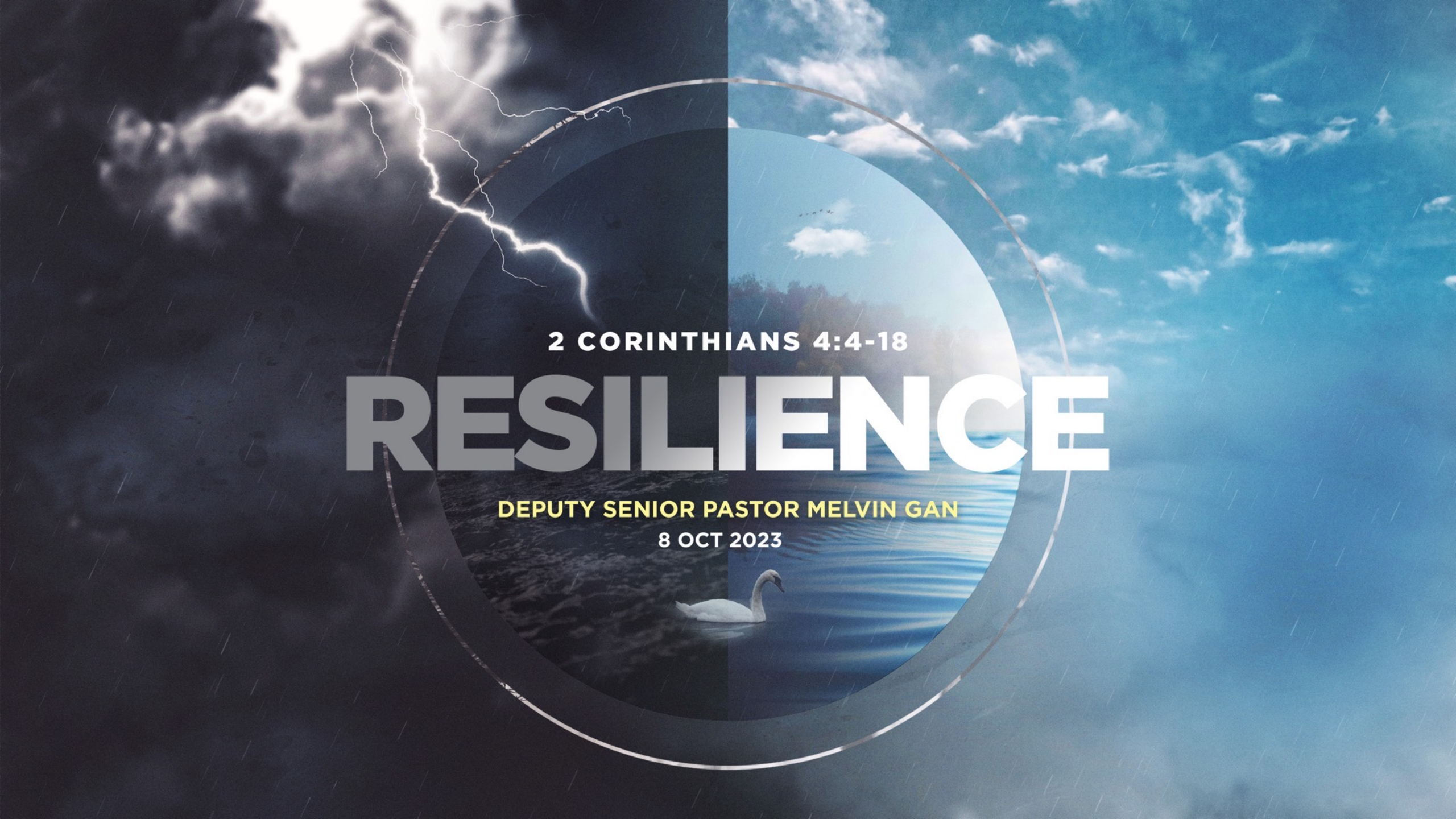
2 CORINTHIANS 4:4-18
RESILIENCE
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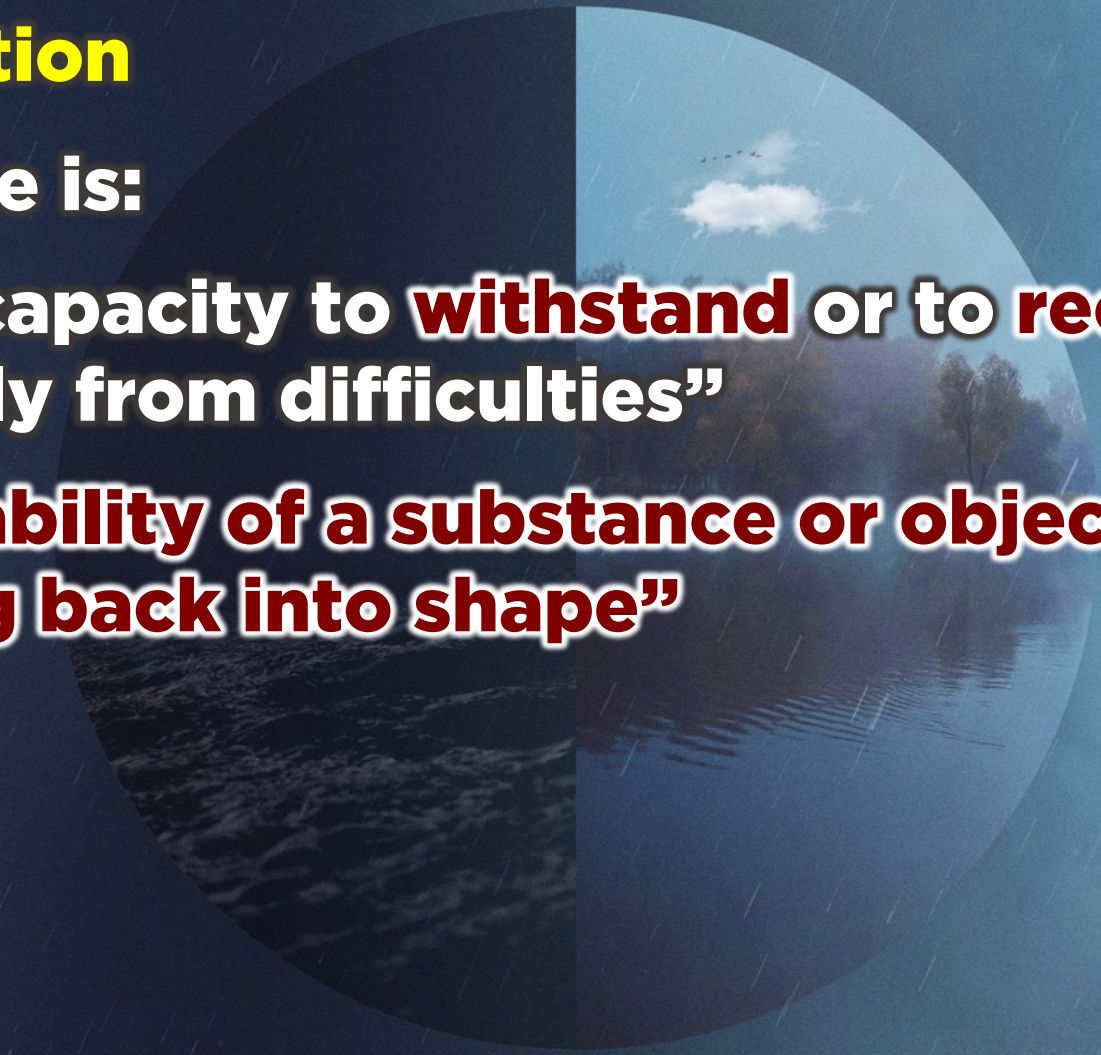
8 OCT 2023

Introduction

Resilience is:

- “the capacity to withstand or to recover quickly from difficulties”
- “the ability of a substance or object to spring back into shape”



Introduction

- Firstly, the person could withstand stress, pressure and difficulties.
- Secondly, when the person fails, he/she will be able to bounce back and recover quickly from the failure.

Therefore, since through God's mercy we have this ministry,
we do not lose heart. 2 Rather, we have renounced secret and
shameful ways; we do not use deception, nor do we distort the
word of God. On the contrary, by setting forth the truth plainly
we commend ourselves to everyone's conscience in the sight
of God. 3 And even if our gospel is veiled, it is veiled to those
who are perishing. 4 The god of this age has blinded the minds
of unbelievers, so that they cannot see the light of the gospel
that displays the glory of Christ, who is the image of God.

2 Corinthians 4:4-18 (NIV)

5 For what we preach is not ourselves, but Jesus Christ as
Lord, and ourselves as your servants for Jesus' sake. 6 For
God, who said, "Let light shine out of darkness," made his
light shine in our hearts to give us the light of the
knowledge of God's glory displayed in the face of Christ.
7 But we have this treasure in jars of clay to show that this
all-surpassing power is from God and not from us. 8 We are
hard pressed on every side, but not crushed;
perplexed, but not in despair; 9 persecuted, but not
abandoned; struck down, but not destroyed.

2 Corinthians 4:4-18 (NIV)

10 We always carry around in our body the death of Jesus, so
that the life of Jesus may also be revealed in our body.
11 For we who are alive are always being given over to death
for Jesus' sake, so that his life may also be revealed in our
mortal body. 12 So then, death is at work in us, but life is at
work in you. 13 It is written: "I believed; therefore I have
spoken." Since we have that same spirit of faith, we also
believe and therefore speak, 14 because we know that the
one who raised the Lord Jesus from the dead will also raise
us with Jesus and present us with you to Himself.

2 Corinthians 4:4-18 (NIV)

15 All this is for your benefit, so that the grace that is reaching
more and more people may cause thanksgiving to overflow to
the glory of God. 16 Therefore we do not lose heart. Though
outwardly we are wasting away, yet inwardly we are being
renewed day by day. 17 For our light and momentary troubles
are achieving for us an eternal glory that far outweighs them
all. 18 So we fix our eyes not on what is seen, but on what is
unseen, since what is seen is temporary, but what is unseen is
eternal.

2 Corinthians 4:4-18 (NIV)

Road Map

1) Impact of Life Challenges
2) Sources of our Resilience
3) Rely on God for Resilience

1) Impact of Life Challenges

a) Emotional Impact of Life Challenges

- How do all these life challenges impact us?
- They usually impact us in 2 ways:

1) Our confidence in people and ourselves get eroded.
   - We can be disappointed or even bitter towards others or ourselves.

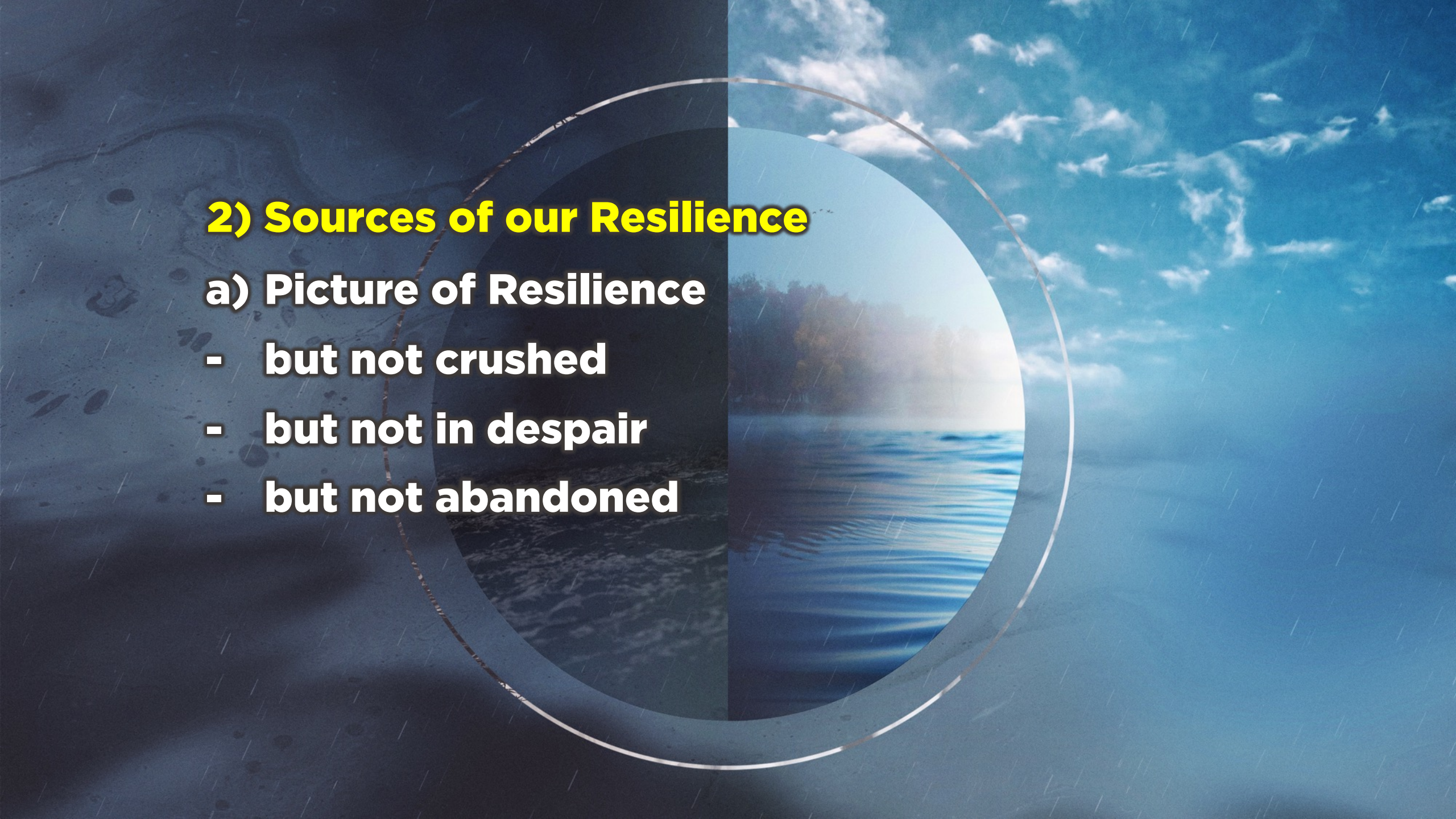
1) Impact of Life Challenges

a) Emotional Impact of Life Challenges

- How do all these life challenges impact us?
- It usually impact us in 2 ways:

2) It triggers us to respond to the challenge and grow even more resilient.
   - We learn to be tougher.

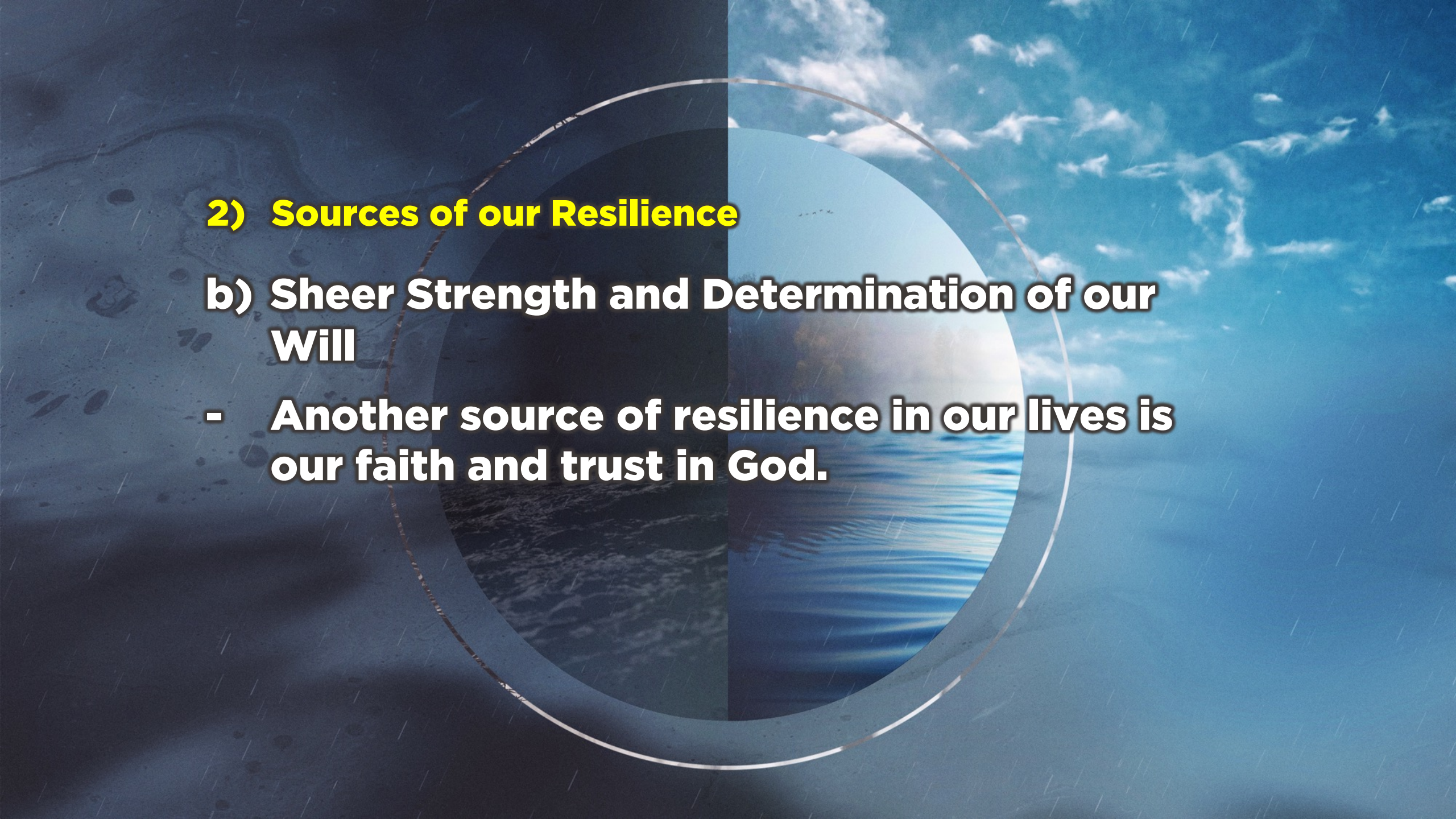
1) Impact of Life Challenges
b) Spiritual Impact of Challenges



2) Sources of our Resilience

a) Picture of Resilience

- but not crushed
- but not in despair
- but not abandoned



2) Sources of our Resilience

b) Sheer Strength and Determination of our Will

- Another source of resilience in our lives is our faith and trust in God.

2) Sources of our Resilience

c) Our Faith and Trust in God

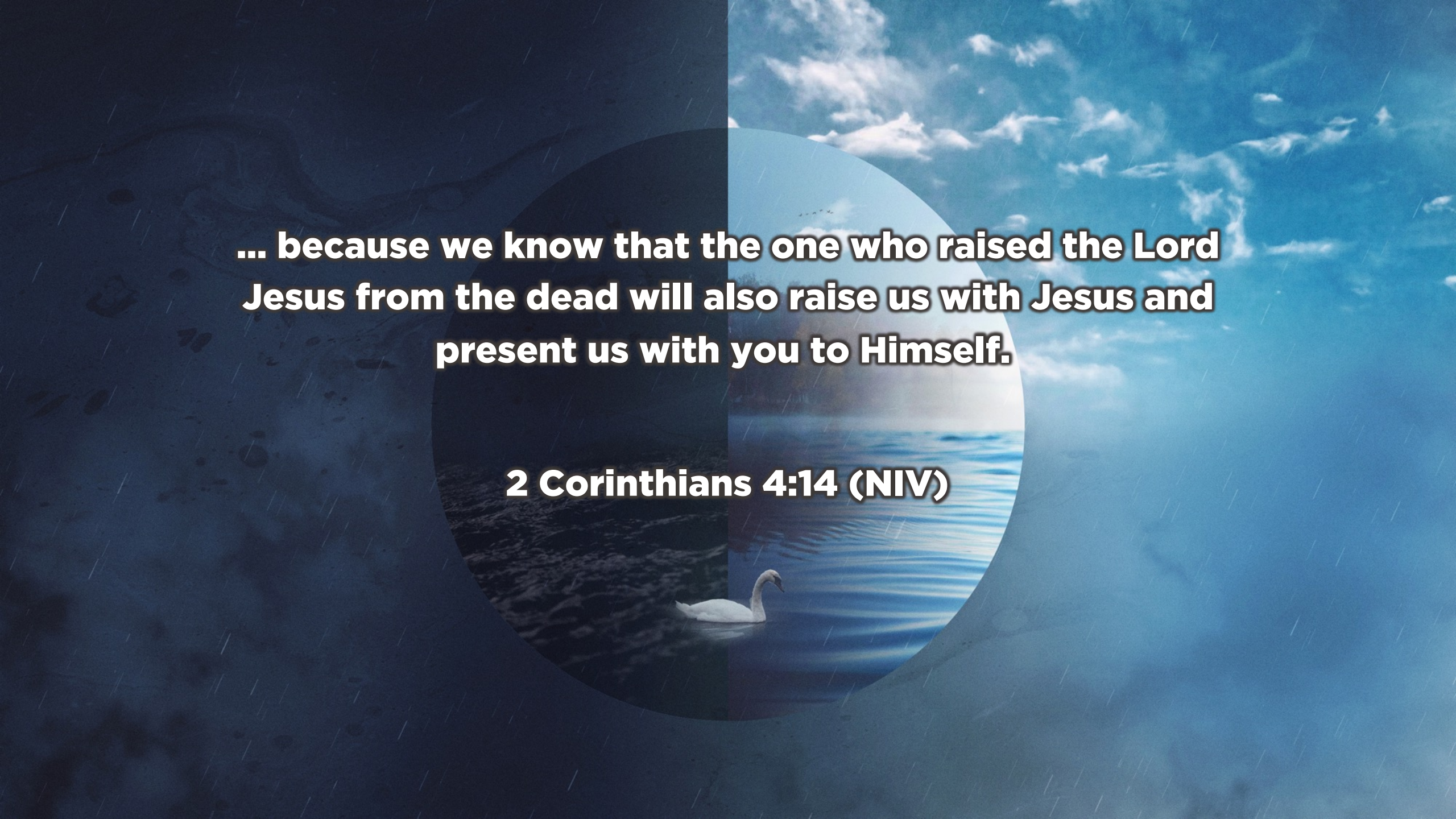
But we have this treasure in jars of clay to show that
this all-surpassing power is from God and not from us.
2 Corinthians 4:7

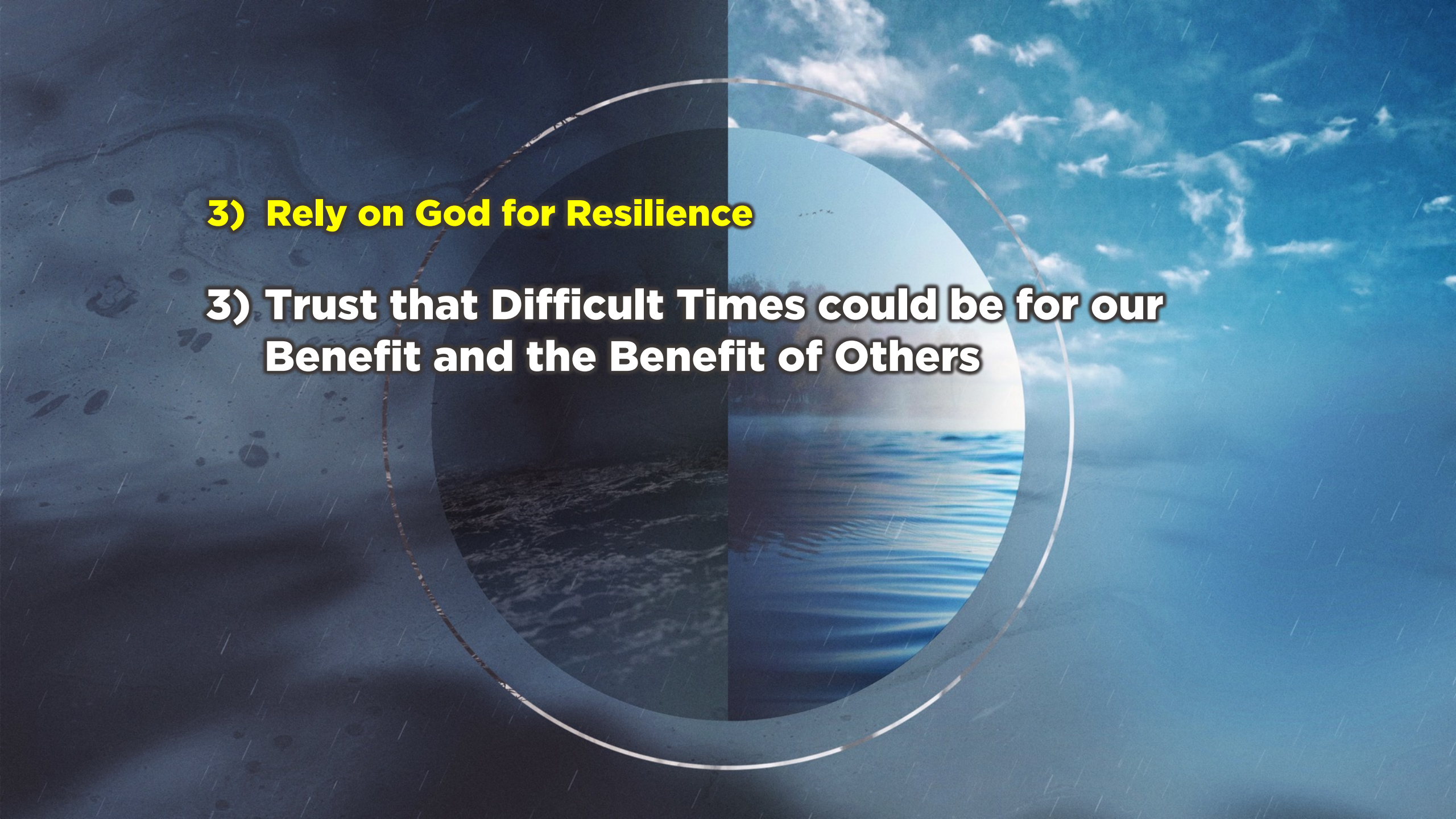
3) Rely on God for Resilience

1) Believe that we have a God who Understands

For we do not have a High Priest who is unable to sympathize and understand our weaknesses and temptations, but One who has been tempted [knowing exactly how it feels to be human] in every respect as we are, yet without [committing any] sin.
Hebrews 4:14-16 (AMP)

3) Rely on God for Resilience
2) Believe that God is in Control

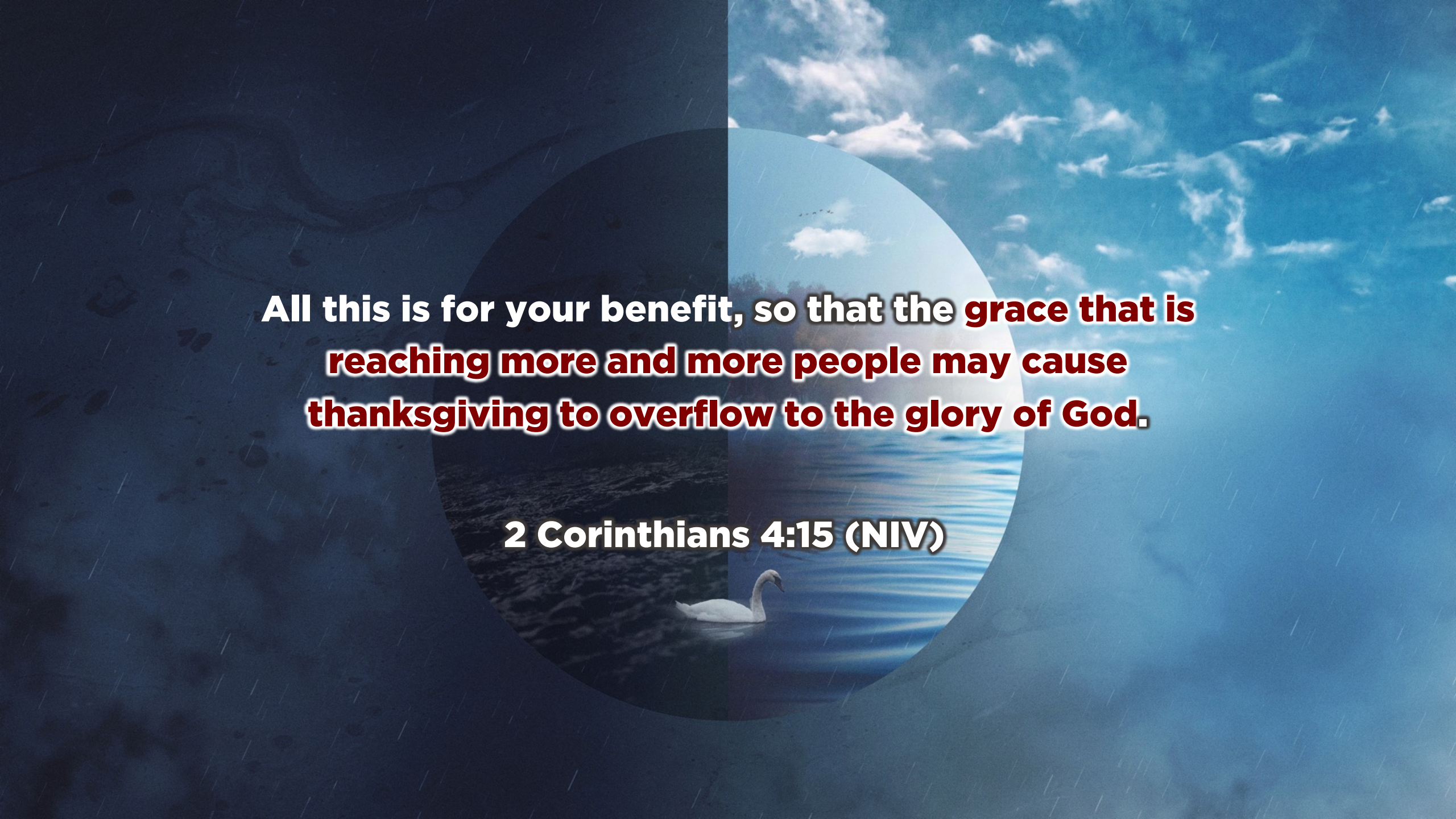

... because we know that the one who raised the Lord Jesus from the dead will also raise us with Jesus and present us with you to Himself.
2 Corinthians 4:14 (NIV)



3) Rely on God for Resilience

3) Trust that Difficult Times could be for our Benefit and the Benefit of Others

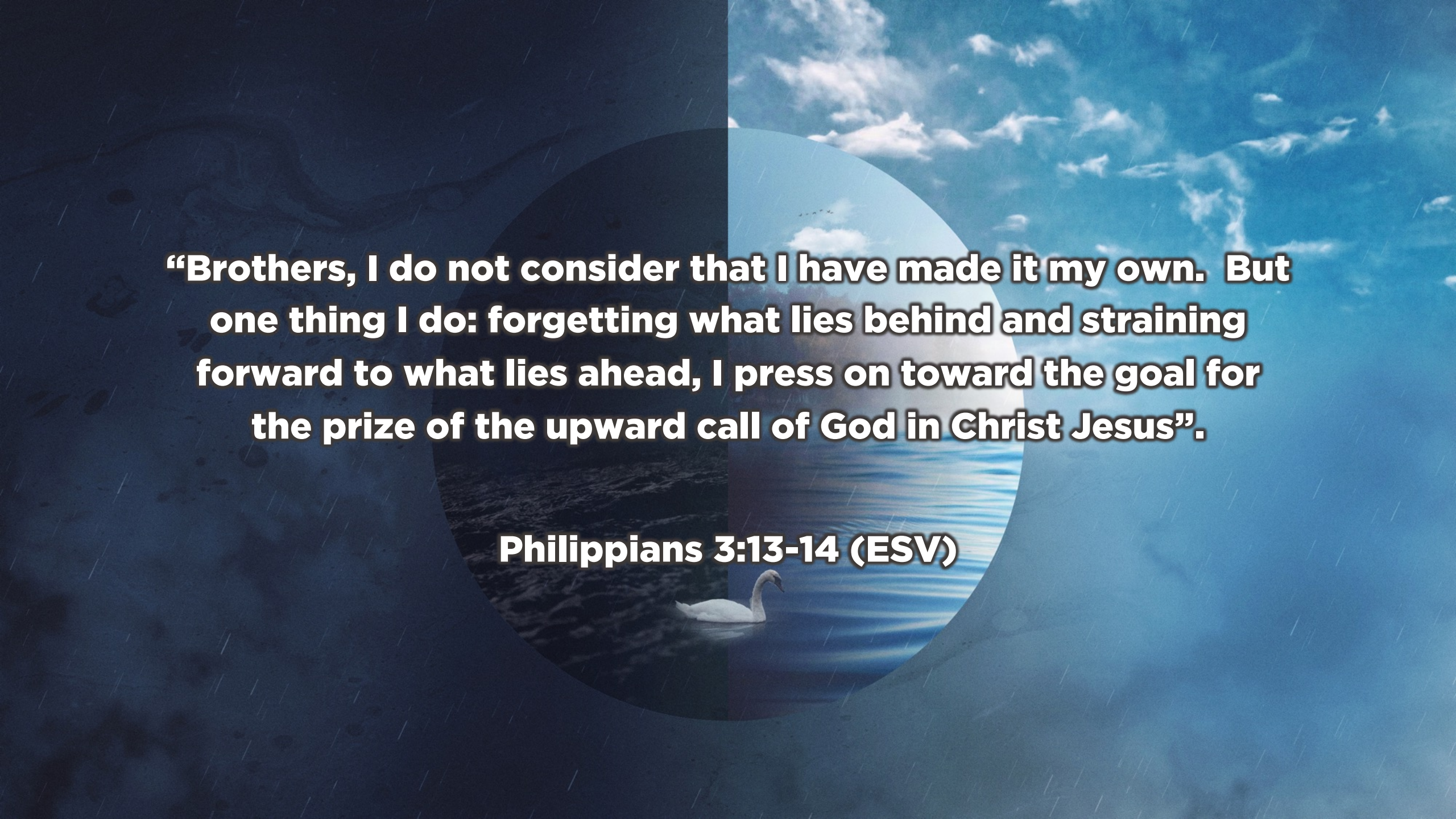
All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God.
2 Corinthians 4:15 (NIV)


All this is for your benefit, so that the grace that is
reaching more and more people may cause
thanksgiving to overflow to the glory of God.
2 Corinthians 4:15 (NIV)

3) Rely on God for Resilience
4) Keeping Eternity in Sight

16 Therefore we do not lose heart. Though outwardly we are
wasting away, yet inwardly we are being renewed day by
day. 17 For our light and momentary troubles are achieving
for us an eternal glory that far outweighs them all. 18 So we
fix our eyes not on what is seen, but on what is unseen, since
what is seen is temporary, but what is unseen is eternal.

2 Corinthians 4:16-18 (NIV)


“Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus”.
Philippians 3:13-14 (ESV)

3) Rely on God for Resilience

5) Remembering that God Forgives and can use our Failures

“If we claim to be without sin, we deceive ourselves and the truth is not in us. 9 If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness”.
1 John 1:8-9 (NIV)

3) Rely on God for Resilience
6) Strengthen our Inner Man
7) Staying with the Church Community

“And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another - and all the more as you see the Day approaching”.
Hebrews 10:24-25 (NIV)

Conclusion