

March 22, 2026

skillful living
A STUDY THROUGH PROVERBS

Character

Resilience

Proverbs 24:10, 15-16

God's people are called to resilience, not relaxation.

1) Strength is revealed by how we respond in the day of adversity. (24:10; 15-16)

2) Strength is developed through adversity.

3) Where does resilience come from?

The Lord is our strength. (Psalm 81:1)

Dependence upon Spirit of God. (Psalm 34:21-22)
(John 16:33; 1 Peter 5:10-11; Rev 3:8, 10, 12;
Philippians 4:13; 2 Corinthians 12:9; Isaiah 40:31)

Living with eternity in mind. (2 Corinthians 4:16-18)

What drains your strength?

What is your source of strength?

How does this apply to me?



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