



# RESILIENT

M E N ' S   S E V E N - D A Y  
D E V O T I O N A L

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*We are afflicted in every way but not crushed; we are perplexed but not in despair;  
we are persecuted but not abandoned; we are struck down but not destroyed.  
(2 Corinthians 4:8-9).*





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Bobby is passionate about empowering homes across the nation. He loves helping parents own their responsibility as the primary faith trainers in their homes. He serves parents and adults at Kingsland Baptist Church in Katy, TX. He is a husband, father, pastor, coach, and author.

# R E S I L I E N T

Resilience isn't just a trait. It's a mark of a man who walks with God. In a world that constantly pushes, pressures, and seeks to break the spirit of a man, the follower of Christ stands firm, not because of his own strength, but because of the power that lives within him.

Every man of God is a resilient man. Not perfect. Not immune to pain or failure. But unshaken in identity, uncrushed in purpose, and undeterred in calling. Resilience is forged not in comfort, but in adversity. It's the quiet strength to keep going when quitting would be easier. It's faith that chooses to believe when sight offers no clarity.

The Apostle Paul understood this better than anyone. In his letter to the church in Corinth, he paints a picture of resilience—not through worldly toughness, but through spiritual grit rooted in the treasure of the gospel. We are jars of clay—fragile, yes—but filled with power. That power? It's not ours. It's God's. And that's why we can rise again and again.

Let this devotional walk you through what it means to be a man of resilience. Not by hype or hustle, but by holy perseverance.

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# DAY TWO

P E R S E V E R A N C E

**SCRIPTURE:** "Consider it a great joy, my brothers and sisters, whenever you experience various trials, because you know that the testing of your faith produces endurance." (James 1:2-3).

**TRUTH:** Resilience is built in the midst of challenges. Every trial we face is an opportunity for spiritual growth. When difficulties arise, we must lean into God's purpose rather than retreat in defeat.

**REFLECTION:**  
What trials are you currently facing, and how have they tested your faith?

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# DAY TWO *P E R S E V E R A N C E*

**REFLECTION:**

How can you shift your perspective to see them as opportunities for growth?

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**Prayer:** Father, help me to see trials as opportunities to grow. Grant me endurance to remain steadfast in faith. Amen.

# DAY THREE C O U R A G E

**SCRIPTURE:** "Haven't I commanded you: be strong and courageous? Do not be afraid or discouraged, for the Lord your God is with you wherever you go." (Joshua 1:9).

**TRUTH:** Fear is inevitable, but resilience means moving forward despite it. God calls us to be courageous, not because of our abilities, but because he is with us.

**REFLECTION:**

What fears have been holding you back recently?

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# DAY THREE C O U R A G E

**REFLECTION:**

How does knowing that God is with you change the way you face fear?

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**Prayer:** God, fill me with courage to face my fears. Remind me that you are always by my side. Amen.















# DAY SEVEN V I C T O R Y

**REFLECTION:**

How can you live each day with the confidence that Christ has already won the battle for you?

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**Prayer:** Thank You, Jesus, for the victory you have given me. Help me to walk in confidence, knowing that my resilience is found in you. Amen.

# MY IDENTITY

YOU ARE A CHILD OF GOD  
(JOHN 1:12)

YOU ARE A NEW CREATION  
(2 CORINTHIANS 5:17)

YOU ARE A SAINT  
(EPHESIANS 1:1)

YOU HAVE BEEN RESCUED  
FROM DARKNESS INTO HIS  
KINGDOM  
(COLOSSIANS 1:13)

YOU HAVE BEEN SET FREE  
FROM CONDEMNATION  
(ROMANS 8:1-2)

YOU ARE CHRIST'S FRIEND  
(JOHN 15:15)

YOU ARE NO LONGER  
CONTROLLED BY YOUR  
SINFUL NATURE  
(ROMANS 8:9)

YOU ARE FEARFULLY AND  
WONDERFULLY MADE  
(PSALM 139:14)

YOU ARE ANOINTED  
(2 CORINTHIANS 1:21-22)

YOU ARE GOD'S  
WORKMANSHIP  
(EPHESIANS 2:10)

YOU ARE LOVED  
(JOHN 3:16)

YOU ARE HOLY AND  
BLAMELESS IN GOD'S SIGHT  
(EPHESIANS 1:4)

YOU ARE A CITIZEN OF  
HEAVEN  
(PHILIPPIANS 3:20)

YOU ARE BOUGHT WITH A  
PRICE  
AND BELONG TO GOD  
(1 CORINTHIANS 6:19-20)

YOU ARE NO LONGER A  
SLAVE  
YOU ARE A CHILD OF GOD  
(GALATIANS 4:6-7)

YOU CANNOT BE TOUCHED  
BY THE EVIL ONE  
(1 JOHN 5:18)

YOU ARE NEVER ALONE  
(DEUTERONOMY 31:8)

YOU ARE BOLD  
(2 CORINTHIANS 3:12)

YOU ARE SET APART  
(1 PETER 2:9)

YOU ARE CHOSEN  
(EPHESIANS 1:4)

YOU ARE VICTORIOUS OVER  
THE ENEMY  
(LUKE 10:19)

# Wound

Abandoned    Abused    Absentee



## Message / Vow

It's up to me,  
I am on my own.

I am less than,  
I will never be as  
good as...

I will never be a man.



## False Self / Poser

I've got It all together.  
I'm in control.

Quiet and Passive  
If I don't talk people  
will think I'm wise

Over manly...Macho



## Medication / Addictions

Work  
Hobbies

Alcohol  
Chemicals  
Power

Money  
Sex

*"Have the courage, perhaps, to see the wound,  
name it, or even go so far as to begin the healing  
by finally pulling the arrow out."*

# Healing

(Being Fathered)

<b>Adopted</b> Gal 4:4-5 No longer a slave, but a son	<b>Loved</b> Romans 5:5 God deeply loves me	<b>Presence</b> Romans 8:38-39 Nothing can separate us
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# The Message

(The Truth)

<b>I am Strong</b> Phil 4:13	<b>I am Righteous</b> 2 Cor 5:21	<b>I am NEW</b> 2 Cor 5:17
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**IDENTITY IN CHRIST**



# True Self / New Creation

(Walking In the Spirit and Truth)

<b>Warrior</b> Fighting the Right Battles Exodus 15:3	<b>Rescuer</b> Rescuing the Beauty Eph 5:25	<b>Adventurer</b> Walking by Faith Heb 11:8
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# Freedom

(True Fulfillment In Christ)

<b>Personal</b> Intimacy with Christ Luke 4:18-19	<b>Relationships</b> No Mask, No Isolation, No Fear Pet 1:22	<b>The Church</b> Free to Serve the Body of Christ 1 Cor 12:11-12
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Day by Day    Week by Week    Decade by Decade



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