

FINDING RESTORATION

CHAPTER 7 | TEACHING SEGMENT 3

(PLEASE WATCH THE STORY SEGMENT CONNECTED TO THIS CHAPTER)

OUTLINE

**THROUGH CONTEMPLATIVE PRAYER AND SCRIPTURE MEDITATION,
WE CONNECT WITH GOD AND DEVELOP RESILIENCE AND PEACE.**

PREMISE:

- Understand the key to building **RESILIENCE**
- The **POWER** of contemplative prayer

1. BUILDING RESILIENCE

A. Contemplative prayer

- The key ingredient in establishing resilience is repositioning ourselves through contemplative prayer (page 117).
- Resilience is mainly formed when we are connected to Someone greater than us.
- We don't have to be afraid, even in times of trauma. We don't have to be ashamed of who we are.
- Some dismiss their brains, feeling that God will do everything. But He hasn't asked us to stop thinking; He's actually causing us to think on a higher level since we're now connected to a greater Source through the Holy Spirit.
- When we are born again, we come to the full knowledge of who Christ is and who we are created to be.

B. Ceitci's story

- People have asked Ceitci how she can be resilient through difficult times. Zechariah 4:6 (“Not by might, nor by power, but by My Spirit,” says the Lord”) has been alive inside her as she has learned how prayer and connection work in the presence of God.
- During a time of loneliness when she first arrived in the U.S. (see story on page 117), she came to understand the importance of prayer.
- She set two places at the table: one for herself and one for Jesus. As she ate, she spoke to Him, and as weeks passed, it became normal to talk to Him and know He was there. Something began to change in her brain; though she didn't have money, food, clothing and was still on her own, she was full of joy.
- Invisible mentors are found in the journey every day of our lives. If we can't embrace the journey, we can't fully see those mentors. Ceitci's best mentor was born during this time when she had no one to talk to but Jesus.

C. Divine connection

- Neuroscientist Dr. Michael Spezio refers to the time of centering in prayer as an “intentional orientation in the mind to consent to the presence and connection of the Divine.”
- How powerful to realize that our mind has the ability to interconnect on that level with God, a divine being!
- The “consent” means to acknowledge this connection. When we pray and acknowledge that God is alive and present, that “consent” of us releasing our fears to Him causes our brains to process information on a new level, taking us from fear to peace.

- Fear lowers our resilience to persevere. It increases our stress level, causing toxins to be released, lowering our immune system and making us vulnerable to disease.
- When we function in the understanding that God is greater than our impossibility, our mind has the ability to calm itself down.
- Studies have shown that when people practice daily contemplative prayer—meditating on Scripture throughout the day—they build a healthier frontal cortex.
- Prayer unifies the frontal cortex with the amygdala, sending messages of trust and healthy attachment to the middle brain (see page 118) and decreasing stress and anxiety.
- Resilience is not a formula, it is coming into the presence of God.
- It is amazing to know how much prayer can do for us to build resilience and peace in our lives!

**** PLEASE CONTINUE TO CHAPTER 7– TEACHING SEGMENT 4**