

## Spiritual Resilience and the Intervention of Holy Scripture

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### Abstract

This paper “spiritual resilience and the intervention of holy scripture” is to explore new facets, reinforce and approve of the fact that Holy Scripture is an augmentation of spiritual resilience. In today’s turbulent times, spiritual resilience is the greatest asset a person can have. The need is to know how subjects have shown this trait. In this paper, literature and previous studies have been reviewed to come out with the fact that Holy Scripture reading and trusting God has helped build resilience to overcome difficult situations in life giving one inner peace and strength. This study reinforces that trusting in God is the greatest strength one can get. This paper will impact for a non-resilient person to venture into and discover that spiritual resilience and quality of life is not anything hard, but revolves on hope, faith and trust.

**Keywords:** Holy Scripture; Spiritual Resilience; Faith; Hope; God.

### INTRODUCTION

A high spirituality level will lead to peace of mind and calmness in facing a life full of challenges.

Spirituality level determined how well someone’s quality of life and resilience are. Various studies have proven that spirituality has a significant positive relationship with quality of life, as well as resilience in various sexes, ages, occupations, and illnesses. The higher a person’s spiritual level, the better his quality of life and his resilience in facing life’s problems.

Resilience is the ability to adapt to life’s

everchanging landscape and recover quickly from stressors and potential stressors. Generally, highly optimistic individuals report being more receptive, more creative, making better decisions, having improved communication, making new connections, experiencing new ways of being, and finding new learning opportunities. Repeated experiences of optimism build multiple personal resources over time, leading to resilience.<sup>1</sup>

Resilience was once a technical term, used to measure the elasticity of a material. Resilient items can bend and return to their own shape, withstanding pressure without fracturing. Psychological definitions of resilience vary. Generally, resilience

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is defined as the ability to withstand and quickly recover from difficult conditions—the “bouncing back” of a rubber ball. Positive psychologists say that resilience is not simply bouncing back, but growing stronger, more capable, and even more resilient because of the difficulties. It’s more like muscles than rubber: tolerable amounts of stress foster growth.

This same kind of growth can be found in the

aftermath of trauma, including acutely traumatic events as well as the ongoing effects of more subtle micro-traumas. In contrast to post-traumatic stress, this mindset is sometimes called post-traumatic growth. This is growth that is only possible when beliefs, values, and paradigms are undone by a traumatic event or a significant level of stress. This is growth that creates positive change in the aftermath of suffering.<sup>2</sup>



Source: <https://www.heartmath.org/research/science-of-the-heart/resilience-stress-and-emotions>

## REVIEW OF LITERATURE

Qualitative research in the form of interviews were conducted with 14 older adults. The data were analyzed in the light of Being and Time. The results revealed that God occupies a central position in their lives, and the reading of the bible, praying the rosary and prayers are resilience strategies used for coping with unfavorable situations, recovery and/or maintenance of health, personal and family protection, and, above all, the experience of a satisfactory aging. Final considerations: Religiosity and spirituality were presented as an important resilience strategy in the existence of older adults, showing that through them it is possible to achieve well-being and cope with health and social problems. The testimonies evidenced religiosity and spirituality as im-important resilience strategies used by older adults in their daily lives, as presented in the following unit.

Faith in God, through prayer, provides tranquility, peace, overcome of adversities, maintenance of health and longevity. The presence of a higher being felt in the daily life of the older adults gives

them the belief that they are not helpless, even in the absence of relatives, because faith, expressed through prayer, fills the existential void, providing tranquility and inner peace, as according to their discourses. The discourses above reveal the belief in God as means to live an unconcerned old age and cope with unfavorable situations, showing that faith is what gives them support in their daily life. Prayer, as an important resilience strategy for the older adult, is reaffirmed in the testimonies. Gratitude for the blessings achieved, such as the maintained health and longevity, stand out in the testimonies of faith in God. statement shows that through faith, lived through the reading of the Bible and prayer, it is possible to experience tranquility in daily life, as well as to heal from the illnesses of the aging process, reaffirming the manifestation of the power of the faith in God express that reading the Bible and prayer are resources that enable communication with God and, consequently, the attainment of graces. God presents himself to the older adult as a possibility of maintaining health and happiness, as according to the following testimonies.<sup>3</sup>

Religious involvement tends to function as a personal and social support, insofar as it can facilitate the interpretation and management of negative events, and also provide the sense of belonging to a group through the interpersonal relationships established within the religious community.

Religion / spirituality can be one of the assets that can be used in times of crisis, facilitating the transition to a healthy adjustment, and in some circumstances, is facilitator of personal and spiritual growth. In fact, by providing a sense system, which clarifies subjects' functioning mechanisms of the world, religious convictions bring with them a sense of control over their own life and their contexts that produce a reassuring effect and higher levels of satisfaction with life. In addition to this, a relationship with a God who loves and protects can, in times of suffering, dispel feelings of loneliness and contribute to the perception that, despite everything, victory will be possible, once the subject is accompanied of a significant Other that gives him the support and tools necessary to overcome his present difficulties. With this conviction, all the negative emotional load associated with stressful events is alleviated, allowing subjects to more effectively manage moments that could otherwise lead to the breakdown of the self-system. This study revealed that more than religious denomination or frequency, the variables with a more intimate relational content with the Divine, such as the use of positive religious and spiritual coping strategies, a benevolent image of God, and satisfaction with their spiritual life appear to be a more evident facilitator of adaptive processes in times of crisis. It would be interesting, in future studies on this subject, to introduce an instrument that evaluates the religious orientation of the individuals, once it is predictable that those who are about their spiritually intrinsically motivated are those who obtain greater benefits of its relationship with God in the moments of confrontation with the adversity.

In the academic field, this study reinforces the existing knowledge about the positive influence of religion / spirituality on how individuals adapt to the difficulties inherent in human living, thus functioning as a protective factor and promoter of resilience.<sup>4</sup>

Certain religious practices have an impact on the spiritual resilience, support from spiritual and religious communities, and spiritual coping— Such clinical support could draw on such spiritual resources as spiritual knowledge or wisdom (e.g., religious texts), experiences (e.g., prayer),

relationships (e.g.,) religious leaders.<sup>5</sup>

Nature of resilience is studied. Religion or resilience is a personal decision, its connectivity for a well being and quality of life for an individual. Likewise, one can also foster wellbeing and resilience in settings such as therapy based on a client's personal story which undoubtedly may contain religious/ spiritual elements. In the future, examinations of wellbeing and flourishing under normal circumstances (not just resilience to trauma) should be scrutinized further, possibly by understanding the importance of meaning (and thus the role of religion/spirituality) to flourishing.<sup>6</sup>

## DISCUSSION AND IMPLICATIONS

### *Does the Holy Scripture help in strengthening spiritual resilience in a person?*

Resilience is seen in the teaching of the bible as it teaches of hope, perseverance, and faith. The Bible tells how through faith one can overcome every adversity. Various characters in the Bible, like Job, Joseph are shown as examples to further this resilience<sup>6</sup> a relationship with a God who loves and protects can, in times of suffering, dispel feelings of loneliness and contribute to the perception that, despite everything, victory will be possible, once the subject is accompanied of a significant other that gives him the support and tools necessary to overcome his present difficulties. With this conviction, all the negative emotional load associated with stressful events is alleviated, allowing subjects to more effectively manage moments that could otherwise lead to the breakdown of the self-system. This study revealed that more than religious denomination or frequency, the variables with a more intimate relational content with the Divine, such as the use of positive religious and spiritual coping strategies, a benevolent image of God, and satisfaction with their spiritual life appear to be a more evident facilitator of adaptive processes in times of crisis. It would be interesting, in future studies on this subject, to introduce an instrument that evaluates the religious orientation of the individuals, once it is predictable that those who are about their spiritually intrinsically motivated are those who obtain greater benefits of its relationship with God in the moments of confrontation with the adversity. In the academic field, this study reinforces the existing knowledge about the positive influence of religion / spirituality on how individuals adapt to the difficulties inherent in human living, thus

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*What are the means of strengthening spiritual resilience through this scripture?*

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## CONCLUSION

Therefore, it is proved from peoples lives that spiritual resilience is a journey with the knowledge of the presence of the creator. According to Proverbs.<sup>11</sup> Remember your creator in the time of

your youth. This paper “Spiritual resilience and the intervention of holy scripture” is to explore new facets, reinforce and approve of the fact that Holy Bible is an augmentation of spiritual resilience. In today’s turbulent times, spiritual resilience is the greatest asset a person can have. The need is to know how subjects have shown this trait. Literature and previous studies have been reviewed to come out with the fact that Holy Bible reading and trusting God has helped build resilience to overcome difficult situations in life giving one inner peace and strength. This study reinforces that trusting in God is the greatest strength one can get. This paper will impact for a non-resilient person to venture into and discover that spiritual resilience and quality of life is not anything hard, but revolves on hope, faith, and trust.

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