

Helping you find happiness, health, and healing



Spiritual E-card on being resilient
God made you resilient and keeps you resilient

“...we must act as possessing all power from Him in whom we have our being.”

Science and Health with Key to the Scriptures

By Mary Baker Eddy p. 264

When difficult times come along, draw on God’s spiritual resilience to help you overcome them.



What is resilience? Think of a rubber band. You can stretch it out of shape. Yet it recovers its original form easily, because it is resilient.

A paperclip isn’t resilient. It’s inflexible, rigid, can’t recover its shape readily.



Don’t be rigid with fear or despair. God made you to be resilient, flexible, strong, able to live a happy, healthy life. You possess spiritual resilience. You have the capacity to recover easily from depression, trouble, or illness. Act on this spiritual quality now. You have it.

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