



# Links Players

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## Spiritual Resilience

*...for though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes. (Proverbs 24:15; NIV)*

One of the most widely used adjectives, besides “Masters Champion,” appearing in the same sentence as “Rory McIlroy” in the days following his dramatic Masters victory was “resilience.”

In the years following an epic collapse in the 2011 Masters, doubt began to grow in the golf world about whether he could ever win at Augusta. Although he won four majors between 2011 and 2014, he endured several near-misses and late-round collapses.

In 2018, playing in the final group, he carded a disastrous seventy-four to drop to a tie for fifth place. Painful losses continued at the 2022 Open Championship at St. Andrews, the 2023 U.S. Open at LACC, and the 2024 U.S. Open at Pinehurst. Would he ever win another major?

This year, as he stepped onto the first tee in the final round with a two-shot lead, there was hope. But a double bogey on the first hole was only the beginning of a roller coaster ride with thrilling and disheartening ups and downs that lasted almost five hours before he sank a three-footer to claim his first green jacket and become only the sixth golfer to win the “Career Grand Slam”.

Throughout his career, a critical hallmark of Rory’s game was his resilience—his ability to persevere and bounce back in the face of adversity, hardships, and setbacks.

In our lives, spiritual resilience is a quality that we need to constantly develop. It allows us to face and endure trouble, temptation, and trials and come out even stronger. It is our ability to anticipate, withstand, and bounce back from adverse external pressures.

Scripture offers powerful lessons on resilience and navigating life’s toughest challenges with faith, hope, and perseverance. James writes, “...consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. (James 1:2-4, NIV). In his letter to the Philippians, Paul reminds us, “I can do all this through him who gives me strength. (Philippians 4:13, NIV).

Besides these verses, the Bible provides countless stories of people who demonstrated resilience in the face of adversity. Revisit the lives of David, Joseph, Moses, Esther, Job, Paul, and others to see powerful examples of how to employ spiritual resilience to get through a crisis.

As I write these words on the day before Easter Sunday, I realize that the ultimate demonstration of resilience was Jesus' suffering and eventual triumph on the cross. He demonstrated a powerful ability to endure and overcome hardships, which offers hope as we face the many trials that challenge us.

To cultivate and build our spiritual resilience, there are several beneficial steps we can take. We must continue to read, study and meditate on His Word daily. We must never forget the power of daily prayer to connect us with our Heavenly Father. We can stay grounded in worship to assist us in this journey. We ought to seek wise counsel from pastors, fellow believers, or spiritual mentors.

Above all, we need to trust God's sovereignty and realize that whatever trials we face, they are "growth opportunities" that we do not face alone. Isaiah proclaimed: "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." (Isaiah 41:10, NIV).

**PRAYER: Father, as we face the many trials that come our way, may we realize that our spiritual resilience will only grow stronger because you are with us, and we can rely on you.**

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Mark Olson

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