



JOINT TASK FORCE CIVIL SUPPORT **CHAPLAIN'S RESILIENCY MESSAGE / 5 JUN 2015**

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Resiliency Comes from Being Focused and Prepared

Psalms 121:1-2: "I lift up my eyes to the hills--where does my help come from?
My help comes from the LORD, the Maker of heaven and earth."

Being able to bounce back from setback, adapt and overcome in the face of danger and difficulty includes many necessary things. It includes preparing for the worst while believing and praying for the best. It means knowing your resources, how to use them, being aware of your situation and planning several steps ahead. It includes having the support, reassurance and reinforcement of your command, unit and battle buddy in the actions you are taking. It includes being sharp, engaged and focused with mind, body and spirit. It means living your values, and those of your service branch, during your interactions and completion of tasks leading to mission success. It means knowing both your strengths and your limitations and compensating accordingly. It means knowing you must sometimes ask for help, relying on others you can trust when genuine help is needed.

All of us, at one time or another, will need to reach beyond ourselves for a helping hand. Especially during such times, we find our strength and help in the LORD. Though our thoughts naturally turn to the LORD GOD in such times, He is always with us, always around us, everywhere present even personally enduring and overcoming with us. I find resilience in turning to the LORD for help each day for protection, provision, joy, love, grace, wisdom, strength, enthusiasm and His touch through every thought, word and action I undertake. We are reminded, in Psalm 121:2, of the powerful resource we have in the God of the Universe, "My help comes from the LORD, the Maker of heaven and earth."

Pro Deo et Patria,

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