

JOHN 16:33

“I have told you all this so that you may have peace in Me.
Here on earth you will have many trials and sorrows.
But take heart, because I have overcome the world.”

- 27.3% of American adults have anxiety problems
- 41.7% of young adults (18 to 29 years) have anxiety
- 64% of people with mental illness say holidays make their condition worse
- 3 of 5 Americans feel their mental health is negatively impacted by the holidays

Week 1 - Hope > Despair

Week 2 - Confession > Concealment

Week 3 - Perseverance > Fragility

The Three Great Untruths

1. The Untruth of Fragility

What doesn't kill you makes you weaker.

2. The Untruth of Emotional Reasoning

Always trust your feelings.

3. The Untruth of Us versus Them

Life is a battle between good people and evil people.

Antifragility

“Human beings need physical and mental challenges and stressors or we deteriorate.”

- 1. Fragile**
- 2. Resilient**
- 3. Antifragile**

“There are two ideas about safe spaces: One is a very good idea and one is a terrible idea. The idea of being physically safe on a campus—not being subjected to sexual harassment and physical abuse, or being targeted personally for some kind of hate speech—I am perfectly fine with that. But there’s another view that is now ascendant, which I think is just a horrible view, which is that ‘I need to be safe ideologically. I need to be safe emotionally. I need to feel good all the time, and if someone says something that I don’t like, that’s a problem for everybody else, including the administration.’

... I don't want you to be safe ideologically. I don't want you to be safe emotionally. I want you to be strong. That's different. I'm not going to pave the jungle for you. Put on some boots and learn how to deal with adversity. I'm not going to take all the weights out of the gym; that's the whole point of the gym. This is the gym."

- Van Jones

“How do I deal with setbacks, failures, delays, defeats, or other disasters? I actually have a fairly simple way of dealing with these situations, summed up in one word: “Good.” ... Oh, the mission got canceled? Good... We can focus on another one. Didn’t get the new high-speed gear we wanted? Good... We can keep it simple. Didn’t get promoted? Good... More time to get better. Didn’t get funded? Good... We own more of the company. Didn’t get the job you wanted? Good... Go out, gain more experience, and build a better resume. Got injured? Good... Needed a break from training.

Got tapped out? Good... It's better to tap out in training than tap out on the street. Got beat? Good... We learned. Unexpected problems? Good... We have to figure out a solution. When things are going bad: Don't get all bummed out. Don't get frustrated. No. Just look at the issue and say: "Good."

- Jocko Willink

Kid - "Dad I failed 5th grade"

Jocko - "Good... that means you will be older and bigger than the kids in your class, giving you superior tactical advantage over the enemy."

Soldier - "Sir, we're surrounded!"

Jocko - "Good, we can attack our enemy from every direction."

Me - "lost my arms."

Jocko - "Good. Never skip a leg day."

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John 13-16

- **God will bless those who wash the feet of others.**
- **Love each other just as Jesus has loved you.**
- **One day, you will be with Jesus forever.**
- **Jesus is the only way to God.**
- **Jesus is the reference point for truth.**
- **You are never alone if you have the Spirit.**
- **Abide in Jesus and you will produce fruit.**
- **Apart from Jesus, you can do nothing.**
- **Jesus loves you and calls you friend.**
- **The world will hate you like it hated Jesus.**
- **The Spirit will guide you into all truth.**
- **You will see Jesus again!**

JOHN 16:33

1. A transcultural guarantee for all of humankind:
"You will have many trials and sorrows."

JOHN 16:33

2. Two Spiritual resources to persevere:
 - Words that give peace.
 - Victory that gives courage

The ideas we come to believe matter.

"We live at the mercy of our ideas." - Dallas Willard

JOHN 8:44

He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies.

9 Most Common Cognitive Distortions in CBT

- 1. Emotional Reasoning**
- 2. Catastrophizing**
- 3. Overgeneralizing**
- 4. Dichotomous Thinking**
- 5. Mind Reading**
- 6. Labeling**
- 7. Negative Filtering**
- 8. Discounting Positives**
- 9. Blaming**

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JOHN 1:1,14

In the beginning the Word already existed. The Word was with God, and the Word was God ... The Word became human and made His home among us.

JOHN 1:1,14

He was full of unfailing love and faithfulness.
And we have seen His glory, the glory of the Father's
one and only Son.

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