

## Bouncing Back After Being Knocked Down

### Proverbs 24:15-16 (MSG)

*Don't interfere with good people's lives; don't try to get the best of them. No matter how many times you trip them up, God-loyal people don't stay down long; Soon they're up on their feet, while the wicked end up flat on their faces.*

To bounce back means to **recover** from a setback.

To bounce back means to **regain** strength, hope, and the confidence to try again after a perceived failure.

To bounce back means to **rise** again after being knocked down.

### I. At some point in life, even Believers in Jesus Christ will feel **knocked** down by something.

2 Corinthians 11:23 (TLB) says, *"They say they serve Christ? But I have served him far more! (Have I gone mad to boast like this?) I have worked harder, been put in jail more often, been whipped times without number, and faced death again and again and again."*

Sometimes the difference between those who bounce back and those who quit are based on the people we allow to **influence** us.

Job 2:9 (TLB) says, *"His wife said to him, "Are you still trying to be godly when God has done all this to you? Curse him and die."*

When knocked down in life, the goal must be to bounce back, not to continue **looking** back.

Isaiah 43:18-19 (MSG) says, *"Forget about what's happened; don't keep going over old history. Be alert, be present. I'm about to do something brand-new. It's bursting out! Don't you see it? There it is! I'm making a road through the desert, rivers in the badlands."*

### II. Bouncing back will require us to **think** differently about the challenges we face.

Romans 12:2 (NLT) says, *"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."*

Bouncing back will require us to stop **blaming** others for our problems and take responsibility.

Genesis 3:11-12 (TLB) says, *"Who told you you were naked?" the Lord God asked. "Have you eaten fruit from the tree I warned you about?"* <sup>12</sup> "Yes," Adam admitted, *"but it was the woman you gave me who brought me some, and I ate it."*

Bouncing back will require us to forgive those who have hurt us.

Mark 11:24-25 (TLB) says, “Listen to me! You can pray for anything, and if you believe, you have it; it’s yours!” <sup>25</sup> **But** when you are praying, **first forgive** anyone you are holding a grudge against, so that your Father in heaven will forgive you your sins too.”

### **III. Even in the worst of circumstances, we can bounce back because God is with us.**

Daniel 3:25 (NLT) says, “Look!” Nebuchadnezzar shouted. “I see four men, abound, walking around in the fire unharmed! **And the fourth looks like a god.**”

When we do bounce back, remember to show appreciation to God for what He has done.

Consider *Luke 17:11-19*

When we do bounce back, it’s important to ask God to help us change the way we see ourselves.

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