

RESILIENCE PLAN

THE

Heart  
Posture

WORK



# 4

*bible verses for  
your heart*

#1

Proverbs 3:5-6

#2

1 Corinthians 6:19-20

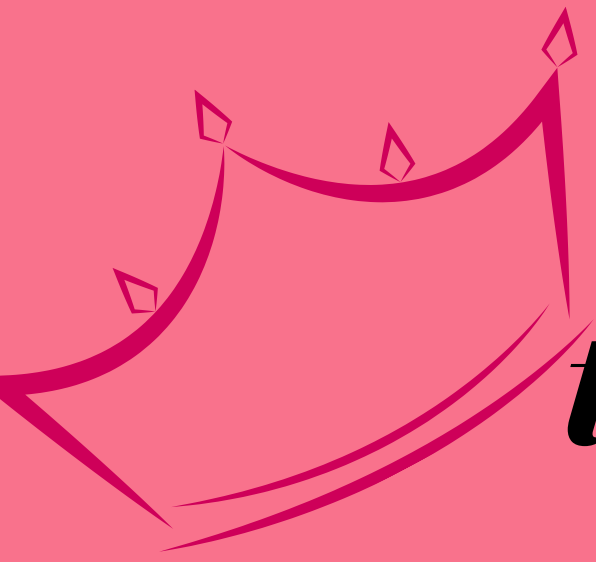
#3

Revelation 4:10-11

#4

Psalms 23





***oh! hello  
there heart!***



**SPEAKING LIFE INTO  
MYSELF**



**TREATING OTHERS  
RIGHT**



**OPERATING OUT OF LOVE**



**FORGIVING OTHERS**



**FORGIVING MYSELF**



**SPENDING QUIET TIME  
WITH GOD**



**DOING ONE  
THING A DAY  
TO HEAL**

# RESILIENCE PLAN

***Take it to your quiet time with God. Pray over it and ask God to reveal what you need to heal. God will do the rest, but you have to be obedient.***

[illegible]



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*Keep your  
head high,  
and your  
faith even  
higher!*

*TONI SIMMONS HUSBAND*