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# Resilient Faith

Here's a curated list of 7 Scriptures that speak directly into the need for discernment, resilience, and standing firm when others try to manipulate or pressure you:

1. Proverbs 4:23

"Above all else, guard your heart, for everything you do flows from it."

➡ A reminder that guarding your heart is not selfish — it's stewardship.

2. Matthew 5:37

"Let your 'Yes' be 'Yes,' and your 'No,' 'No.' Anything more than this comes from the evil one."

➡ Jesus affirms the power of clear, firm boundaries.

3. Nehemiah 6:3

"I am doing a great work and I cannot come down."

➡ Like Nehemiah, we don't need to be distracted or manipulated away from God's calling.

4. Ephesians 6:12

"For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world..."

➡ Helps reframe the battle: it's not about the person, but the spirit behind manipulation.

5. 2 Timothy 1:7

"For God gave us a spirit not of fear but of power and love and self-control."

➡ Fear-driven "yeses" are not from God. He equips us with strength and self-control.

6. James 4:7

"Submit yourselves, then, to God. Resist the devil, and he will flee from you."

➡ Boundaries rooted in God's authority push back against manipulative spirits.

7. Galatians 1:10

"Am I now trying to win the approval of human beings, or of God? ... If I were still trying to please people, I would not be a servant of Christ."

➡ Frees us from people-pleasing and anchors us in living to please Christ alone.



# Heart Notes