

The background of the slide is a close-up photograph of green leaves, showing their veins and texture. The leaves are a vibrant green color, and the lighting creates a sense of depth and movement. The text is overlaid on this background in a clean, white, sans-serif font.

# Thriveology

Resilience-Informed Teaching  
Through the CARING Model

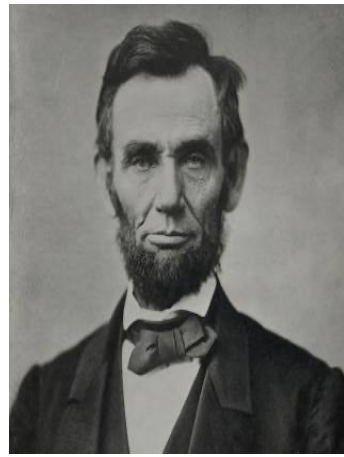
# — Thriving

- Thriving
  - An ability to go beyond the original level of functioning despite repeated exposure to stressful and traumatic environments;
- An ability to go beyond the original level of functioning despite repeated exposure to stressful and traumatic environments;
  - It occurs when people successfully cope with adversities and difficulties in their lives, through which they learn and grow;
  - People thrive when they relate with each other, nurturing others to seize life opportunities for growth and development.
- Principles of Biblical Thriving
  - God desires for you to thrive. Thriving is God's purpose for us in life. "I have come that they may have life... more abundantly (John 10:10, NKJV)
  - Jesus has overcome the world and we can thrive in Him. "In this world you will have trouble. But take heart! I have overcome the world (John 16:33).
  - Thriving means that God is with me in my pain, in my sorrows, and in my everyday moments.

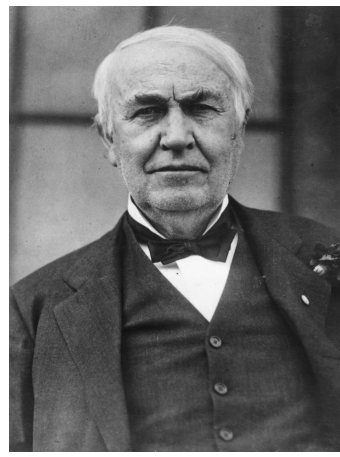
# Thrivers



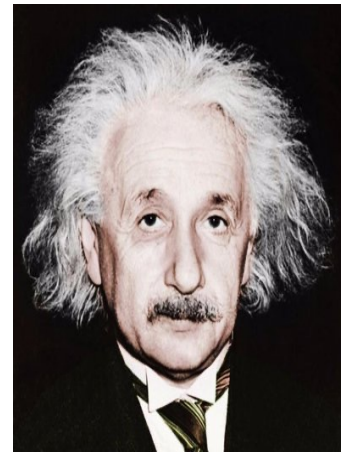
Ludwig van Beethoven  
(1770-1827)



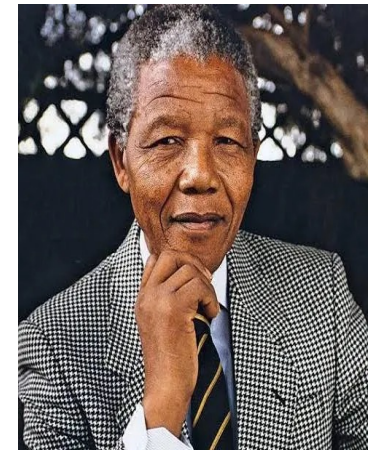
Abraham Lincoln  
(1809-1865)



Thomas Edison  
(1847-1931)



Albert Einstein  
(1879-1955)



Nelson Mandela  
(1918-2013)

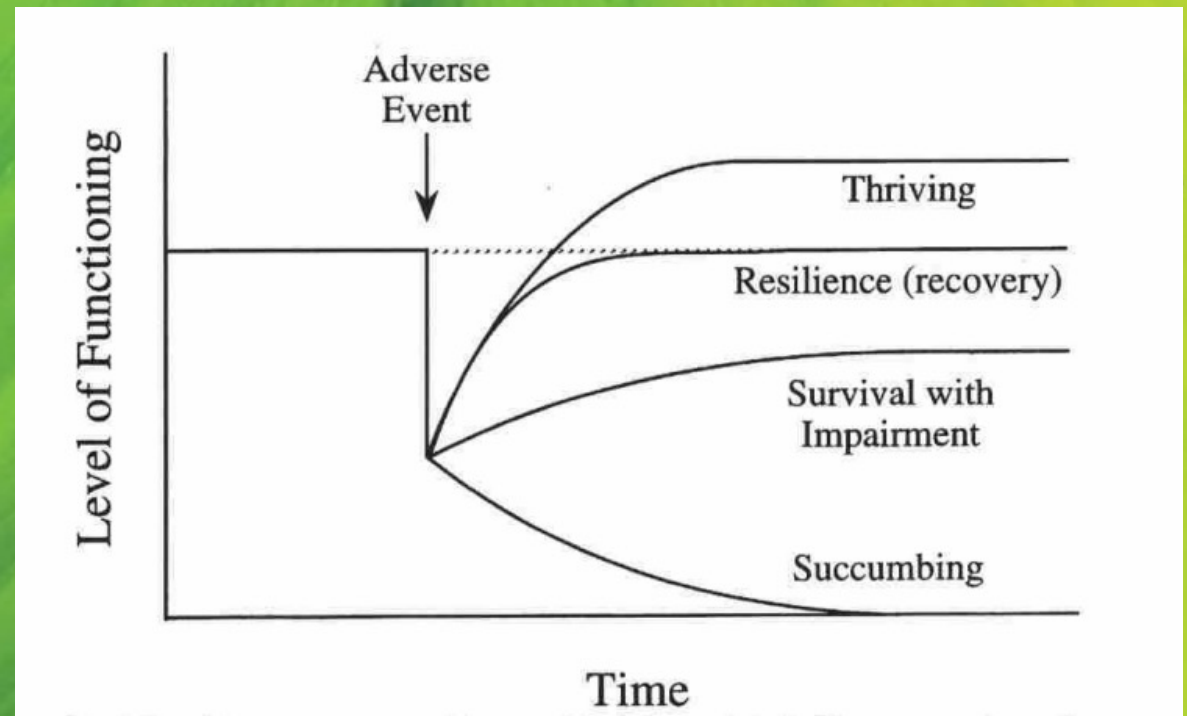
<https://www.youtube.com/watch?v=zLYECIjmnQs&t=17s>

# Common myths about thriving

- Thriving is always about vigorous individual growth.
  - In order to thrive we must cultivate practices, become more agile, adapt, and work toward a coherent life, in spite of circumstances.
- Thriving is just about our spirituality and faith.
  - Thriving involves becoming one's best self – with and for others – while participating in God's ongoing work in this world.
- Thriving is the pursuit of happiness.
  - The pursuit of happiness is not enough to support thriving. Thriving is more purposeful than that.
- Thriving is about me.
  - Thriving is not about me, it is about "we."
- Thriving involves performance and success.
  - Thriving involves pursuing purpose, which involves asking ourselves why we do what we do.
- Thriving is an endpoint.
  - Thriving is not an endpoint or destination, but a process of transformation. It means intentional, directional growth that is part of God's purposes as we engage in His work in the world.

<https://thethrivecenter.org/a-thriving-life-is-a-life-on-purpose/>

# Thriving



When Isaac planted his crops that year, he harvested a hundred times more grain than he planted, for the Lord blessed him (Gen 26:12).

## Thriving: Grow or develop well or vigorously; prosper; flourish

- The righteous shall flourish like a palm tree (Psalm 92:12)
- The righteous will thrive like a green leaf (Proverbs 11:28)

Blessed are **the poor in spirit**, for theirs is the kingdom of heaven.

Blessed are those **who mourn**, for they will be comforted.

Blessed are **the meek**, for they will inherit the earth.

Blessed are those **who hunger and thirst** for righteousness,  
for they will be filled.

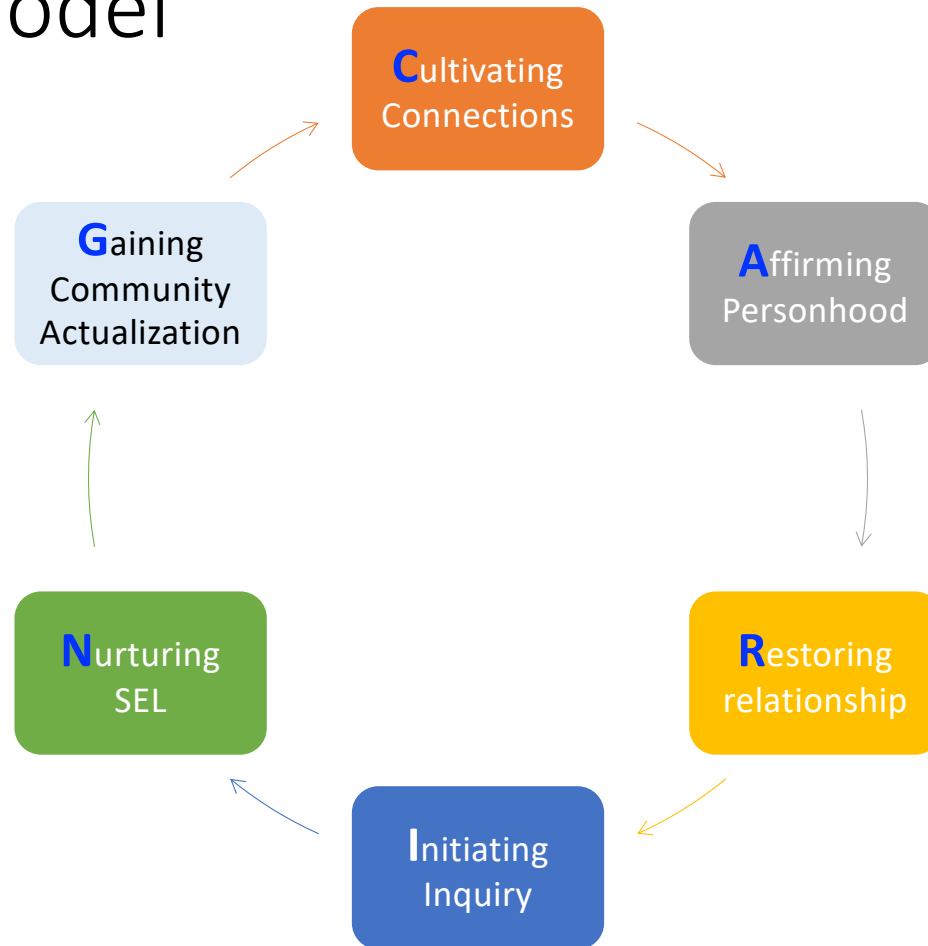
Blessed are **the merciful**, for they will be shown mercy.

Blessed are **the pure in heart**, for they will see God.

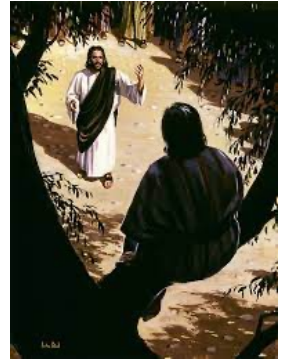
Blessed are **the peacemakers**, for they will be called children of God.

Blessed are those **who are persecuted** because of righteousness, for theirs is the kingdom of heaven (Matthew 5:3-10)

# CARING Model



# The Story of Zacchaeus (Luke 19:1-10)



Jesus entered Jericho and was passing through. A man was there by the name of **Zacchaeus**; he was a chief tax collector and was wealthy. He wanted to see who Jesus was, but because he was short he could not see over the crowd. So he ran ahead and climbed a sycamore-fig tree to see him, since Jesus was coming that way.

When Jesus reached the spot, **he looked up** and said to him, "**Zacchaeus**, come down immediately. I must stay at your house today." So he came down at once and welcomed him gladly. All the people saw this and began to mutter, "He has gone to be the guest of a sinner."

But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount." Jesus said to him, "Today salvation has come to this house, because this man, too, is a son of Abraham. For the Son of Man came to seek and to save the lost."

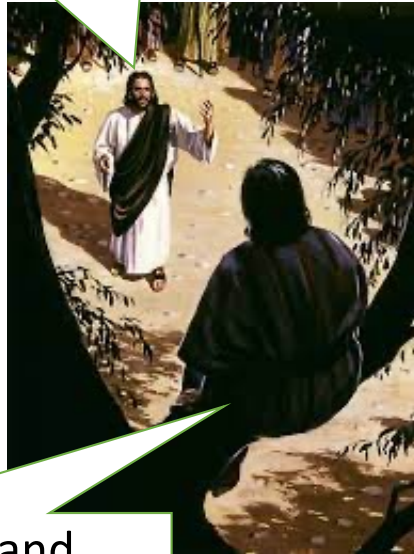
# Who is Zacchaeus?

- Zacchaeus was bullied and hated by others.
  - He was not physically attractive;
  - His job was to extort money from his fellow Jews to pay taxes to their enemy country.
  - He has lived in perpetual loneliness and self-pity.
- He is the poor in spirit.
  - His name means 'pure.'
  - He felt spiritual bankruptcy and emotional drainage.
  - Desperate and anxious, he climbs a sycamore fig tree to see Jesus clearly.



When Jesus reached the spot, he looked up and said to him, “Zacchaeus, come down *immediately*. I must stay at your house *today*.” (Luke 19:5)

**You matter to Jesus**



So he came down at once and welcomed him gladly (Luke 19:6)

## Stages of Transformation

### 1. Passion for Jesus

- He wanted to see who Jesus was...ran and climbed a sycamore tree (Luke 19:3-4)

### 2. Personhood: Know who I am

- Jesus looked up, calling his name.
- “Zacchaeus, a son of Abraham” (Luke 19:5, 9)

### 3. Proximity: Jesus stays with him

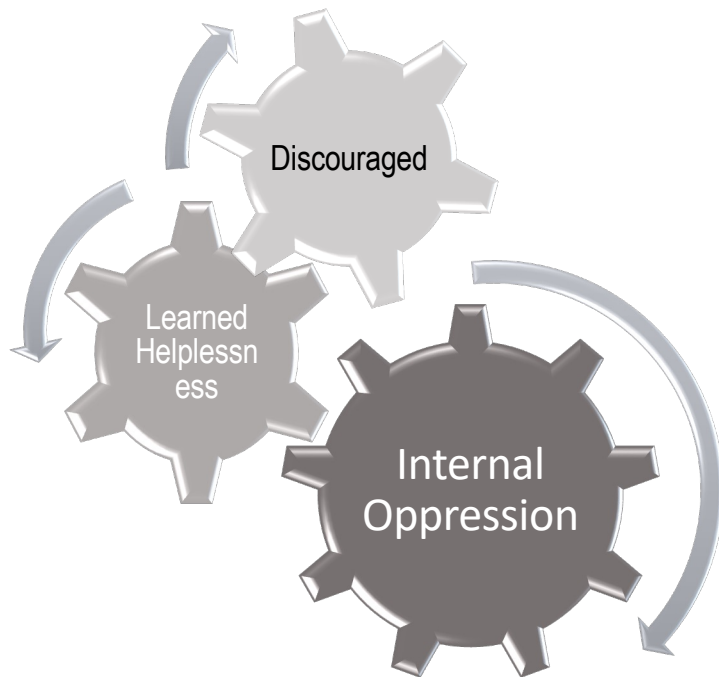
- Jesus’ message breathes hope into the soul of a wayward sinner and gives meaning/excitement to his life.

### 4. The Transformed life

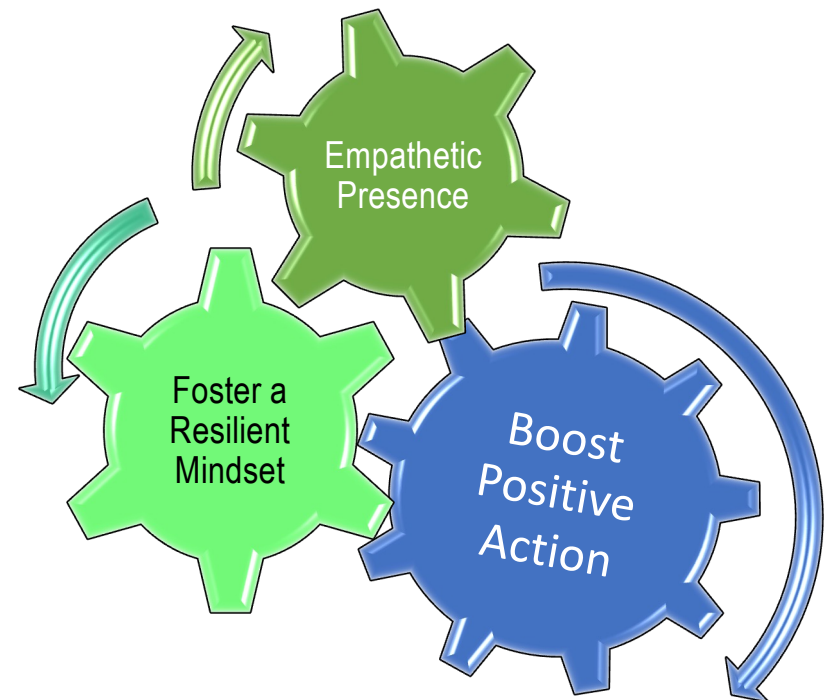
- Zacchaeus applied the teaching of Jesus to his life.

# Two Cycles You Can Choose

## The Cycle of Succumbing

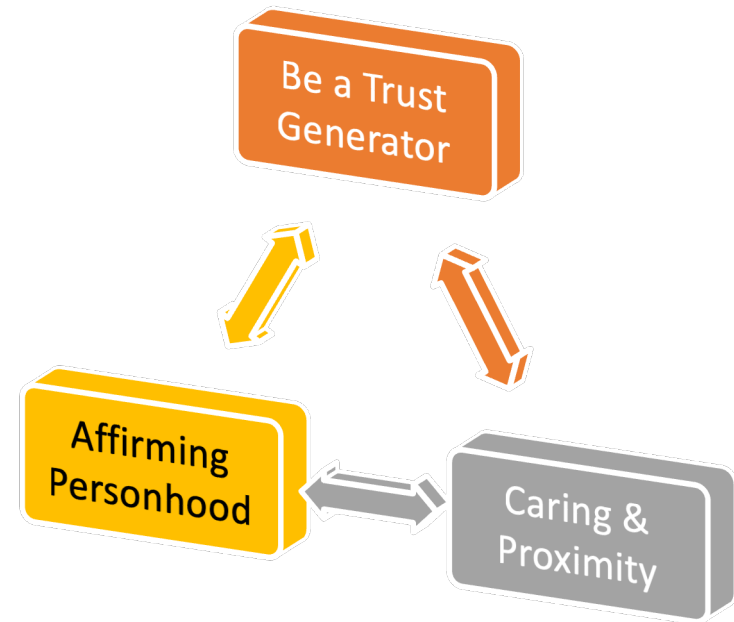


## The Cycle of Thriving



# Thriving for for the Poor in Spirit

- The person who is poor in spirit
  - You who are isolated and sometimes marginalized.
  - Your friend who is bullied and hated by someone near him/her.
  - People who are experiencing trauma and adversity.
- The ministry of brokenness
  - See their broken hearts and emotions.
  - Go deeper to identify their pain and suffering from physical, emotional, relational, financial and spiritual trauma and brokenness.



# Being a Trust Generator



- Jesus fully understood his long suffering and isolation from his community who judged him as a traitor and sinner.
- The crowd despised him, but Jesus lifted his attention to Zacchaeus and called his name.
- Effective strategies for trust generators
  - Sharing your vulnerable moments;
  - Sharing likes/dislikes, hobbies/sports that are similar to their interest.
  - Showing concerns for those issues and events important to them (such as births, illnesses, life crisis, trauma experiences).

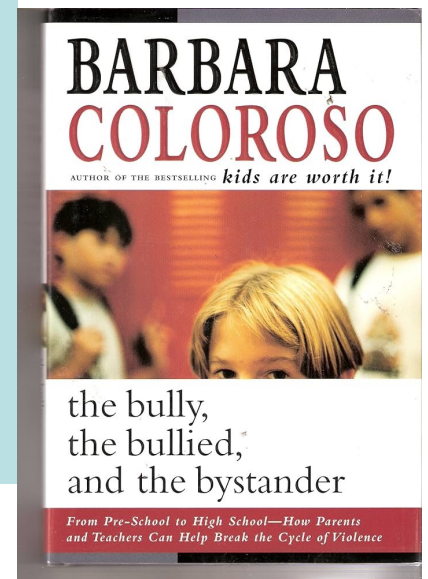
# Affirming Personhood

- Key point of Jesus: “You matter to me.”
- Jesus intentionally recognizes his worthiness in front to the Pharisees, who condemned Zacchaeus as a sinner. “Today salvation has come to this house, because this man, too, is a son of Abraham.” (Luke 19:9)
- Do not judge people based on outward appearance, but always looks at the heart (1 Samuel 16:7) because all people are created in the image of God.

*You Matter to Me* 

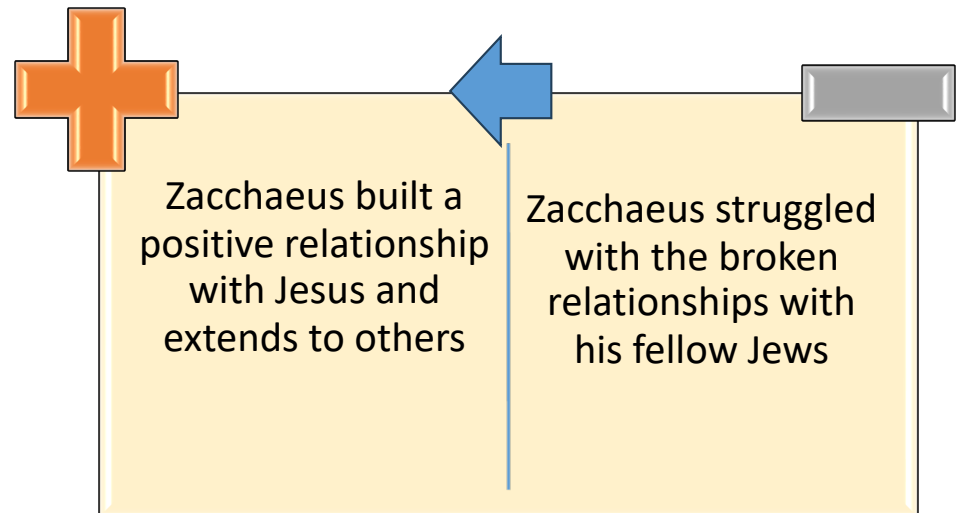
## BARBARA COLOROSO SIX CRITICAL LIFE MESSAGES

- 1) I Believe in You
- 2) I Trust in You
- 3) I Know You Can Handle It
- 4) You Are Listened To
- 5) You Are Cared For
- 6) You Are Very Important to Me

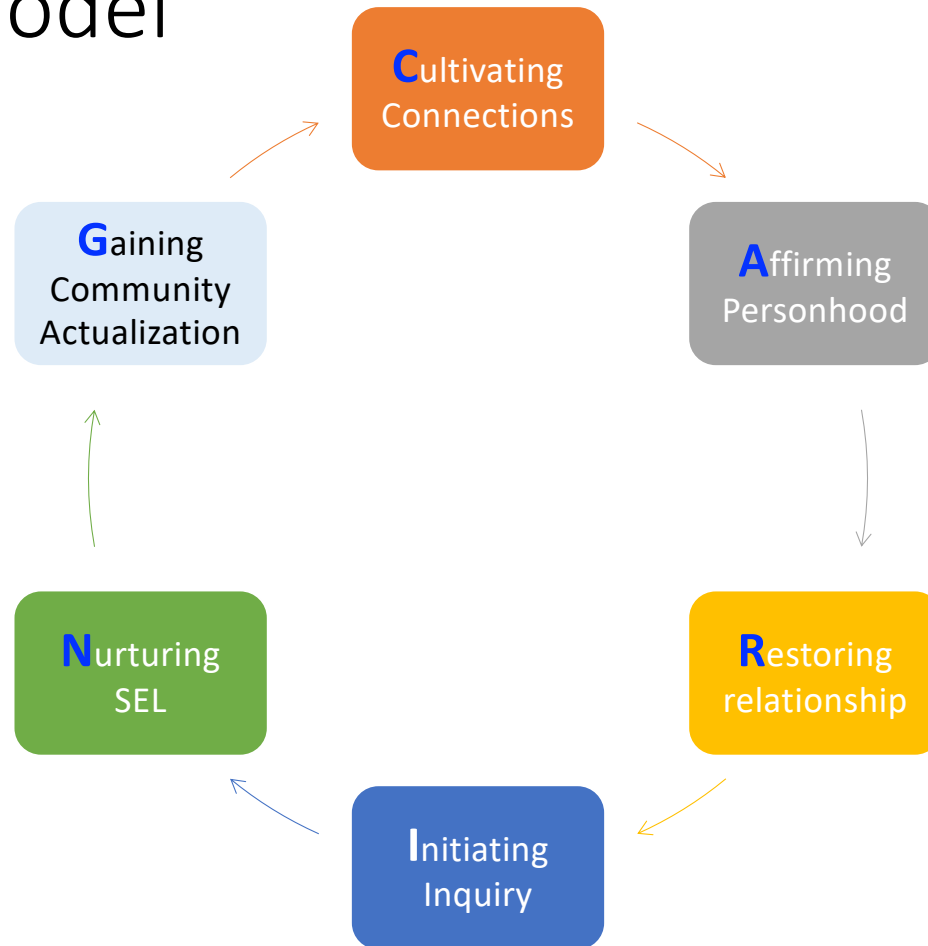


# Caring and Proximity

- Relationships through caring and proximity
- Effective caring
  - Listening intently and sincerely.
  - Inquiring about aspects of their lives.
  - Understanding the emotions behind an incident.
- Maintaining proximity
  - I must stay at your house today (Luke 19:5).

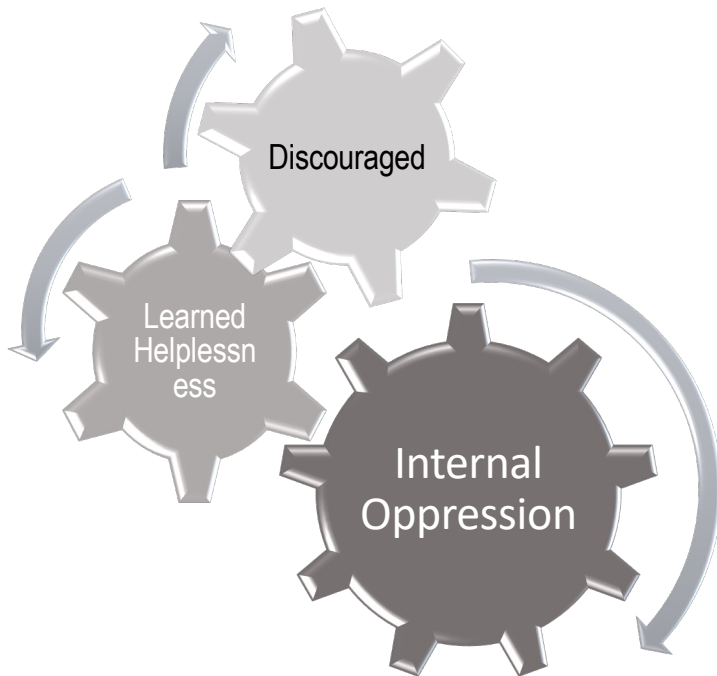


# CARING Model

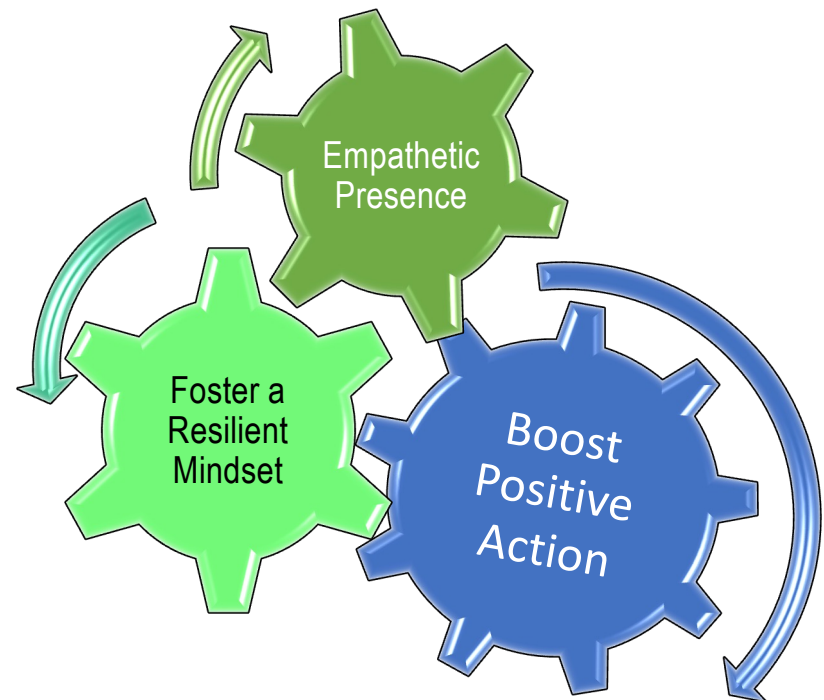


# Which Cycle Will You Choose?

## The Cycle of Succumbing



## The Cycle of Thriving



# Choose Life and Blessings

Life, prosperity,  
blessings, many  
years to live

Death, destruction,  
curses,

I set before you today **life and prosperity**, **death and destruction**. For I command you today to love the LORD your God, to walk in obedience to him, and to keep his commands, decrees and laws; then you will live and increase, and the LORD your God will bless you in the land you are entering to possess.... I have set before you **life** and **death**, **blessings** and **curses**. Now choose **life**, so that you and your children may **live** and that you may **love** the LORD your God, listen to his voice, and hold fast to him. For the LORD is your **life**, and he will give you many **years** in the land he swore to give to your fathers (Deuteronomy 30:15-20)



THANK  
YOU.

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