

Resilience is the ability to faithfully follow God's promises, depend on Him, and stay focused in times of crisis. It involves prayer, forgiveness, grace, problem-solving, and encouraging others while trusting in God's presence and provision and identifying the good even within challenges.

Ustahimilivu ni uwezo wa kufuata ahadi za Mungu kwa uaminifu, kumtegemea Yeye, na kubaki na lengo wakati wa matatizo. Inajumuisha maombi, msamaha, neema, kutatua matatizo, na kuhamasisha wengine, huku ukimtegemea Mungu na kutambua mema hata katikati ya changamoto.

Here are the similarities and differences between the meaning of resilience as expressed by leaders in Arusha, Gaborone, Livingstone, Lusaka, Gwembe Valley, Lilongwe, Mangochi, Zanzibar, and Dar es Salaam:

Similarities:

- 1. Faith and Trust in God:** Across all regions, resilience is deeply rooted in faith, trust in God, and reliance on divine strength. In Arusha, resilience is tied to following God's promises and dependence on Him, while in Gaborone, Lilongwe, Lusaka, Livingstone, and Zanzibar, this theme also centres on holding onto faith and divine guidance during adversity .
- 2. Perseverance and Endurance:** The concept of enduring hardships and not giving up is a common thread. Arusha emphasised faithfulness and staying focused during crises, while other regions like Gaborone, Livingstone, and Lusaka highlight perseverance, courage, and consistency in facing challenges .
- 3. Calmness and Humility:** Many regions emphasise maintaining calmness and humility. In Arusha, being aware of God's presence and staying good in crisis reflect this, while in Lusaka and Lilongwe, humility and patience are central to their understanding of resilience .
- 4. Community and Support:** In most regions, resilience is tied to the strength derived from community and family. Arusha's themes of encouraging others during crises are echoed in Livingstone's emphasis on family support, and Lilongwe's focus on community resilience .

Differences:

- 1. Individual vs. Community Focus:** Arusha and Gaborone's definitions emphasise individual spirituality and personal faith, while regions like Livingstone and Mangochi highlight communal and familial support as key components of resilience .
- 2. Practical Action vs. Spiritual Reflection:** In Arusha, resilience includes being selective in offerings to God during crises, reflecting a balance of spiritual obedience and discernment. In contrast, Zanzibar's definition focusses more on private spiritual reflection and personal calmness .
- 3. Cultural and Contextual Nuances:** Regions like Mangochi and Zanzibar incorporate cultural and spiritual aspects such as forgiveness and avoiding judgement, reflecting a relational approach. This differs from the action-orientated focus in Gaborone and Livingstone, where resilience is seen more as perseverance and endurance .



Summary:

Resilience across these regions shares core themes of faith, endurance, and the need for calmness during crises. However, the emphasis varies, with some regions focusing more on individual spiritual practices, while others highlight communal support and relational harmony. Each region's cultural and spiritual context shapes its unique interpretation of resilience.

