

Resilience: A Synergistic Approach to Stress Management Using Biblical Principles and Psychology

By Melkisedeck Leon Shine · May 30, 2025

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Finding Strength in Adversity: A Theological and Psychological Exploration of Resilience

Introduction: Defining Key Concepts

Biblical Principles and Psychological Application: A Synergistic Approach

Conclusions and Recommendations

Reader Pool: Considering the synergistic relationship between faith-based coping strategies and psychological resilience, what innovative approaches might enhance the efficacy of interventions that integrate both perspectives?

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