



ABSTRACT

The chief end of this research is to comprehend the whole process of how religion, Christianity, in this case—and to be exact, the Bible as the ultimate reference, claimed to be the Word of God—contributes itself up to the emergence of optimism in the midst of adversity within the believers' lives.

Using the in-depth interview; the data needed was gathered from a Christian priest serving for 14 years, by his own will, in a small church within a rural area in Malang. Then the data got analyzed by the content analysis method.

The finding shows that the Bible functions in two different ways contributing to optimism. First, it constructs the worldview or *weltanschauung* having a God-centered redemptive theme altogether with the philosophical and values systems. It also acts as the code of conduct for the believers to obey—in the harmony with the worldview and the philosophical and values systems mentioned above—that in certain occasions claimed to result religious experiences related to the solutions of some pastoral problems. Second, it acts as a spiritual resources from which the believers draw strength by experiencing inner religious experience, such as: the feeling of communion with God, getting insights, instructions, comprehension, and the feelings of peace, comfort, and warmth. Both ways are accessed via the act of a routine, daily, contemplation—plus rituals, for the worldview way. The research also finds that the optimism itself is more likely a dispositional one than situational. It is also merely a side effect—not the main goal—of the whole dynamics of the Scripture role within the believers' lives.

Those findings above imply that not only optimism deals with the automatic negative thoughts—which are the target of any cognitive therapies—but also with the one's worldview as well. Therapy using the religious approaches might need to be seriously considered toward religious people whose worldviews, and the derivatives, are made up of theological statements. In the Christianity context, the church should stress the significance of the true conversion in Christ Jesus; which enables the churchgoers to have the intrinsic religious approach, combined with the orthodox teachings—doctrinal and practical—to build the whollistic system, derived from the two functions of the Bible mentioned above, contributing to the emergence of optimism as a side effect.

Keywords: The Bible, worldview, philosophical dan values systems, rituals, resources, contemplation, religious experiences, adversity, optimism.