



BREAKING THE ICE

What is one project you have worked on in the past that you are really proud of finishing?

Have you ever practiced Lent? Explain that experience with your group.

MAIN CONTENT

This is our fourth week reading about Nehemiah and his journey to rebuilding the wall around his city. We've learned the steps in rebuilding are: own the problem, make a plan and work the plan, face opposition and finish strong.

1. What has God revealed to you about rebuilding in the last few weeks?

This week, Pastor Kevin talked about finishing strong. In order to finish strong, we need resilience. God chose Nehemiah to rebuild the wall which was not an easy task. Nehemiah had resilience to get the job done.

2. In what areas of your life have you practiced resilience?

Read Hebrews 12:1-3

Jesus faced significant trouble, yet He endured and won the race for all of us. In our lives, when we are building anything of value, there will be temptations to quit. But when we focus on Jesus to help us accomplish what He has called us to do, we build resilience.

Resilience starts with conviction. Your convictions are how you see the world. Convictions can't be shoved into somebody, they come from within. They are things we live for and would die for.

3. What convictions do you have that have helped you become the person you are today?

When you have resilience, you know who you are and whose you are. We are God's children and when our convictions line up with His word, we build resilience to keep going and building what He asks us to.

Resilient people start with conviction and stay calm.

4. Who is the most non-anxious person you know? How does their sense of calm help you when you get anxious?

Anxiety is contagious and so is peace. When we carry peace and a sense of calm with us, it can decrease our anxiety level.

Read Nehemiah 4:14

Fear can fuel you for a sprint to run away from something. But fear can not fuel you for the long haul. It only exhausts you. God wants us to rest in His calming Spirit.

5. How do you take time to rest in God? What does that look like for you?

The last thing we do to continue building resilience is to stay connected. The enemy prefers to have us isolated so he can tell us lies. When we are surrounded by people, it helps us see through the lies and plant ourselves in the promises God has for us.

6. Who are some of the people that have helped you build resilience in the past? Are they still around to help you with rebuilding in the ways God is calling you?

The two quickest ways to bring a group together are a shared mission and a common enemy. We all share a mission to help people find and follow Jesus, and our enemy is Satan. When we get frustrated with one another, we need to remember we are all on the same mission together.

When we want to rebuild, it starts on the inside. Our resilience starts with relationship with Jesus. He frees us from our past sins and delivers us from guilt and shame. He allows us to rebuild with Him.

7. How has your relationship with Jesus changed as you've asked Him to help you through the stages of rebuilding?

CLOSING PRAYER

God, thank You for Your Son, Jesus. Thank You that He died for us. That He came to help us rebuild our lives from the inside out. Will You help us build our resilience to continue the rebuilding You want to do in our lives? Will You remind us of the people that surround us that want to help us in our rebuilding. Will

you remind us to rest in You so that we don't try to do everything on our own? We ask all of this in Your name. Amen.

ACTION STEP

- + Practice having a non-anxious presence this week.
- + Make a list of the people in your life that can help you as you work on your resilience. Spend some time with them to help you feel connected and that you are not alone.
- + Continue to bring Jesus back to the center of it. Ask Him to help you finish the rebuilding you have started.
- + Create some space to share your plan with a friend or group member. Ask them to pray for you and keep you accountable to the plan.
- + Come back next week and share how God is moving in your rebuilding plan.