



WONDER US

Week 4

BREAKING THE ICE

What has been the most impactful virtue we've discussed in the Wonder Us series? (humility, integrity, empathy and resiliency)

Which virtue has been the hardest to practice in your life?

MAIN CONTENT

This week Pastor Kevin continued our Wonder Us series talking about resiliency. Resiliency is an important key to having wonderful relationships. Resilience is "the ability to wisely persevere together in our God-given mission when we face external challenges and internal resistance".

1. When you think of the word resilience, what comes to mind?

When we become followers of Jesus we yearn to be more like Him. One thing we know is Jesus had resilience. He was resilient by living a life where He was persecuted, died and rose from the dead for us.

We can be more resilient and like Christ in three ways. The first way is through word and prayer. When we read God's word, pray and ask Him to renew our minds He replaces negative thinking with His truths and the Holy Spirit brings peace to us.

2. What are some specific scriptures or promises from God that give you peace and help you live a life of resilience?

The second way we can be more resilient like Christ is through relationships. God uses people in our lives to refine us, to grow us, to stretch us, to make us more like Jesus.

3. What is a relationship in your life that has stretched you? What is a relationship in your life that has helped you grow to be more like Jesus?

Whether it's our spouse, children, roommate, co-workers, neighbors or teachers; these relationships help us learn how to love, tolerate, forgive, repent, adapt, sacrifice, and grow. The people in our lives are in our lives for a purpose, to help refine us and make us more like Christ. When these relationships are challenging, it gives us the opportunity to practice resilience.

The third way we can be more like Christ and practice resilience is through external challenges. We can not avoid pain and suffering in our lives. But we can learn resilience through the painful times.

Read Romans 5:2-5

4. How have you developed resilience through circumstances in your life?

In the book of Romans, the Apostle Paul gives us the recipe on how to walk out resilience.

Read Romans 12:9-13

In this scripture verse, Paul reminds us to be devoted in our relationships and to have a "spiritual fervor" that connects us and encourages us to be dependent on God.

Devotion in our relationships looks like being joyful in hope, patient in affliction, and faithful in prayer- so relationships can withstand the difficult times. Having hope means we are looking toward the future believing in our good God to bring good things to our lives.

5. How would you describe hope for your life?

6. Who do you know that is hopeful? How has their hope given you hope for you and your circumstances?

Being patient in all of our circumstances, especially in our affliction, produces resilience. If we want God's will, it comes His way and in His timing not ours.

7. Talk about a time God moved in a difficult circumstance where you had to be patient.

Being faithful in prayer is the last and most important key to building resilience. If we aren't praying and asking God for His help, it's impossible to be patient and to find joy in our circumstances and our relationships. A faithful connection to God through prayer changes things. It changes our perspective, it allows us to put our trust in Him.

8. What does it look like to be faithful in prayer in your life?

CLOSING PRAYER

God you continually love us despite our flaws and sin. Thank-you for giving us hope, for connecting with us in prayer and for being patient with us when we continually sin. You are the ultimate example of resilience. When we get frustrated with our circumstances will you remind us that you are in control and give us the peace to trust in you. Help us build a life of resiliency that resembles your love for us. In Jesus name. Amen

ACTION STEP

- + Ask God to help you practice resiliency this week in your relationships.
- + Memorize and meditate on Romans 12:12 this week. " Be joyful in hope, patient in affliction, faithful in prayer". Ask God to renew your mind and keep you focused on Him.