

Week 1: How to Build Resilience

We will all face setbacks in life. This is something that's out of our control. But we can build resilience through the small trials, which will give us what we need when the bigger trials come.

Discussion Questions

1. What setback have you experienced lately?
2. Thinking about the change curve Clay drew, where are you in the process of navigating your setback?
3. James, the brother of Jesus, wrote in his letter: "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance." In James 1:2-3, what do you think he means by "consider"?
4. If resilience is a muscle we can build, what initial challenges do you see regarding James' idea above? Are there any benefits to this way of thinking?
5. What are some challenges you're facing right now that could serve as ways to build your resilience?
6. How could you apply the idea of resilience to your everyday life moving forward?

Moving Forward

Have you ever struggled to bounce back from a setback? From getting stuck in traffic to losing a loved one, setbacks can be hard to move on from. The rate at which we bounce back is often determined by our level of resilience, so building your resilience now is crucial because you will need it later. Take time this week to plan how you can begin to build resilience by identifying the small trials in everyday life.