

FIGHT FOR IT

HOW TO BUILD RESILIENCE

Bouncing Back

It's not a question of *if* we will face trials in life, but rather a question of *when*. The key to succeeding in the midst of disruption lies in our ability to bounce back from adversity. But of course resilience isn't something we're born with; it's something we have to fight for by using our experiences with hardship to help others.

Start Talking

Do you like surprises? Or do you find them unpleasant?

Have you ever let a waiter select your dish for you at a restaurant? How did it go? Was surrendering control worth it in this instance?

Talk about a time you experienced the unexpected (surprise party, change of plans on the fly, an unexpected opportunity)? What happened? How did you feel about it in the moment? How do you feel about it now?

Looking Back

Did you experience any forms of rejection over the past week? How did your 'resilience muscles' hold up?

During tough circumstances, were you able to be honest with God about your feelings? Offer yourself kindness, rather than condemnation?

What About You?

1. What's your first response to a term like, 'adversity'? Do you mentally frame it as something to avoid at all costs? Or an inevitable opportunity for growth?



2. Have problems in your life ever produced benefits in your character? Improved your circumstances in the long run? How, or why not?
3. After bad things happen to you, do you find it easy or difficult to talk about your emotions and experiences with others?
4. What about other people experiencing grief or pain: Do you tend to assume they need community, or want to be left alone?
5. Facebook COO Sheryl Sandberg writes that as counterintuitive as it may seem, she has come to see the unexpected loss of her husband as a gift to herself and others. What do you think she means by this? How do you respond to the idea of traumatic loss as a gift to you and to others?

Look It Up

Read the Following Passage: 2 Corinthians 1:1-7

6. According to the Apostle Paul, what are we supposed to do with the comfort we receive from God during our suffering?
7. Does Paul believe that suffering is merely possible, or pretty much inevitable?
8. Why does Paul think we experience distress? What purposes might it have?
9. Why do you think that the writer here takes such care to use language of certainty, assuring his readers that they will make it through their trials?
10. Why is it that people seldom bounce back from hardship on their own? What are the benefits of community?

Putting It All Together

11. If we know that we are unlikely to be able to bounce back alone, then what responsibilities do we have to *those around us* who may be suffering?
12. What circumstances or events from your past have made you a more resilient person? How can you leverage those experiences to benefit the people around you going through similar difficulties?
13. Think about your circle of friends, neighbors, and co-workers. Can you think of anyone going through a tough time right now who would appreciate your presence?
14. How will you be there for them in the coming weeks? Where can you offer them encouragement? What steps can you take to determine how to best help?
15. When bad things happen in the months to come, do you have a plan to bounce back?
16. What truths can you use to remind yourself that you are not in control of everything, hardship is never permanent, and that there are still things to be grateful for?
17. How will you practice gratitude— despite imperfect circumstances— on a daily basis this week?

