

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. And the truth is, the process of building resilience comes from navigating trials and leveraging those difficult experiences to help others, especially those who are currently working through seasons of life we've already completed.

Start Talking

What was the last thing that made you feel old? What was the last thing that made you feel young?

If you had to pick a ridiculous pop song lyric to describe how life felt to you as a kid, what would you pick? What lyric would you pick to describe how life feels right now?

Looking Back

Did you spend any time reflecting on your past struggles this week? Did you identify any ways you could leverage those experiences to benefit others?

Were you able to practice gratitude in the midst of any imperfect situations this past week?

What About You?

1. What were the defining cultural events of your childhood? To what extent were you aware (or unaware) of them at the time? In hindsight, how do you think they impacted both the world you lived in, and your experience of it?



2. Do you find it more comforting to believe that you are in control of your life experience and outcomes, or that these things are beyond your control. Why?
3. Would your friends and family say that you try to protect yourself from difficulties by avoiding obstacles? Or that you deal with difficult circumstances by preparing for them?
4. Is “owning your agency” and believing in your own ability to transform your circumstances the same thing as believing that your life story is exclusively a product of your own individual effort? Why or why not?
5. Do you find it easy or difficult to think of yourself as a potential mentor to younger people around you?
6. Did anybody in your life take time to intentionally help you build resilience? Describe that experience.

Look It Up

Read the Following Passage: Romans 12:2

7. What do you think Paul is referring to in the phrase, “the pattern of this world?” How would you describe those patterns, as you’ve observed them?
8. How do you think a “renewed mind” contrasts with the patterns of the world?
9. If we put ourselves in the mindset of early Jesus-followers (like the Apostle Paul) who experienced tragic persecution, we’re forced to admit that in some cases our outward circumstances may literally be out of our control. So what does it then mean in *these* circumstances maintain what Dr. Tim Elmore calls, “an internal locus of control?”

Putting It All Together

10. Who in your life could benefit from your learned resilience?
11. What tangible steps can you take this week become an encourager of resilience in those around you navigating earlier stages of life?
12. What scriptures, truths, or pieces of wisdom can you verbalize out loud to yourself and your loved ones in the coming weeks to avoid slipping into problematic personal narratives?
13. How can you take greater ownership of the outcomes in your relationship(s) this week? What steps could you take to become a more responsible curator of your circumstances at work?
14. If you find yourself responsible for children, employees, or teammates, how can you encourage them to take ownership of their lives this week?

