



Fight for It, week 3: Resilience

James 1:1-4

1. What examples (people, circumstances, illustrations) of resilience can you think of?
2. How resilient do you think you are? What are some “disruptions” in your life that have required you to be resilient?
3. What are some of the things that make it particularly difficult for you to get back up when you’ve been knocked down?
4. What are the biggest things you feel like you’re fighting for currently?
5. How can this group help you bounce back this week?