



**Life Group Discussion Guide**  
**Building a Foundation for Resilience**  
**2 Corinthians 4:13-18**  
Brian Stark – January 28, 2024

Main thought: Build Resilience Before it's Required.

Notes

The Probability of troubles – 2 Corinthians 4:13, Psalms 116:10

The Preparation for troubles – 2 Corinthians 4:13-14, Matthew 7:24-27

The Provision in troubles – 2 Corinthians 4:15-17

Our Perspective in troubles – 2 Corinthians 4:18

Ice-Breaker

- Share a story of something breaking at an inopportune time.

Digging In

Read 2 Corinthians 4:13-18, and discuss the following questions.

- What does 2 Corinthians 4:13 and Psalm 116 tell us about the reality of troubles? Why is this important?
- In what ways can our belief in the resurrection and being raised with Jesus impact our daily lives?
- How does our resilience in troubles extend grace to more people?
- How can we actively participate in extending grace to others in our daily lives?
- Reflect on the concept of the outer self wasting away, while the inner self is being renewed. How can we experience this renewal in our lives?
- What practices or habits contribute to the daily renewal of our inner selves?
- How does the idea of light momentary affliction preparing for eternal glory provide a perspective on life's challenges?
- In what ways can we shift our focus from the transient things that are seen to the eternal things that are unseen?



Building a foundation for resilience.

- Remembering God's faithfulness
- Reflecting on His character
- Reading His Word
- Requesting His help

Which building block above do you find most difficult? Which one can you work on this week?

#### Application

1. The first step to building resilience is to receive Jesus' gift of salvation, have you?
2. In your troubles, what is your perspective, where is your focus?
3. What steps do you need to take to **Build Resilience Before it's Required?**

#### Praying as a group

- How can we be praying for each other this week?