

Lost in Translation (Week 3)

March 1st, 2026

“Building Resilience: Running the Race Marked Out for Us”

Lost in translation (**RESILIENCE**)

- A characteristic that has been lost
- Our comfort has become not only a desire but an expectation
- Parents want to protect their kids from anything that could harm them
- Eliminate anything that causes discomfort
- Safe zones

Definition of resilience:

- Able to withstand adversities that come our way
- Ability to withstand and to adapt well in the face of adversity, tragedy, and significant sources of stress.

Hebrews 11:33–40 (NIV84) ³³ *who through faith conquered kingdoms, administered justice, and gained what was promised; who shut the mouths of lions, ³⁴ quenched the fury of the flames, and escaped the edge of the sword; whose weakness was turned to strength; and who became powerful in battle and routed foreign armies. ³⁵ Women received back their dead, raised to life again. **There were others** who were tortured, refusing to be released so that they might gain an even better resurrection. ³⁶ Some faced jeers and flogging, and even chains and imprisonment. ³⁷ They were put to death by stoning; they were sawed in two; they were killed by the sword. They went about in sheepskins and goatskins, destitute, persecuted and mistreated— ³⁸ the world was not worthy of them. They wandered in deserts and mountains, living in caves and in holes in the ground. ³⁹ These were all commended for their faith, yet none of them received what had been promised, ⁴⁰ since God had planned something better for us so that only together with us would they be made perfect.*

1. Why do Christians need to be resilient? – The world we are born into!

- A. Why is there a war? Because of a broken world.
- B. Doing the right thing is going against the stream in many cases.
 - We will not always win—even those who won had to get back up—without resilience there is no winning.
- C. Discipleship requires is to learn to deal with adversity—**RESILIENCE**.
- D. We must learn how to Stand firm, Be Resilient, Persevere (*synonyms*).
- E. Following, being changed by, and committed to the mission of Christ puts us facing the wrong direction from the world’s perspective.

Romans 1:18–25 (NIV84), John 15:18-21 (NIV84), 2 Timothy 3:12 (NIV84), Ephesians 6:12 (NIV84)

2. There is a race marked out for you that requires perseverance/resilience.

- Perseverance in the right direction.
- Resilience to get back up when we fall.
- A victory at the end.
- Learning to be resilient while in training so that we can be resilient in the war.
- The race takes us through the discipline of the Lord.
- God thinks we need to be pruned (**John 15 NIV**).
- We need to die to our flesh and to the world system/culture which is controlled by the devil.

Hebrews 12:1-5, Matthew 24:9–14 (NIV84), Ephesians 2:8–10 (NIV84), Proverbs 24:15–17 (NIV84)

3. Where does perseverance – resilience come from?

- A. The joy set before Jesus was the final outcome of His suffering – victory is assured –His resurrection accomplishes what He set out to accomplish (**John 16:33 (NIV)**).
- B. Remembering others have gone through this and continued on (see **Hebrews 11**—Hall of Faith)

- C. Remembering that God sees you personally and has a plan for you. He is with you. He sees you.
 - When hard things happen, it does not mean God doesn't see you or care about you or is mad at you (**Proverbs 3:11–12 (NIV)**)
- D. Resilience comes from abiding in Christ with other Christians (**Galatians 6:2 ; Hebrews 3:12–13; James 5:16 (NIV)**).

So many want the finish line but are not running the racetrack that gets you there. Why? **Because they do not listen to the Lord about the lifestyle it takes to get to the finish line.**

FOR SMALL GROUP DISCUSSION:

Opening Question: When it comes to “*truth*,” which do you find harder: Admitting you were wrong about something you were sure of, or telling someone you care about a hard truth they may not want to hear? Why?

Head Questions: How you think about trials and resilience

- When you look at **Hebrews 11–12**, how does the Bible’s picture of the Christian life (*war, trials, endurance, discipline*) challenge the way our culture thinks about comfort, ease, and “*happiness*”?
- What incorrect expectations about following Jesus (e.g., “*life will get easier*,” “*God’s job is to keep me comfortable*”) do you see in yourself, and how does this passage renew your mind?

Heart Questions: What you love, desire, and fear

- **Hebrews 12:2** says Jesus endured the cross “*for the joy set before him*.” What “*joy set before you*” keeps your heart from quitting when life gets painful or disappointing?
- Where do you notice your heart wanting to avoid discomfort more than it wants to obey Jesus, and what might repentance look like in that area?

Hands Questions: Your identity and deep security in Christ

- The sermon emphasized that in trials we are God’s kids, and that His discipline proves we belong to Him. When you’re struggling, what story does your soul most naturally believe: “*God is punishing/rejecting me*,” or “*God is training and shaping me as His child*”?
- How would your inner life (*anxiety, shame, fear, or confidence*) look different this week if you truly rested in your identity as a beloved son/daughter who is being trained, not tossed aside?

Feet Questions: Practicing resilience and perseverance

- Where in your current “*race*” (*marriage, parenting, singleness, work, purity, addiction, ministry, relationships*, etc.) do you most need resilience right now?
- What is one concrete step of perseverance you can take this week (*a hard conversation, a habit to keep, a temptation to resist, a practice to restart*) that says, “*I’m getting back up and fixing my eyes on Jesus*”?

Community Questions: Living it out together

- **Hebrews 3:12–13** and **10:25** call us to daily encouragement and not to forsake gathering. Very practically, what does it look like for this group to help each other be resilient (*not just “attend a meeting,” but actively keep one another from drifting or quitting*)?
- Identify one person in this group you can intentionally encourage this week: what specific word, prayer, or act of support can you offer to help them “*get back up*” and keep running their race?

Sermon Series Resources:

