

# Week 1: How To Build Resilience

In life we will face set backs, it is out of our control. Choosing to face the small trials of life and build resilience will give you what you need when the bigger trials come.

## Discussion Questions

1. What set back have you experienced lately?
2. Thinking about the change curve Clay drew, where are you at in the process of your set back?
3. James, the brother of Jesus, wrote in his letter “Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.”  
James 1:2-3 what do you think he means by “Consider?”
4. If resilience is a muscle that we can build, what initial pushback or challenges do you see with this idea? Do you see any benefit from this principle?
5. What are some common challenges you are facing right now that could serve as ways to build you resilience?
6. How can you apply the idea of resilience to your everyday life moving forward?

## Moving Forward

Have you ever struggled to bounce back from a set back? Whether the set back was as small as getting stuck in traffic to losing a loved one every set back has its challenges to bouncing back. The rate in which we bounce back is often determined by our level of resilience, so building your resilience up now is key when needing it later. Take time this week to plan out how you can begin to take on building resilience by identifying the small trials in everyday life.