

FIGHT FOR IT

HOW TO BUILD RESILIENCE

Week 3: Your Struggle Can Be Your Superpower

(An interview with Sheryl Sandberg)

Being connected is not enough. When we respond to adversity in our lives by showing up for each other, we turn connection into community. In our greatest adversities, when we receive the gift of being comforted by God, so that we then may comfort others.

Discussion Questions

1. You can't bounce back alone.

Facebook realized that connection was not enough...it's what we do with it that makes a difference. As you are connecting each week, what can you do to turn your connection into community?

2. Others can't bounce back without you.

As Sheryl said, *"We are better when we are not alone."*

What adversities in your life do you need your group to show up for? Be specific. How can they show up for you? Who do you need to show up for?

3. Somebody needs your struggle.

Post Traumatic Growth occurs when we find greater meaning in our suffering.

"Suffering ceases to be suffering as soon as it finds a meaning." - Viktor Frankl

What part of your story could be comforting to others?

4. Your suffering can be your superpower.

Do you believe in that loss is a gift?

Read 2 Corinthians 1:3-7

Where in your life do you need to receive the comfort of God?

Is there anyone in your life God is inviting you to comfort?

Moving Forward

Let's move from connection to community by showing up for someone this week. It can be hard to talk about pain and suffering, but if you choose to share, before long you may realize that your struggle can be your superpower.