

# FIGHT FOR IT

HOW TO BUILD RESILIENCE

## Week 4: Building Resilience in the Next Generation

*(An interview with Tim Elmore, President and Founder of Growing Leaders)*

Resilience has changed throughout the generations and as a culture we are trending toward. The trend for parents is to protect rather than prepare the next generation for adulthood. Our greatest opportunity for leading the next generation is to model and build resiliency muscles.

### Discussion Questions

1. In what generation did you grow up? If you're on the borderline of two different generations, which one do you most associate with and why?
  - Builders: 1929–1945    • Boomers: 1946–1964    • Busters (Gen X): 1965–1982
  - Millennial: 1983–2000    • Homelanders: 2001–2018
1. How do you feel your generation has prepared you in terms of being resilient?
2. Do you remember a time in your life when you had a lot of change and your resilience was tested? What did you learn from that period?
3. We are much more likely to be emotionally and physically healthy when we take a locus (position) of control. In other words, we should do what we can to take control of our lives versus feeling like we are at the mercy of others. How would you currently view your locus of control? Do you feel like *you* are more responsible for your current state, or are other people? Explain.
4. In **Romans 12:2**, the apostle Paul writes, “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” Can something in this passage help transition you from a thermometer (simply reading and going along with the temperature) to a thermostat (setting the temperature)?
5. In the interview, Dr. Elmore gave three ways we can help the next generation build resilience:
  - Affirm Scripture out loud.
  - Help them see progress.
  - Give them ownership.

Who is one person in the next generation that you have the potential to influence? Which one of these applications would be their next step?

6. What is something unique about your life experience that can be used to help influence the next generation?

### Moving Forward

Leading the next generation begins with the transformation of the leader. As adults, we have opportunities to examine our own narratives that affect our relationships and leadership. Examine your locus of control narrative this week and choose a Scripture to affirm the truth about what God says about you.