



MESSAGE NOTES

ROAD TRIP - PT 6

"The Road to Resiliency"

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Resiliency: The ability to face adversity and keep going; to recover in the face of difficulties; to persevere.

2 Corinthians 4:7-10 (ESV)

1. Resiliency begins with being honest about pain and struggles.
2 Corinthians 4:7 (ESV)
2. Our weaknesses are an opportunity to see God's strength on display.
2 Corinthians 4:7 (ESV)
3. Resiliency is for the "we" and not just me.
2 Corinthians 4:11-15
4. The resurrection is the ultimate act of resiliency.
2 Corinthians 4:14, 18; 1 Corinthians 15:51-55

**All scriptures are from the NLT translation unless otherwise noted.*

Small Group Outline & Discussion Questions

Celebrate and Care:

Have each person share a high and low from this past week.

Big Idea:

Resilience begins with being honest about our pain and struggles. When we let God embrace us in the midst of our struggles, we offer a needed alternative to the needy world around us.

Open Up:

Share an example of resiliency from your own life or one you have observed.

Discuss:

Choose one or two questions for your group to discuss as time allows.

- ▶ What does resiliency demonstrate to the world around us?
- ▶ On a scale of 1-10, how honest are you about your pain and struggles? What would it take to raise that number?
- ▶ Is a believer's attitude supposed to be joyful all the time? Why or why not?
- ▶ Lindsey said, "Pain is our greatest apologetic." What should we be praying for in the midst of suffering? Read 2 Corinthians 4:11-15.
- ▶ What is your natural response in a "I can barely hold on moment"? How do you shift to a godly response as an offer for the world to see the one that holds you?

Engage:

Spend 1-2 minutes in silence with these questions then share your thoughts.

Read 2 Corinthians 4:7-10. Think about an area in your life where you are an example to others of how he holds you in the midst of life's stuff.

What's the stuff and who are the people?

Close together in prayer.

Pray for the people who are watching your life's message.

Fill in the blank key: pain, struggles; weaknesses, strengths; we, me; resurrection