



Rolling with the Punches

August 6, 2023

Resilience means being able to withstand or bounce back from difficult situations. Do you find it difficult to bounce back from things like conflict, bad relationships, or other difficult experiences? Does it ever seem like you're trying to hide under a desk to avoid a nuclear bomb?

Read Matthew 5:38-44 and Proverbs 19:11

What's the first reaction you have when someone insults you? What can you do to help these situations not ruin your day? How role does resilience play in "rolling with the punches"?

Read 1 Peter 2:20

Even when we think others can't see how we react, God can see. Does this make it easier to avoid retaliating? Why or why not?

You may not be to blame for what happens to you, but you are 100% responsible for your healing and the treatment of others. How does this truth affect the way you handle difficulty? Does knowing this change how you treat others in your life?

Read 1 Peter 1:6-7

How does understanding Ted's phrase, "the mess you're in is going to be your message" affect your resilience? Do you look for opportunities to grow in the midst of your struggles?

Read Romans 5:3-4

Resilient people are wise. Share about a time in your life when you did not want to get back up after you were knocked down? What happened when you decided to stand back up?

Read Hebrews 12:1-4

How does knowing how Jesus suffered help us become more resilient? Is there something in your life that is holding you back from being the resilient Christian that God intended you to be? Take time to pray for yourself and others this week as we all learn how to "roll with the punches" in resilience.