

# SESSION 4

## RESILIENT WALKING

### GET STARTED

- What is something you have learned from someone younger than you? What is something you have learned from someone older than you?

### TAKE IT IN

- Watch Session 4: Resilient Walking at [mynorthside.com/resilent](http://mynorthside.com/resilent). **What encouraged or challenged you from the video this week?**
- **What did you learn and/or how was your experience with the biblical worldview spiritual exercise?**

### TALK IT OVER

- Self-assessing spiritual maturity can be easier said than done, because it is not age dependent. It is possible for people both older and younger to be spiritually mature or immature. It is possible to be spiritually mature in one area and immature in another. Using stages of life can be helpful in determining where we are spiritually. **Take some time to ask yourself where you are when it comes to spiritual maturity? Would you describe yourself as a spiritual infant, toddler, adolescent, teenager, young adult, or adult? Why did you choose this stage of spiritual maturity?** If you are comfortable, share this with your group.

### Read 1 Peter 5:5

- This verse teaches us the importance of humility when it comes to learning about godly things from others. It even goes as far as to say that, “God opposes the proud but shows favor to the humble.” **How can pride get in the way of learning, and why do you think God would favor the humble?**

### Read Job 8:8-10

- Asking is a very important aspect of spiritually learning. Verse 8 offers wisdom reminding us to ask the former generation and find out what their ancestors learned. **Have you ever asked anyone to build into you spiritually? If not, what might be stopping you from doing so?**

### Read Acts 16:1-5 & 2 Timothy 1:2-5

- Timothy’s faith had a lot to do with what he learned from his mother and grandmother. Some of us have come from generations of faithful believers in our families, while others didn’t have the blessing of strong Christians in their family. **If you have a strong Christian lineage, how has that played out in your life? If you do not, how and where do you learn your Christian values from? Whether you are several generations in or are a first generation follower of Jesus, how do you want to continue passing on your faith to the next generation?**



- Beyond his family, Timothy was also mentored and disciplined by Paul who refers to him as a son. **Who has mentored you in your faith? How has being encouraged or disciplined by this person(s) developed and prepared you to flourish as a follower of Jesus?**

### Read 2 Timothy 1:6-8; 13-18

- Can you hear the encouragement and identity Paul is trying to instill into Timothy: use your gifts, don't be timid, don't be ashamed, keep sound teaching, guard the Gospel, and the Holy Spirit is with you. **How does learning from and investing in those who are older and younger in faith help you develop a more resilient faith? How can we make our group an intentional place where we can encourage one another in faith?**
- In v. 15, Paul laments that so many in the province of Asia had deserted him. But he is encouraged when Onesiphorus seeks him out in prison to refresh him. **What can we learn from the example of Onesiphorus in these few verses? Think about the people God has placed in your life. Practically, how can you be an encourager to those both younger or older in faith?**

### LIVE IT OUT

2 Timothy 2:2 says, “*And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others.*” This verse calls us to leave a legacy of faith from one generation to the next. Everyone needs a mentor (someone further along in the faith), an associate (someone at a similar stage in faith), and an apprentice (someone to whom we can pass on faith). With that in mind, who are you allowing to mentor you? Who are you co-laboring with? Who are you pouring into spiritually? Prayerfully ponder how you can intentionally surround yourself with these people in your life.

**Individual Training:** Resilient disciples seek to learn and develop intergenerational relationships. This week, your training is to connect with someone by having an intentional faith conversation. (pg. 5). This exercise will guide you through how to invite someone into the conversation and what to ask when you connect. Review this exercise as a group, share your plans to complete it, encourage one another throughout the week, and come ready to discuss what you are learning at the next group session.

**Memorize:** “*For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. So never be ashamed to tell others about our Lord.*” **2 Timothy 1:7-8a (NLT)**



# SPIRITUAL EXERCISE

## INTENTIONAL FAITH CONVERSATION

**THIS WEEK'S TRAINING GOAL:** Meet With Someone To Have A Faith Conversation

### INTRODUCTION

In Colossians 1:28 Paul writes, *“He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ.”* In this passage, there is a call for followers of Jesus to mutually build one another up into spiritual maturity. Resilient disciples seek to learn and develop intergenerational relationships. They learn from those who have gone before and invest into the next generation of faith. Both create moments to grow as a disciple of Jesus. This week, your training is to connect with someone by having an intentional faith conversation. This person could be a more mature follower of Jesus or at a different place in their faith journey. Your goal is to learn from and encourage one another.

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### SET UP THE CONVERSATION

Prayerfully think through the people you know, and maybe some you don't. Whose faith encourages or inspires you? What is it about their relationship with God that is worth imitating? Pick someone from your list, and invite them to the conversation. It could be a phone call, Zoom meeting, coffee, or a meal. Through this invite, let them know why you are reaching out and how their faith has encouraged you. Ask them if they would be open to connecting and answering a few questions about their faith journey. Along the way, share how you want to learn from them with the hope to continue growing in your faith. Finally, set up the conversation and send them the questions ahead of time.

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### QUESTIONS TO ASK

Below are several potential questions to ask during your conversation. You probably won't get through all the questions, and it may help to select only a few to focus the discussion on. Remember, the intent is to learn and grow alongside each other. Be ready to share your answers as well. If you run out of time, you can always continue the conversation at another meeting.

- **How did you first encounter Jesus and come to believe in Him? How has your faith journey changed and grown over the years?**



- What are some significant challenges you've faced in your faith journey, and how did you overcome them?
  - What spiritual disciplines or habits have been the most meaningful and impactful to growing your relationship with God?
  - What has God been teaching or revealing to you lately? What is one area you are wanting to deepen in your relationship with God?
  - Are there any particular Bible passages or stories that have been especially meaningful or transformative for you?
  - How do you discern God's will or direction in your life, especially during challenging times?
  - How has your faith influenced the way you serve and love others?
  - Who has been an influential mentor or role model in your spiritual life, and what did you learn from them?
  - How do you maintain a healthy balance between faith, work, family, and other commitments?
  - If you could offer a piece of advice to someone younger in their faith journey, what would it be?
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## WHERE DO WE GO FROM HERE?

God wants to use people both younger and older in faith to help us develop as disciples of Jesus. Hebrews 10:24 says, "And let us consider how we may spur one another on toward love and good deeds." The truth of that passage is that sometimes we need to spur and other times we need to be spurred. Moving forward, do you need to seek out a group of people or a mentor that will help you mature in Christ? Or, do you need to seek out a group of people or a mentee that you can help mature in Christ? These types of intentional relationships will help us develop into resilient disciples.



# FAMILY CONVERSATIONS

These Family Conversations are designed to help you create moments to talk about God and faith in your family. We want to encourage you to carve out a moment each week to read and discuss each Family Conversation. This could be over the dinner table, before bedtime, or whenever works best for your family. In each Family Conversation, you will find 4 parts.

1. **Scripture:** Read the passage out loud, or encourage a family member to read.
2. **Devotion:** Read this to your family.
3. **Conversation:** Pick and choose what questions are best for your family to discuss.
4. **Prayer:** Pray for your family, or encourage a family member to pray.

**Just as a heads-up, things probably won't go as planned with your Family Conversations.** Your family may interrupt, someone probably won't pay attention, and there may not be any grand spiritual moments. What matters most is that you are seeking God as a family. Faith in your family is more often caught than taught. Your family will most likely forget these devotions, but they will remember the intentionality and time together. That will set the stage for you to model faith and continue building a spiritual legacy in your family.

## FAMILY CONVERSATION: SESSION 4 RESILIENT WALKING

### Scripture:

*"You then, my son, be strong in the grace that is in Christ Jesus. And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others."* **2 Timothy 2:2**



**Devotion:**

Have you ever learned a new skill from someone older than you? Maybe you had a grandparent who taught you a new hobby, an older sibling who taught you a new game, or a parent who taught you how to drive. It is natural in our relationships to pass down things we have learned to those younger than us. That's what Paul did with Timothy! Paul taught Timothy about Jesus and how to live for Him. Then he encouraged and empowered Timothy to teach others, too! This is called discipleship (learning from someone and then helping others learn too). A discipleship relationship includes the following:

**Teaching and Mentoring:** Just like how your grandparents might teach you how to bake cookies or tell you stories, older Christians can share their wisdom about God with you. They can help you understand the Bible and pray with you.

**Encouragement and Strengthening:** When Paul told Timothy to be strong, he was encouraging him. We all need people who cheer us on and help us stay strong in our faith, especially when things get tough.

**Empowering and Releasing:** Paul wanted Timothy to teach others, too. When we learn about Jesus. We can share what we know with our friends, and even teach them new things about God.

No matter where you are at in your journey of following Jesus, you will always have someone older to look to for guidance and someone younger who may be looking to you to help them follow God!

**Conversation:**

- Who is someone older than you who has helped you learn about Jesus? What did they teach you?
- How can we as a family be more intentional with how we teach, encourage, and empower one another in our relationship with Jesus?
- Think about your relationships. Is there someone younger than you that you can be intentional with in teaching them about Jesus? (don't forget, your teaching doesn't always have to be with words). There are younger eyes that can learn from you just by watching how you live!
- Think about setting aside an evening where you can invite family or friends over for dinner who have been following Jesus longer than you. Ask them about their relationship with Jesus, and what they've experienced following Him. Ask them to share some wisdom/advice that can serve as an encouragement to your family.

**Prayer:**

Together as a family, thank God for the example of Paul and Timothy and for the gift of discipleship. Ask for God's help as you look to build meaningful relationships with followers of Jesus older than you and are intentional in teaching those younger than you.