

SESSION 5

RESILIENT TAKING

GET STARTED

- Have you ever had to give somebody news they didn't want to hear (bad report, critique, something stuck in their teeth, etc...)? How did you prepare to give someone this news? Did you pray first? Did you do some research to give that person alternatives? How was that news received? Share your story with your group.

TAKE IT IN

- Watch Session 5: Resilient Taking at mynorthside.com/resilient. What encouraged or challenged you from the video this week?
- What did you learn and/or how was your experience with the intentional faith conversation spiritual exercise?

TALK IT OVER

- Sharing the message of Christ isn't just the purpose of a church, it is the purpose of all believers. With that in mind, do you feel equipped to share the message of Christ (Gospel) with people who don't know Him? Explain?

Read 2 Timothy 4:1-5

- Verse 1 tells us that God will judge the living and the dead, meaning the eternities of people hang in the balance. But, it also reminds us that we are not alone and God is with us. How often do you think about the significance of the Gospel message we've received? Does the fact that God will judge us put any pressure on you or change the way you feel about sharing your faith with others?
- Paul writes in verse 2 with a challenge to be prepared to tell people about Jesus both "in season and out of season". What does "in season" and "out of season" mean in this context (if needed use other Bible translations for more insight)?
- Whether we feel like it or not, Paul encourages us to be ready. Have you ever been caught unprepared to speak about God and His Word? How did that interaction go? What do you need to do to be better prepared to share your faith?
- Verse 2 says that we are to correct, rebuke, and encourage with patience and careful instruction. How would you describe your comfort level with this verse? As a group, how can we help each other grow in the ability to correct, rebuke, and encourage others? Why do we need patience as we do these things?



- Verse 3 says that a time is coming when people will not put up with sound doctrine and they will look for teachers who will tell them whatever they want to hear. **In what ways does this describe the current culture we are living in? Share some examples. Why are we prone to surround ourselves with people who tell us what we want to hear over those who speak truth in our lives?**
- Verse 4 says that a time is coming when people will turn away from truth and turn towards false beliefs. **What is the relationship between failing to listen to Truth and seeking out false beliefs?**
- Faith often involves believing in things we can't see, and many people struggle with believing in an unseen God. At the same time, with the rise of technology, just about anything can be created making it hard to believe what actually can be seen. **Has the rise of technology made it easier or harder to share the truth of the Gospel? How can you help yourself and others stay tied to what is true?**
- Verse 5 encourages us to endure and work at sharing the gospel with others. A recent article posted on air1.com entitled *How Do I Overcome the Fear of Witnessing?*¹³ lists five steps to help overcome the fear of sharing your faith: begin with prayer, before sharing the Gospel take an interest in the person, remind the person how much God loves them, talk about how sin has separated you from a holy God, and invite the person to repent of their sin. **What fears do you have when it comes to sharing your faith with others? Do any or all of these steps help you feel differently or give you more comfort? As a group, offer each other encouragement and ideas to help overcome any fear of sharing your faith.**

LIVE IT OUT

Anytime is a good time to share the love of Jesus. The big question is are you prepared to share the message of Jesus with others. This week's individual training will help you do just that. In the meantime, take a moment to think about who you can be intentional about sharing your faith with. Write down their names, and begin praying for them. If the opportunity arises, share Jesus with them!

Individual Training: Resilient disciples are prepared in season and out. This week, your training will focus on writing your faith story to help you be better prepared to share the hope you have in Jesus (pg 4). This exercise will guide you through reflecting over your story, and how it has been impacted by the Gospel. 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 I am not ashamed of this Good news about Christ. It is the power of God at work, saving everyone who believes..."* **Romans 1:16 (NLT)**

¹³ <https://www.air1.com/resources/faith/how-do-i-overcome-the-fear-of-witnessing-5490>



SPIRITUAL EXERCISE

YOUR FAITH STORY

THIS WEEK'S TRAINING GOAL: Write Your Faith Story

INTRODUCTION

Sharing your personal story of how you meet Jesus, received the gift of salvation, and have been reconciled to God is a spiritual habit that Christians can always grow in. This exercise focuses on writing your faith story to help you be better prepared to share the hope you have in Jesus. This week, follow the writing prompts (life before meeting Jesus, meeting Jesus, and life after meeting Jesus) to create a draft of your faith story. These prompts will give you some direction and questions to help view your story through the Gospel. It's important to note, that this isn't writing a whole life story, rather the primary elements of your faith journey that would relate to others. After working through the prompts, you may want to refine or simplify your story. The goal is to become more confident in your story so that you can share it in around 3 minutes if an opportunity arises. As you work through this exercise, we recommend using a journal, tablet, or computer to compose your story.

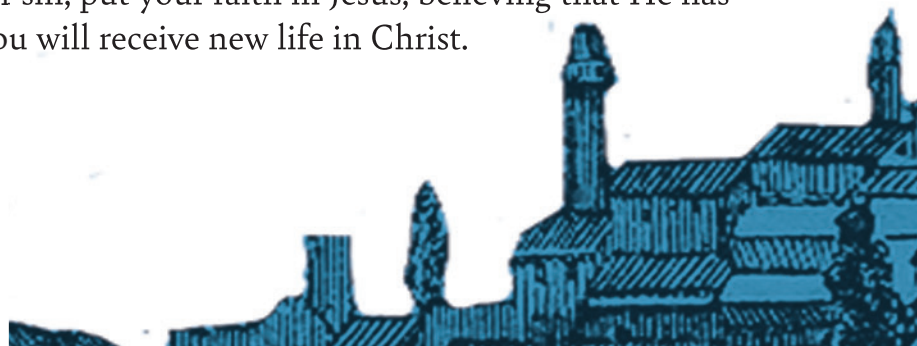
LIFE BEFORE MEETING JESUS

THE GOSPEL: God created the world and everything in it and made people to be in a perfect relationship with Him. When Adam and Eve were deceived and disobeyed God in the Garden of Eden, the perfect relationship between God and His people was broken. The result was sin and separation from God.

- **Your Turn:** Begin by talking about what your life was like before God got your attention and made your faith personal. See Paul's example in Acts 22:3-5.
 - **Guiding Questions:**
 - What were you invested in that continued to leave you feeling empty?
 - What were your emotions in your day-to-day life?
 - What did you feel was lacking in your life?
 - Where were you spiritually?
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MEETING JESUS

THE GOSPEL: God loved us so much that He sent His only Son, Jesus, to die for our sins so that our relationship with God could be restored. Jesus came to earth, lived a sinless life, and died on a cross as punishment for our sins. This grace and forgiveness is offered to everyone as a free gift, and we can't do anything to earn it. When you repent of your sin, put your faith in Jesus, believing that He has done everything sufficient for your salvation, you will receive new life in Christ.



- **Your Turn:** Describe the moment when God got a hold of you and your relationship with Jesus became real and personal. See Paul's example in Acts 22:6-13.
 - **Guiding Questions:**
 - When/how did you finally understand you were separated from God?
 - What made you realize you needed God in your life?
 - How did you actually invite Jesus into your life?
 - Was anyone else prominently involved in you becoming a Christian?
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LIFE AFTER MEETING JESUS

THE GOSPEL: After receiving salvation, Jesus calls us to obedience. You've been made new and live with the Holy Spirit's power guiding you toward growth in Christlikeness. One way the Bible teaches us to obey is by being baptized after making the decision to follow Jesus.

- **Your Turn:** Share how your life is different since you started your relationship with Jesus. See Paul's example in Acts 22:14-16.
 - **Guiding Questions:**
 - How has Jesus changed your character, the way you view the world, and how you relate to other people?
 - How has His forgiveness influenced you?
 - How have your thoughts, attitudes, and emotions changed?
 - What has changed in your relationships with others?
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WHERE DO WE GO FROM HERE?

1 Peter 3:15 says, *"But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect."* As mentioned earlier, the goal is to be able to share your story in around 3 minutes. This short time frame helps you cover the life changing moments, and leaves the door open if someone would like to continue the conversation. If you haven't done so, refine your story and practice sharing it with a timer. Once you feel confident, pursue these next steps. Practice sharing your faith story with a friend, spouse, family member, or in your Life Group. Begin praying for an opportunity to share your faith story with someone that may not know Jesus. If the opportunity arises in your life, be bold in your obedience, trust the Holy Spirit, and share your story.



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 3 RESILIENT TAKING

Scripture:

“Preach the word; be prepared in season and out of season; correct, rebuke and encourage—with great patience and careful instruction.” **2 Timothy 4:2**

Devotion:

Can you remember a time when you had to give someone some news they hadn't heard before? Maybe it was something you knew they would be excited to hear, like telling your best friend they were invited to your birthday party! Or, maybe you have had some moments sharing news where you weren't sure how the other person was going to respond, like having to tell your parents you did poorly on an assignment. We have been given a great task of telling other people about Jesus, when they are excited to hear it or even when they don't seem to care.



Paul's instruction to Timothy in this passage serves as a powerful reminder of our responsibility as believers. Jesus wants you, yes you, to tell other people about Him! Sometimes it will be easy and sometimes it will be difficult, but Paul encourages Timothy to be ready all times. Let's explore what that means for us as a family and how we can take the Gospel to the world.

Preach the Word: Preaching isn't just for pastors or missionaries. It's for all of us! Whether through our words or our actions, we have the opportunity to share the love and truth of Jesus with those around us.

Be Prepared In Season and Out of Season: We need to be ready to share God's message with the world, no matter what. This means knowing the Bible and being ready to talk about it anytime.

Correct, Rebuke and Encourage: Sometimes sharing God's message means helping others understand what is right and what is wrong, but always in a way that is loving and kind.

Great Patience and Careful Instruction: It is important to be patient and explain things clearly when we talk about God. People might not always understand right away, and that's ok. Our job is to share God's message and trust Him with the rest.

Conversation:

- Can you remember a time when someone helped you understand something about God? What did they help you understand?
- Have you ever told someone about Jesus and how much God loves them? Tell us about that moment. How did they respond? Did they respond in a way you expected?
- How can we as a family help prepare one another to be able to share Jesus at any time?
- If there are children in your family who have made the decision to follow Jesus, have them write out their faith story in their own words. Look back at the prompts from this week's exercise for some insights or even read them your faith story.

Prayer:

Together, as a family, thank God for entrusting us to tell others about the saving message of Jesus. Ask Him to help you be bold, prepared, and patient as we share Jesus' love with those around us.

