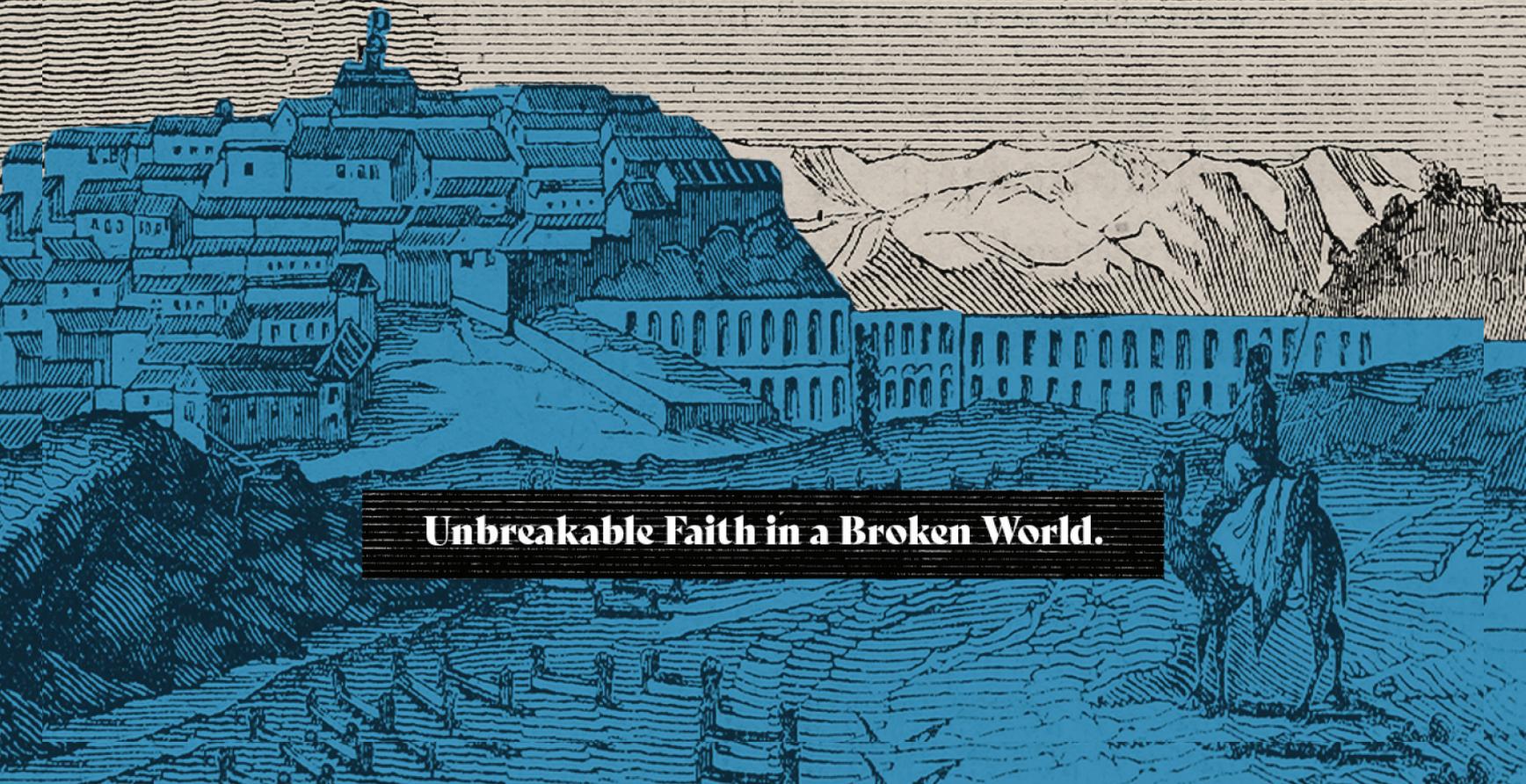


RESILIENT

STUDY GUIDE



Unbreakable Faith in a Broken World.

All Scripture quotations, unless otherwise indicated, are taken from the Holy Bible, New International Version®, copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.™ and Zondervan. Used by permission. All rights reserved.

Scripture quotations marked (NLT) are taken from the Holy Bible, New Living Translation, copyright ©1996, 2004, 2015 by Tyndale House Foundation. Used by permission. All rights reserved.

Scripture quotations marked (ESV) are taken from the ESV® Study Bible (The Holy Bible, English Standard Version®), copyright ©2008 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Scripture quotations marked (MSG) are from The Message. Copyright ©1993, 1994, 1995, 1996, 2000, 2001, 2002 by NavPress Publishing Group. Used by permission. All rights reserved.

Scripture quotations marked (AMP) are from the Amplified® Bible, Copyright ©1954, 1958, 1962, 1964, 1965, 1987, 2015 by The Lockman Foundation. Used by permission. All rights reserved.



CONTENTS

Introduction	4
About This Guide	5
Session 1: A Resilient Disciple Trains	8
Spiritual Exercise: Prayer	12
Family Conversations	16



INTRODUCTION

Welcome to Resilient!

This study is all about becoming a resilient follower of Jesus. The word “resilient” is defined as being able to withstand or recover quickly from difficult conditions.

What does this have to do with following Jesus? EVERYTHING.

Everyday, the list of distractions or challenges that oppose a life of following Jesus seems to get longer: from the busyness of life to anxiety/depression, from family dynamics to the state of politics, from sexual ethics to social media, and it goes on. Just like the definition states, the conditions have been and will continue to be difficult when it comes to following Jesus.

Being a resilient disciple means not losing hope or giving up in difficult conditions, but enduring and bouncing back. **Resilient disciples are not just defined by church attendance, but by our unwavering desire to follow Jesus through all circumstances.**

This study has been researched and designed to show what we believe are the five markers of a follower of Jesus who will be a resilient disciple...

1. **Knows Jesus, not just about Him.**
2. **Sees the world through a biblical lens.**
3. **Walks with those both older and younger than them.**
4. **Takes the Gospel to the world.**
5. **Goes and makes disciples.**

Through this study, our hope is that we all learn how to live out each of these markers daily, as we walk with the Lord. As we start this journey, remember that we follow a Savior who cannot be defeated. **No matter how difficult things seem, we can be resilient, because He is the King of kings and Lord of lords.** In our lives we may have trouble, but take heart because He has overcome the world!

ABOUT THIS GUIDE

For the next six weeks, this guide will serve as your map for the journey through the Resilient group study. Below you will find overviews of all the components for the adventure ahead.

- 1. Video Teaching:** Each week, there is a short video unpacking the big ideas for each session. We recommend groups watch this video during or in preparation for your group time. The videos for this study can be found at mynorthside.com/resilient.
- 2. Group Discussion Guide:** Each group session is broken down into four sections:
 - **GET STARTED:** Get to know each other and start discussing.
 - **TAKE IT IN:** Watch the teaching video and discuss what you are learning.
 - **TALK IT OVER:** Questions to help groups engage with the Bible and session teaching.
 - **LIVE IT OUT:** Practical ways to live out what you are learning.
- 3. Resilient Training:** Becoming a resilient disciple doesn't just happen, it takes training. 1 Timothy 4:8 says, "*Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.*"
 - **Group Training:** Each week, this study will encourage group members to rotate reading Scripture and closing in prayer. Don't skip this training. The goal is to get comfortable reading Scripture and praying with believers to build confidence in the ability to share these practices with those who don't know Jesus. Groups are one of the best environments to learn and practice the habits of a disciple.
 - **Individual Training:** In between group sessions, you will be encouraged to complete a spiritual exercise that is designed to help you practice different habits of a disciple. Follow the instructions, practice the spiritual exercise, and come ready to share what you are learning with your group.
- 4. Family Conversations:** These are weekly devotions and conversation starters to bring the biblical truths of the Resilient study into your home. For more guidance, see the Family Conversations Guide (pg. 10).

SESSION 1

A RESILIENT DISCIPLE TRAINS

GET STARTED

- Have you ever spent time training for something (sport, hobby, activity, job, etc...)? How did that training help prepare you for your end goal?

TAKE IT IN

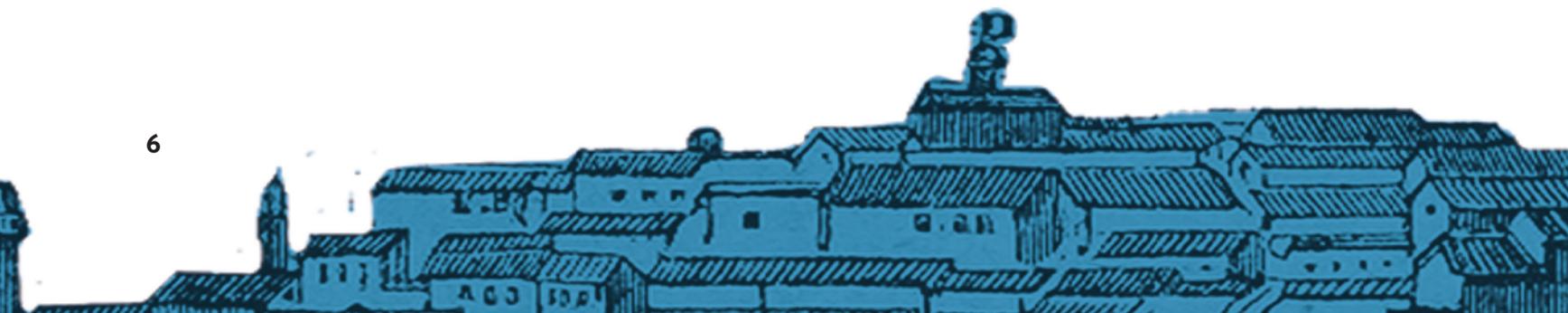
- Watch Session 1: A Resilient Disciple Trains at mynorthside.com/resilent. What encouraged and/or challenged you from the sermon and video this week?

TALK IT OVER

- During this study, we will be looking at 5 markers of a resilient disciple: knows Jesus, not just about Him, sees the world through a Biblical lens, walks with those both older and younger than them, takes the Gospel to the world, and goes and makes disciples. As you embark on this study, what are you hoping to gain from it?

Read 1 Timothy 4:8-10

- Resilient disciples train for godliness. This means developing the character, attitude, and actions of God in our lives. How have you seen godliness developed in your faith journey?
- Author AJ Sherrill sheds some light on spiritual training, “Spiritual Formation works like this. The habits we form end up forming us. The idea of ‘rising to the occasion’ is false. Few if any of us actually rise to the occasion when times are hard; instead, most of us default to our highest level of previous training...It is vital we take these practices seriously, then, because it is in our commitment to the little things that the presence of God is able to conform us to the image of Christ.” What resonates with you from this quote? How do the habits of our lives form us? What kind of habits help us to train in godliness?
- It’s no secret that training for anything comes with a cost. What are some reasons or excuses people typically give for why the training for godliness (character, attitude, & actions) is too high? Are any of the reasons shared potential roadblocks for you?
- God has given us this group to help each other train, develop, and live out godliness. How does accountability help when training? In our group, what does it look like to help one another become a resilient disciple and train for godliness?



Group Training Goal: Training, with the encouragement of believers, builds up your confidence to engage with people far away from God. For the rest of the *Resilient* study, your training goal is to rotate reading Scripture and closing in prayer between group members.

- Take a moment and read the following passages as a group: 1 Corinthians 9:24-25, Galatians 5:22-25, Ephesians 4:14-16, & 2 Peter 1:5-9. **What stands out to you from each of these passages? How do these verses motivate you to know that training for and pursuing godliness is well worth it?**

Read 1 Timothy 6:11-16

- Paul encourages Timothy to continue training and fighting for the blessings of God. **In what way has your faith journey with Christ felt like a fight?**
- Whether we realize it or not, we are in a spiritual battle against an enemy that wants to devour us (1 Peter 5:8). Training in godliness helps us become resilient against opposition. This process involves both unlearning bad habits and pursuing good habits (v. 11). **Think about your own faith story, what bad habits has God helped you unlearn? How has God helped you develop good spiritual habits?**
- Faith requires action. We are often pulled toward sin/temptation when we are passive. Paul writes for us to actively run towards righteousness, godliness, faith, love, endurance, and gentleness (v. 11). **What kinds of actions help you display and/or participate in these characteristics in your life? Share a story.**
- The call to, "fight the good fight of faith," contains a truth that following Jesus won't always be easy. **How have you had to fight in your faith journey? How does v. 13-16 give you confidence and reinforce your resilience? Where do you want to become more resilient as a follower of Jesus? As a group, how can we encourage and pray for you?**

LIVE IT OUT

- Spiritual training is not always easy, but it is always worth it. For this season, how will you intentionally pursue training to become a more resilient disciple? With the help of the Holy Spirit, what do you need to flee from or pursue (1 Timothy 6:11-12)? Prayerfully ponder these questions.

Individual Training: If we want to know God, not just about Him, then we have to cultivate a relationship with Him through prayer. This week's individual training is to complete The Prayer Wheel spiritual exercise (pg. 8-9). This exercise will guide you through a one hour prayer experience. Review this exercise as a group. Share your individual plans to complete the exercise. Encourage one another throughout the week, and come ready to discuss what you are learning at the next group session.

Memorize: "For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." **1 Timothy 4:8.**

SPIRITUAL EXERCISE

PRAYER

PRAYER WHEEL EXERCISE²

The Prayer Wheel is a simple tool for practicing connecting to God in prayer. In twelve steps, five minutes each, this cycle guides you through several ways the Bible teaches us to pray. At the end, you'll have prayed for an hour. Look at your schedule this week, and carve out one hour of uninterrupted time to cycle through the twelve steps of the Prayer Wheel. If needed, communicate with family, friends, or roommates about your plan and ask them to help you experience this time distraction-free. Once you have your day/time set, share this with your group so that they can keep you accountable.

Before you begin the Prayer Wheel, grab a Bible, a notebook/journal, and a pen. Make sure your environment is set up to minimize distractions. Find a quiet place in/outside your home. Turn off devices or put them away. It could be helpful to use a 5 minute timer for each step.

PRAISE

- Start your time by praising God. Praise Him for things that are on your mind right now and for one thing He's done in your life in the past week. Praise Him for His goodness to your family and friends. For help getting started, read Psalms 145 and 146.

WAIT

- This is a time to be quiet in God's presence and "be still before the Lord" (Psalm 37:7). Think of nothing but God the Father, His Son Jesus, and the Holy Spirit. You don't need to express your thoughts in words. Just focus on Jesus and your love for Him.

CONFESS

- Ask the Holy Spirit to show you anything in your life that might be displeasing to Him. Ask Him to point out wrong attitudes or actions that you haven't confessed yet. Now confess them so that you might be cleansed. See Psalm 139:23-24 and/or 1 John 1:9.

READ THE WORD

- Spend time reading passages of Scripture on prayer. Options include Psalm 103; Psalm 145:17-18; Matthew 6:5-8; Matthews 6:9-13; Mark 11:20-25; Luke 11:5-13; Philippians 4:6-8; and/or 1 Thessalonians 5:16-18.

PETITION

- Make requests on behalf of yourself. See Matthews 6:11 and 7:7-8; and/or Hebrews 4:16.

² The Prayer Wheel was adapted from Traders Point Christian Church's Micro Group Guide.

INTERCEDE

- Make requests on behalf of others. See Ephesians 1:16; Romans 10:1; 1 Timothy 2:1-4; Luke 6:28; and/or Matthew 9:37-38.

PRAY THE WORD

- Pray specific passages. Some Scriptures, as well as many psalms, lend themselves well to this purpose. Here are some examples: Matthew 6:9-15, Colossians 1:9-12, Philippians 1:9-11, Psalm 119:38-46, and/or Psalm 86.

GIVE THANKS

- Give thanks for things in your life, on behalf of your family, and on behalf of your church. See Psalm 103:1-4; Psalm 107:8-9; and/or Isaiah 12:4-5.

SING

- Sing a song of praise and worship. See Psalm 59:16-17; Psalm 95:1-5; Colossians 3:15-17.

MEDITATE

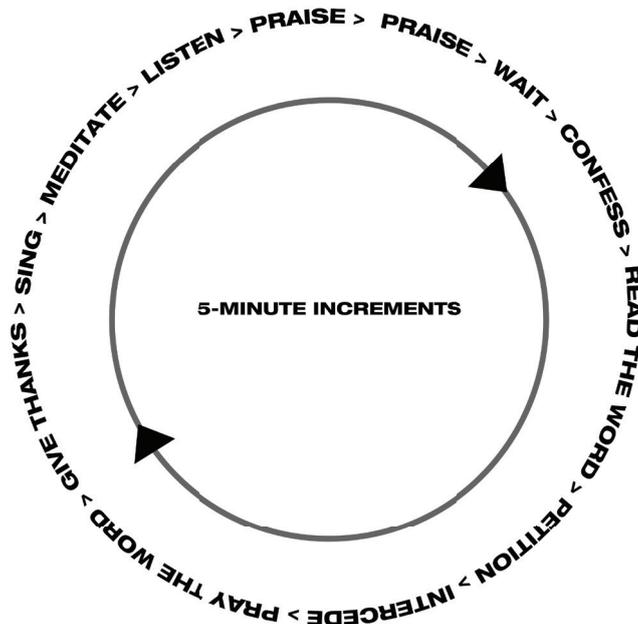
- Reflect on a specific Scripture, a theme from Scripture, or on God's works and character. Good options include Exodus 34:6-7; John 1:1-5; Galatians 5:22-23; Ephesians 3:14-21; Colossians 1:15-20; and/or Hebrews 13:18.

LISTEN

- Ask God to speak to you. You can ask Him specific questions. Deliberately ask Him to reveal His will and strategies or plans.

PRAISE

- Praise God for the time you've spent with Him. Praise Him for all of His attributes. See Revelation 4:8-11 and Psalm 111.



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 1 A RESILIENT DISCIPLE TRAINS

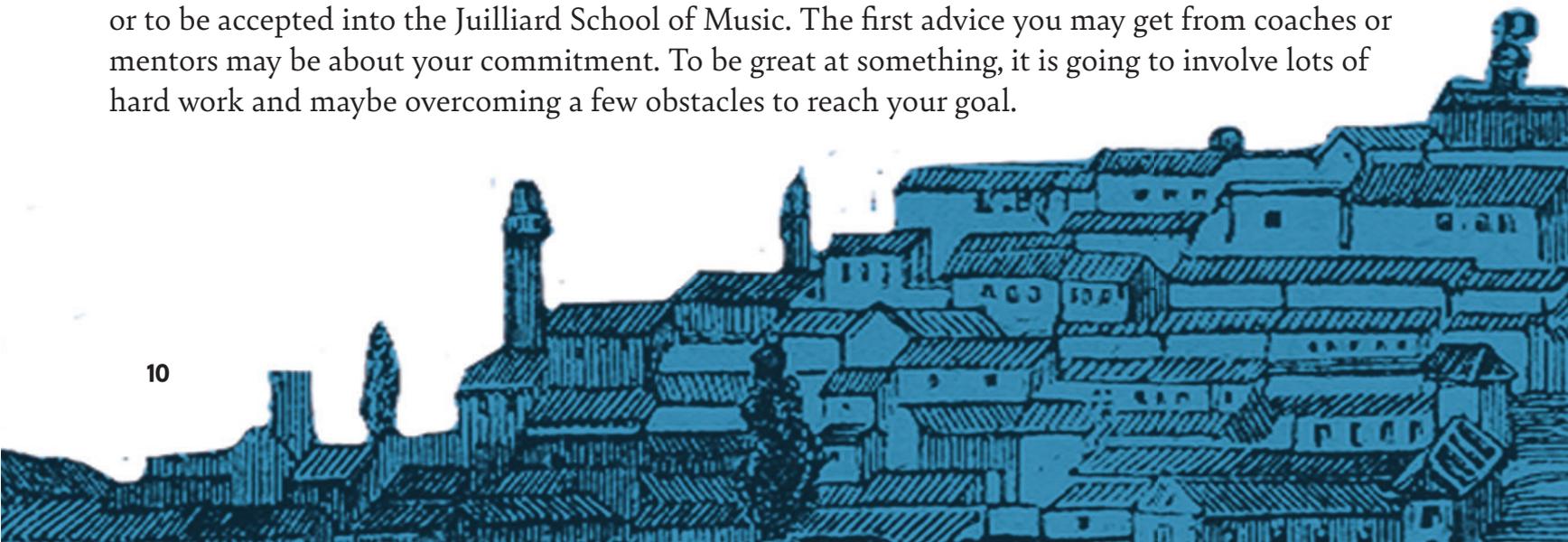
Scripture:

1 Timothy 4:8

“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”

Devotion:

Have you ever wanted to be the best at something? Maybe you have dreams of playing in the NBA or to be accepted into the Juilliard School of Music. The first advice you may get from coaches or mentors may be about your commitment. To be great at something, it is going to involve lots of hard work and maybe overcoming a few obstacles to reach your goal.



Paul challenged Timothy to be as devoted to godliness as an athlete is to a sport. Spiritual training involves habits like prayer, reading/meditating on Scripture, worship, and service. Training for godliness builds our spiritual resilience and prepares us to face life's challenges with faith and perseverance. When we engage with God's word we gain wisdom. Through prayer, we align our hearts with God's will. In worship, we remind ourselves of God's greatness and our need for Him. Through service, we reflect His love to those around us.

Godliness doesn't happen overnight. It requires dedication, just like any other form of training. There will be days when it's hard, when we'd rather skip our spiritual exercises. But, the end goal that Paul highlights is significant, because godliness holds promises not only for this life but also for the life to come.

Conversation:

- What makes it difficult sometimes to practice spiritual habits? (prayer, reading your Bible, worship, and service)
- Can you remember a time when engaging in one of those spiritual habits helped you through a difficult situation? (Parents, this would be a great opportunity to share a story from your own experience!)
- How can we support one another to stay devoted to our spiritual training? How can we develop spiritual habits within our family?
- Take some time this week to pray together as a family. Encourage everyone to come prepared with at least one thing they would like to thank God for and at least one thing they need to ask God for help.

Prayer:

Together as a family, thank God for the ability we have to interact with Him through prayer, Scripture, worship, and service. Ask for His help as you devote your time and energy in pursuing godliness and to encourage one another when it becomes difficult.

