

## **I Get Knocked Down. (But I get back up!!!)**

“You will never see your divine purpose come about if you always insist on knowing how everything is going to work first.” – Levi Lusko

There are four important traits that you need to possess to be resilient.

- 1) Supportive Relationships
- 2) Adaptive Skill Building
- 3) Optimism, where you get the most from every experience.
- 4) Faith especially in a God who loves you unconditionally.

## **GETTING TO KNOW YOU**

- 1) Do you have any New Year’s Resolutions? If not, do you have a scripture or a word you have chosen for yourself for 2024?
- 2) Do you see yourself as resilient?

## **SERMON NOTES REVIEW** (*This section never changes*)

Looking back at your sermon notes from this weekend’s teaching, was there anything said that caught your attention, challenged you or confused you?

## **DIGGING DEEPER**

- 1) Pastor Chuck went over the timeline of Joseph’s life. What do you think the purpose was that God allowed Joseph to go through so many trials? Look back at your life and reflect on a time that God used you in a trial to build you up for something to come. Share with the group.
- 2) Read Proverbs 24:16 – Do you see a difference in your resilience before you came to know the Lord and after you accepted Christ into your heart?
- 3) Out of the four things you need to be resilient, which one is your strongest, and which one do you want to work on this year?

## **TAKING IT HOME**

All things are possible with God. Nothing is impossible. We need to put feet to our faith and start acting on what we believe God is calling us to do in His name, for His glory. When we do things according to God’s will we need to be resilient through challenging times, trusting that God will always work things for good. Sometimes we need to believe and have faith in the unexplainable and continue to get up, even when Satan tries to knock us down.

## **PRAYER TIME**

Give a guided prayer instruction to tie it all together. Be mindful of the time it would take larger groups to get through the prayer exercise. It can be simple.

## **ACTION STEPS**

It is the beginning of a new year. What do you want to do this year to have Kingdom Impact? Has God been putting something on your heart to do lately? Pray about what you want to do this year impacting God's Kingdom. Write it down on a piece of paper and share it with the group or with your group leader. Keep this paper for the year somewhere where you can look at it often and continue to pray about it. Let us see what happens when you act upon God's calling for your life in prayer and obedience. As a group, pray fervently for each other every week.