

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

Resilience is defined as having the capacity to withstand or to recover quickly from difficulties; toughness.

Low resilience can lead to many health affects such as high blood pressure, insomnia, heartburn, indigestion, and heart disease just to name a few, but there is a key to building up resilience through having faith in God.

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. – 2 Corinthians 4:8-9

### **GETTING TO KNOW YOU**

- 1) What is a goal that you would like to achieve in 2024?
- 2) Is there a dream that God has been laying on your heart? What is it?

### **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) Do you find that you may have resilience in some areas of your life but not others? What does that look like for you?
- 2) Pastor Chuck talked about healthy responses to problems or situations that can knock you down. What are some of those healthy responses to give you that resilience to get through these trials?
- 3) Read 2 Corinthians 4:1-5 – How do these verses speak to you?

### **TAKING IT HOME**

Pastor Chuck talked about there being freedom in transformation with Jesus and that God will always come through. Having faith in God and trusting that He will provide and bring you through difficult times is the essence of being able to get back up again when we get knocked down. Believing in the authority of the Lord and the loyalty of the Lord brings us closer to living a life that fully glorifies the Lord.

Pastor Chuck also told a story of a woman that was beaten and killed in Czechoslovakia. She had saved for a whole year to be able to have the certificate to have a Bible. She would not let

go and give it to the KGB officer. Do you have this much faith in God? Is Jesus your Lord and Savior?

### **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**

This week write down different areas of your life that you can build some more resilience. Which areas bring you worry or fear? If you can keep these areas in the forefront of your mind, you can practice giving it over to your Lord and Savior.