



You are Resilient | Jill Johnson | 11.20.22

### Weekly Study

#### SHARE

On Sunday, Jill reminded us of the resilience we have through Christ Jesus. That we, as Christ followers have been called out to run the race with purpose and for a purpose. When we come to the point of being tired and worn out, we can look to Jesus, get up and continue moving forward, running to him, our greatest reward.

Before we jump into the study, take some time to check in with your group and ask the following questions:

- What is the most impactful or challenging thing you learned during Sunday's sermon?
- What did that thing teach you about God? About yourself?

#### GROW

#### Read Hebrews 12:1-3

This weekend Jill walked us through what it looks like to keep running in the race that has been set before us. She reminded us to **focus on *who* (Jesus) instead of the *why* (circumstance).**

**Why does it seem easier to initially focus on our circumstances and not Jesus? Is this something to be learned? Can it be circumstantial? The more pain endured the harder it is to look to Jesus and his Word? Or it may be the opposite for you, the more pain, the more you run to Jesus? Share your thoughts and experience with your group.**

At one time or another, everyone will go through some form of hardship, or a tough experience. The death of a loved one, a divorce, loss of a job, sickness, mental illness, whatever it might be, we all respond to the human experience in different ways. But one thing we do know, these experiences require us all to dig deep, look to Jesus and ask him to come in infusing us with endurance to keep running the race. If we choose not to do this, we will continue to run on the hamster wheel accumulating more pain, leading us further away from Jesus and deeper into heartache and isolation.

**Tell of a time that you wanted to throw in the towel and give up. What kept you going? Did you choose right away to look to Jesus, or did you choose to run on that proverbial hamster wheel in your pain alone?**

It is said that “resilience is also something that is bestowed, something imparted by God into our frail humanity” and that’s truly good news! God knows that we are made from dust, obviously, he created us (Ecc. 3:20) and he knows the resilience needed to run this race. He knew that we would need him, and he is not surprised by our frailty which may we suggest, keeps us running back to him. We cannot and are not expected to run this race without Jesus.

**M O V E**

**Read Matthew 11:28-30 (MSG)**

Are you tired? Worn out? Ready to throw in the towel? Jesus invites us to come to him. To take a seat on the curb and to just be with him and he will “recover your life”. He will give us the endurance to get back into the race as we set our eyes focused on him, remembering he is why we are running this race in the first place. How do we run in resilience? We keep our eyes on Jesus, looking to his Word, talking to him about everything. And when we say everything,

we mean everything. God is not afraid of what we bring to him, he invites us to do so as he is the safest and most kind place to go.

**Do you need endurance and reminded of the God given resilience in your life right now?  
Share with your group.**

**Being a busy holiday season, how can you stay connected to God?**

God continues to reach for his people, cheering us on to that one day we will see him face to face! O, what a day that will be! So let us walk with him and work with him, looking to his Word to learn how to do it. Learning the unforced rhythms of grace, trusting that he will not lay anything heavy or ill-fitting on us. In our resilience, we must stay connected with him and that is where we will learn to live freely and lightly no matter the circumstances that try to barricade us in the race.

*“Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God’s love has been poured into our hearts through the Holy Spirit who has been given to us.” (Romans 5:3-5)*

## P R A Y

Take time to pray together and cheer each other on in their race.

