



# Rhythm of Resilience

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**Big Idea:** Resilience leads to lasting change, and it comes through the doorway of our weakness to the power of Christ.

**Key Scriptures:** Romans 7:17-26; II Cor. 12:7-10; 1 Peter 5:5 & 6

1. How do the natural rhythms of life enhance or hinder our spiritual rhythms?
2. Often New Year's resolutions do not last long-term, what are some of the reasons that people abandon those determined resolutions after a few weeks or months?
3. Insanity is defined as someone doing the same thing over and over but expecting a different result? If that is a crazy way to live, why do we do it?
4. In Romans 7 Paul refers to a condition of wanting to do good but cannot do it and wanting to refrain from doing bad but does it anyway. How does this condition relate to our failure to accomplish resolution with determined will power alone?
5. In II Cor. 12 Paul refers to a thorn in his flesh that was causing him a great deal of pain. What was his first attempt to deal with it and when did he desire to see results?
6. Once Paul realized that it was through his pain that he could more clearly see the power of Christ, what was his reaction?
7. How can our pain be used by God to transform us in such a way as to lead us to celebration in spite of the pain?
8. In I Peter 5:5,6 we are challenged to humble ourselves that God might lift us up in due time. How does pain humble us?