

LESSON 1 // RESILIENCE: ONE OF LIFE'S GREATEST ASSETS

Big Idea: By God's grace and wisdom, we can prepare ourselves and our kids for whatever road we're on—no matter how hard, challenging or unexpected it may be. This is what resilience is all about!

Resilience is an inside job. It requires inner strength through a personal relationship with God based on the truth of His Word. It is cultivated, developed and produced intentionally through life's challenges and the discipline and effort we apply to these. This kind of resilience is a great asset that pays off for us and the generations that follow us.

Daniel 3:16-18 (NIV) *Shadrach, Meshach and Abednego replied to him, "King Nebuchadnezzar, we do not need to defend ourselves before you in this matter. If we are thrown into the blazing furnace, the God we serve is able to deliver us from it, and he will deliver us from Your Majesty's hand. But even if he does not, we want you to know, Your Majesty, that we will not serve your gods or worship the image of gold you have set up."*

Proverbs 22:6 (NKJV) *Train up a child in the way he should go, And when he is old he will not depart from it.*

Start Talking:

Why do you think many people (adults and kids) today are not as resilient as in past generations?

Start Thinking:

Read Daniel 3:1-18. What do we learn about resilience from the three young men in this story?

Read Deuteronomy 6:6-9 and Proverbs 22:6. What God-given role and responsibilities do parents have in raising their children? How can this foster resilience in the kids?

Read James 1:2-4. How do trials, tests and challenges help develop "godly grit" in our lives and in our children?

Read Ephesians 3:16-21. In what ways can resilience be an asset in your life?

Start Praying and Doing:

Pray for a vision and determination to develop greater resilience in your life and the lives of your children (or kids you have the opportunity to influence).

Identify challenges you are facing that could make you more resilient if you approach them with God's grace, grit and wisdom. Write out, memorize and declare James 1:2-4 and choose to respond to these challenges based on this passage of Scripture. Tell someone how God is working as you trust Him through your trials!