



Bounce Back

Week 1 - Resilient Discussion Guide

Everyone faces disappointments. They can vary from circumstances out of your control to someone who has wronged you. Sometimes our disappointments are the result of our own prideful mistakes. Though we all want to be right, it's really comforting to know that everybody stumbles. Nobody is right all of the time, and everyone has experienced a humiliating failure or two. However, our disappointments don't have to be permanent. We can relax in knowing that God isn't finished with us yet. And even better, we're right on the brink of a huge "bounce back!"

Jump Start

1. What is one "pet peeve" that can derail your whole day? How long does it take you to recover?
2. *Start by humbling yourself.* In the book of James, an entire chapter is about fights, quarrels, conflict, slander, and judgment. **Read James 4:6-7 and 10.** What is the antidote to conflict found in these verses? Think of a conflict or struggle you are involved in right now. Have you asked God if you have any fault in this situation? Is He asking you to humble yourself and ask forgiveness of Him and/or someone else? If you hear God speaking to your heart, follow through this week.
3. *Keep getting back up.* **Read Job 17:9 and Proverbs 24:16.** Yes, we will stumble. Yes, we will fall. What does God say for us to do? What is the promise here for you?
4. *Develop an eternal perspective.* What are some of the things that disappoint or upset you that really won't matter tomorrow, next week, or next year? What are some practical things you can do to keep your focus on the future?

5. *Trust God to work your fall into a good thing.* Often, the biggest obstacle to a “bounce back” is how we view ourselves and how we view God. **Read Philippians 1:6, 1 Thessalonians 5:24, and Hebrews 13:8.** What can we learn (from these verses) about ourselves? What can we learn about God?
6. Final Thought: Resilient means able to withstand or recover quickly from difficult conditions. Are you able to spring back into shape after being bent, stretched, or pressed? Do disappointments become depression? Or do you have rebound and recovery ability?

Deeper

7. *Do a word study on “pride” or “proud” in the following Bible passages: 1 Samuel 2:3, Proverbs 11:2, Proverbs 16:5, Proverbs 29:23, Luke 1:50-52, 1 Corinthians 15:31, 2 Corinthians 7:4, Philippians 2:16, and 1 John 2:16.* According to these verses, is any pride “allowable” or “good” pride? Why or why not?