



LET'S TALK ABOUT IT

1. Clay explained that resilience is how we bounce back from the disruptions in life. He also said that the small disruptions prepare us for the larger ones.

Which of these common life experiences tend to distract you?

Unexpected weather

- Traffic
- A child who refuses to put on shoes
- Housework
- Long lines
- A broken relationship
- _____
- _____

2. Respond to Alvin Toffler's quote from *Future Shock*: "Change is avalanching upon our heads and most people are grotesquely unprepared to cope with it." Have you felt the weight of an avalanche of change before?
3. Trials are part of life, and we will all face significant troubles at some point. In the message, Clay said, "I can impact the world rather than the world impacting me." What do you think about that idea?

4. When we and those we love are facing seeming impossible trials—things like job loss, illness, bigotry, and racism—discussions of resilience may feel pointless. But we have a God who is with us, even when humanity fails us. God is there in the valley and through the pain, and he will see you through. What seems impossible in your life right now?

5. Considering the specific challenge you mentioned above, write a prayer to God that you can use in this season. Ask him to help you survive this trauma and, one day, learn from it and use it to help others.