Heroic Confidence

Resilience

There are times when we can avoid a problem. And there are times when there is no other option than to go through the difficulty. Lives change when we learn how to not merely avoid adversity, but to pass through adversity. Resilience is the ability to pass through adversity, and it is possible for everyone to develop this crucial trait. Without it, we will remain unchanged and unable. With resilience, we will become capable.

Discussion Questions

1. Everyone faces difficulties. What is one difficulty that you went through that changed you? What is one challenge that you avoided that you now realize would have been valuable? Discuss.

2. Resilience is the ability to recover quickly from difficulty; or the ability to pass through adversity. Do you know someone who is resilient? Please share part of their story.

3. True Christian confidence, like resilience, is not merely something one believes about one's self, but something one has become. Can you think of any way to develop Christian confidence or resilience without encountering and enduring hardship? Why or why not? Discuss.

4. Resilient people have three things in common. They are willing to accept the harsh realities of life, they believe life is meaningful, they are willing to choose to act even if the situation seems hopeless. Based on this, do you think that Catholics should be equipped to be the most resilient people on the planet? Why or why not?

5. Christians go through suffering to strength, conflict to confidence, and hardships to heaven because we are called to do all things "through Christ". Are there any practical ways you could do all things through Christ?

God in Real Life

1. This week, when encountering hardships, rather than ask the question "Why me?", try asking the question "Why *not* me?"

To the Heart

" in all these things [tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword] we are more than conquerors through him who loved us." ~Romans 8:37