

This group is meant to facilitate discussion and meaningful conversations. The information below is derived from this week's outline.

Weekly Discussion Theme: Resilience

- **Leader shares:** Resilience helps us grow stronger, wiser, and more grounded through life's challenges. It's not just about getting through hard times but about rising with more peace, clarity, and purpose. Life doesn't always go the way we hoped or happen in the timing we expected. We face disappointments, relationship pain, past hurts, and moments when insecurity or self-doubt creep in. Resilience doesn't mean those things don't affect us. It means we meet them with self-love, humility, and a willingness to grow instead of staying stuck. With God's guidance and the support of trusted people, we learn to offer grace to ourselves and others. Over time, we begin to respond with more intention, let go of resentment, and stop being so hard on ourselves. Even in the moments that feel the heaviest, something meaningful can still come through.
- **Group shares:** Can you think of a time when something painful helped you grow in a way you didn't expect?
- **Acknowledge:** THANK YOU for sharing!

Verse: Psalm 34:18 (NIV) - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

- **Spiritual Application:** When the verse says God "saves those who are crushed in spirit," it doesn't mean the pain disappears right away. God often saves us by strengthening us from the inside out. He meets us in our lowest moments, comforts us when we feel overwhelmed, and reminds us that we are never alone. His presence brings peace even when nothing around us makes sense, and over time, He brings healing in ways that shape us deeply. As we lean on Him, we grow stronger. Not because the struggle is gone, but because we learn to walk through it with greater faith, wisdom, and grace.
- **Group shares:** What helps you feel God's nearness when you're going through something hard?
- **Acknowledge:** THANK YOU for sharing!

10 Simple Ways to Embrace Your Resilience

1. Reflect on what you've come through and how it shaped you
2. Stop comparing your journey to others
3. Reframe the pain by focusing on what it taught you
4. Invite God into the healing process through honest prayer
5. Talk about your story with someone you trust
6. Practice gratitude even in the middle of healing
7. Celebrate small emotional victories
8. Let go of bitterness and blame

9. Speak kind and encouraging words to yourself
10. Use your story to support and encourage others

Group shares: Which of these stands out to you the most, and is there anything you would add?

Acknowledge: THANK YOU for sharing!

Leader Sharing: Resilience doesn't always feel strong. Sometimes it feels like being tired, sad, or unsure of what to do next. It can look like being kind to yourself when things are hard or choosing to keep going even when you feel like giving up. Resilience is found in small choices, like asking for help, taking a deep breath, or trying again after something didn't go the way you hoped. You don't have to have it all together. What matters is that you keep showing up, keep growing, reach out for support when you need it, and take time to pray. Even in the hardest moments, God is near, and something good can still come from it.

- **Leader shares:** An email will be sent shortly containing today's outline, along with a request to share resources discussed today. Additionally, you'll find essential links for joining the group, as well as links to join our Facebook group or follow us on social media to stay connected.
- **Closing:** As we close our group meeting, I encourage everyone to share anything else in your hearts and minds or to ask for prayer requests.
- **Stay connected:** imperfectpaths.com

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