



THE RESILIENT MINDSET

WORSHIP (15 MINS)

10-06-2024

Venue: Home gatherings

Sing one or two songs or play a song from You Tube.

Venue: Public place (school, café, park, etc.) or Via Online,

Testimonies: "What is your "high" or "your "low" this past week?"

Ask someone to do the opening prayer:

WELCOME (15 MINS)

Welcome guests/first-time visitors.

Memory Verse for the week:

Quote: "The greatest glory in living lies not in never falling, but in rising every time we fall." - Nelson Mandela - First Black President of South Africa

Q: What has been the toughest situation you have gone through in life so far? (Ex. Tragedy, traumatic experience, a loss?)

WORD(30-45 MINS) Text:Psalm105:16-22 NKJV

Intro: Resilience is the quality or fact of being able to recover quickly or easily from, or resist being affected by, a misfortune, shock, illness, etc.It refers to a person's capacity to adapt, bounce back, and continue functioning effectively after experiencing stress, adversity, or hardship. It involves mental, emotional, and sometimes physical toughness, allowing individuals to persevere and grow despite challenges.

Let us learn how to develop a resilient mindset from the story of Joseph, the son of Jacob, who exemplifies a person with remarkable resilience.

Main Text: Read Psalm 105: 16-22 NKJV

1. Embrace the truth that you have a God-given greatness – Psalm 105:19

I believe that each of us carries a God-given greatness, waiting to be discovered and unleashed. Once Joseph realized the great plans God had for him, he wholeheartedly embraced them.

Q: Can you recall a time when you felt God revealing something significant about your purpose or gifts? How did it change your outlook?

Q: What steps are you taking to discover or embrace the potential that God has placed in you?

2. (know that) God is on our side - Read Genesis 39:20-21

God's presence and favor will always be with those who embrace His leadership and follow Him through life's highs and lows. Despite the adversities and setbacks Joseph faced, he continually experienced the blessing of God's presence in every circumstance. Likewise, God will watch over His word to ensure it is fulfilled in our lives. He was sure of God's abiding presence in his life.

Q: In what ways have you felt God's presence and favor during your difficult times?

Q: How do you stay or keep connected to God during both good and challenging times? What promises of God do you hold onto in your own journey?

3. Understand that greatness is forged in the fires of adversity – Read Psalm 105:18-19

Joseph, through suffering and imprisonment, developed qualities of patience, faith, and endurance. His trials were great but it prepared him for the great plan and purpose of God for his life. In the same way, adversity is like fire that refines us, shape our character and align us closely with God's purpose.

Q: Like Joseph, do you view hardship—as an obstacle, or as something that might serve a greater purpose?

Q: Can you recall a time when you grew closer to God as a result of a particular challenge or period of hardship?

Leader's Tips:

- S - Sensitivity. No one should feel left out.
- P - Participation is encouraged.
- A - Acknowledge. Make guests feel welcomed.
- C - Confidentiality.What is shared stays in the group.
- E - Encouragement. Be a blessing to one another.

4. Adversity is not permanent – v.v. 19-22

Challenges, difficulties, and hardships are temporary and will eventually pass. No matter how tough a situation may seem, it won't last forever, and better times will come.

Q: Can you share a time when you were struggling but eventually saw how it worked out for your good?

5. Be better not bitter

Each day, as a Christ follower, we can choose to become a better and not a bitter person. In every situation, we can ask ourselves,"What Would Jesus Do?"

Q: Has there been a time when you chose to forgive rather than hold onto bitterness? What effect did it have on you?

6. Excel in whatever you do

Excellence in all we do in life serves as a powerful testimony of our faith and God can provide us with His power and grace to enable us to excel for His glory.

Q: In what area do you want to excel for God?

7. Be willing to serve first before you rule

God's promotions are for those who are willing to serve, not to attain a high position, but to fully use their potential to make a difference in the lives of others.

Q: How do you see yourself serving others in the most caring way?

Reflection (10 mins)

Q: What challenges you've faced in life that helped and shaped who you are today?

Conclusion: The Apostle Peter is known for his weaknesses and failures, but these moments were key to his growth and greatness. Though he denied Jesus three times out of fear, Peter remained committed, allowing Jesus to restore and empower him. His journey shows that failure doesn't define us—instead, with Christ's guidance, it becomes a stepping stone toward a life of meaning and purpose.

Q: What's your take away from this lesson?

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WORK: The Challenge (15 mins.)

P- Pray for one another. Ask "what can I pray for you?"

R- Remind to invite a friend on the next gathering.

A- Apply the message during the week.

Y- Yearn to share your faith with someone during the week.