

INTRO

- Tell the group about a childhood hero.

READ

Hebrews 12:1-2a

I Peter 1:6-7

II Peter 1:3-4

REFLECT & RESPOND**Forge**

- to form by heating and hammering; beat into shape
- to form or make, especially by concentrated effort

Resilience

- the capacity to recover quickly from difficulties; toughness.

Psychologists define **resilience** as the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress.

“Felt weakness deepens dependence on Christ for strength each day. The weaker we feel, the harder we lean. And the harder we lean, the stronger we grow spiritually.” —J.I. Packer

1. Forging Resilience

“Let us strip off every weight that slows us down, especially the sin that so easily trips us up” Hebrews 12:1 NLT

“These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold...” I Peter 1:7 NLT

Qu: 2020 has been quite a year - worldwide shaking - individual challenges. Has this time of testing brought to the surface, like the purifying of fine metals, weight or sin that entangles you? Can you tell us about it?

God’s work in our lives is a work of grace to purify and strengthen us and draw us into a deeper relationship with him.

2. By Experiencing Jesus

“Let us run with endurance the race God has set before us.”

“Keeping our eyes on Jesus, the champion who initiates and perfects our faith” Heb. 12:1-2 NLT

“By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him...” II Peter 1:3 NLT

“Look for yourself, and you will find in the long run only hatred, loneliness, despair, rage, ruin, and decay. But look for Christ and you will find Him, and with Him everything else thrown in.”

— C.S. Lewis, Mere Christianity

Qu: How do times of testing remind you of your need to know Jesus, to set your eyes on him?

Qu: Are there practices that have been helping you draw near to Jesus?

PRAY

- Pray for resilience
- Pray that we can “strip off” those things that weigh us down
- Pray that we can grow in the knowledge of Christ