

Resilience



WHAT SHAKES YOUR TRUST IN GOD MORE THAN ANYTHING ELSE? WHAT WAYS DO YOU DEAL WITH THE THINGS THAT WEIGH MOST HEAVILY ON YOUR MIND?



A frequent commentary we hear during the first few hours of a crisis is, “Where is God? How could he let this happen?” Our personal afflictions become the seeds of doubt. Additionally, with the ever-growing presence of technology and media, we feel closely affected by atrocities that are happening globally. We view videos of planes crashing into skyscrapers. We hear stories of orphaned children. We hold photographs of war-torn cities. In a world that more often highlights the human capacity for evil rather than for good, it takes a great deal of strength to have faith in the very God who created it.

1. Read Psalm 13. Based on his words, how would you describe David’s relationship with God? Have you ever shared similar feelings with the psalmist?
2. Is there any significance to the shift in mood from the first four verses to the last two? Explain.
3. In what ways would it be useful to express our doubts to God?

The Christian faith is a lifelong journey of learning how to face hard situations with grace and wisdom. Anania Narekatsi, the founder of Narek Monastery, once urged his students, “Transmute all hurt into love.” We cannot allow disasters, whether personal or global, to blind us to the fact that God is in us and around us. Our challenges, in fact, show us that there is sacred community even in suffering. In times of struggle, we must make all the more effort to pray together, mourn together, and break bread together. Our churches, our homes, and our dinner tables are where our resilience in leading a life of hope takes shape.

4. Read 2 Corinthians 1:3-7. Do you feel that God comforts you during moments of affliction? Why or why not?
5. What makes it easier to go through struggles together? Explain.
6. Describe how going through a difficult situation can help you serve others in the future.

In closing, reflect on the following passage from Jeremiah 17: **7 Blessed are those who trust in the LORD, whose trust is the LORD. 8 They shall be like a tree planted by water, sending out its roots by the stream. It shall not fear when heat comes, and its leaves shall stay green; in the year of drought it is not anxious, and it does not cease to bear fruit.**