

FIGHT FOR IT

HOW TO BUILD RESILIENCE

PART 3: BUILDING RESILIENCE IN THE NEXT GENERATION

Introduction

Resilience has changed throughout the generations and as a culture we are trending toward. The trend for parents is to protect rather than prepare the next generation for adulthood. Our greatest opportunity for leading the next generation is to model and build resiliency muscles.

Discussion Questions

1. How do you feel your parents' generation has prepared you in terms of being resilient?
2. Do you remember a time in your life when you had a lot of change and your resilience was tested? What did you learn from that period?
3. Do you tend to protect or prepare your children for adulthood?
4. *Read Deuteronomy 6:1-6.* As you hear Moses's words, who or what is typically the god of your house?
5. Of the four areas Justin talked about in keeping it REAL - Routine, Everywhere, Application, Love - which comes easiest to you? Which one do you need to work on the most?
6. Who is one person in the next generation that you have the potential to influence? How can you use one of the four things above this week to begin or continue your influence.

Moving Forward

Leading the next generation begins with the transformation of the leader. As adults, we have opportunities to examine our own narratives that affect our relationships and leadership. Examine your narrative this week and choose a Scripture to affirm the truth about what God says about you.