

WHEN STORMS HIT

Main Idea

If we want to be resilient when we encounter difficulties, we need to stay close to God, stay calm, and stay connected.

Starter

What is something you are grateful for and something you are grieving in your life right now?

Discuss

How has your small group helped you to be more resilient over the last year?

Read

Read 2 Timothy 1:1-7 and discuss:

- What does this passage say about God and what He wants for your life?
- How do you see the “three keys to resiliency” below evidenced in this passage?

Read the following passages discuss which of these dynamics is strongest and weakest in your life right now.

- [2 Timothy 2:1](#): Stay close to God (spiritual strength)
- [2 Timothy 4:5](#): Stay calm (emotional health)
- [2 Timothy 4:9-11](#): Stay connected (relational stability)

Who is a person in your life that helps you be more resilient? What is a step you could take to be that person for someone else in your life?

Apply

Have everyone take a minute to pray and ask God what He is saying to you about being resilient and one step you could take this week. Spend some time praying for each other, for healing for the Lees, and for Hope Community Church to be resilient as we keep our eyes on Jesus.

Encourage your group to focus on building a stronger foundation in their relationship with Jesus and to stay connected this Summer. One way to do that is to sign up for our [301 Grow Class](#) and [5 week Grow devotional](#) that is designed to help you build a stronger foundation of spiritual health in your life.