

You'll Get Through This: Session 2

Down and Out, but Never Alone

There is something compelling about a person with unquenchable spirit. We are drawn to those who won't give up, won't give in, and won't stay down on the mat. In our hearts, all of us wish we had the strength and courage to get back up on our feet when life has knocked us down... again.

Can you think of an example, in a movie or book, of someone with an unquenchable spirit in the face of powerful adversity? Why are people drawn to characters like this?

As we watch today's video segment, look for anything that stands out to you.

Video: 27 Minutes

1. Tell of a person you know who has resiliency and seems able to bounce back and stay on their feet even when life tries to knock them down. What makes someone able to do this?
2. Describe a time when you were dealt a powerful blow that could have knocked you down, but your faith in God gave you strength to get back up again. How did your faith carry you through?
3. Read Genesis 37:5-11. What do you think Joseph's dreams taught him about himself and his future? How did Joseph's family respond to his dreams?
4. How do you think you would have responded had you been one of Joseph's older brothers and he told you those dreams?
5. Joseph knew that God had a plan for his life. He was confident that one day he would have a place of influence and impact. How does knowing that God has a plan for you help you bounce back when times get difficult or painful?
6. Read Genesis 37:23-28. If you were Joseph, what might have been going through your mind as your brothers plotted and then sold you as a slave? What might you have felt as you were walking in a caravan, looking back as your brothers, homeland and dreams disappeared over the horizon?
7. Joseph begins Genesis 37 as the favored son. By the end of the chapter he has been stripped of his beautiful robe, rejected by his brothers, and sold as a slave. Has there ever been a time in your life when over a short period of time so much changed?

8. Read Ephesians 1:3, John 15:13, 1 Peter 1:18-20 and 2 Corinthians 5:1. When Paul talks about being “blessed with every spiritual blessing” what does he mean? What are some of the spiritual blessings that we have through faith in Jesus?
9. Jesus tells his followers that they are his loved and chosen children. How can a firm conviction that we are precious and valued children of God help us through the tough seasons of life/
10. When facing challenges in life, how does the fact that God chose you, not out of obligation but out of love because he wanted to, make a difference in how you respond to challenging times?

Closing Prayer

Spend time in your group praying in any of the following directions:

- Thank God that heaven is your eternal home and destination through faith in Jesus Christ. Pray that this reality will strengthen you in the hard times of life.
- Thank God that he has a plan for your life. Pray that it will become clearer with each passing day.
- Lift up friends and family members who are struggling. If they are a Christian, pray that they will remember who they are; chosen and loved children of God
- Celebrate the reality and hope of heaven.

Some things to Work On this Week:

Is there someone in your life who has been resilient during tough times? Someone who has inspired hope? In the coming week, take a few moments to write such persons a note thanking them for their demonstration of faith.

Is there someone in your life that is struggling? You might want to look for an opportunity to remind them that they are a loved and cherished child of God. Ask them how you can pray for them as well as how you can serve them in the coming days.

Consider how God has been working in and through your life. Write down some of the things God has shown you about your life; where God wants to take you and do through you. Use this writing as a reminder of God’s plan for you when you go through challenging times.

Next Week: “Stupid Won’t Fix Stupid”