

REBOOT

ADVANCE

WEEK 1

Training & Resilience

“At the moment of truth, you will not rise to the level of expectation, you will fall to the level of training.”

ARCHILOCUS

(GREEK SOLDIER & PHILOSOPHER, 7TH CENTURY BC)

“So I run straight to the goal with purpose in every step. I fight to win. I’m not just shadowboxing or playing around. Like an athlete I punish my body, treating it roughly, training it to do what it should, not what it wants to. Otherwise I fear that after enlisting others for the race, I myself might be declared unfit and ordered to stand aside.”

1 CORINTHIANS 9:26-27 (TLB)

REMEMBER REBOOT?



▶ **GROUP DISCUSSION:**

If someone was to ask you, "Why should I go through REBOOT," what would you say to him or her?



▶ **THINK, WRITE & DISCUSS:**

Since the conclusion of your REBOOT course, have you maintained momentum or slowed down?

- *If maintained, what factors have helped with that?*
- *If slowed, what issues have contributed to that?*

RESILIENCE IS...

- **PHYSICAL RESILIENCE** – The capability of a substance to recover its usual size and shape after being bent, compressed, or stretched.
- **PSYCHOLOGICAL AND SPIRITUAL RESILIENCE** – The capability in a person to recover quickly from adversity, stress, and trauma.

Three Components Necessary to Build Resilience

#1 – BAD STUFF

“We can rejoice when we run into problems and trials, for we know that they are good for us—they help us learn to be patient [hupomone]. And this patience develops strength of character in us and helps us trust God more each time we use it until finally our hope and faith are strong and steady.”

ROMANS 5:3-4 (TLB)



HUPOMONE = PERSEVERANCE =
Cheerful or hopeful endurance; patient continuance.

RESILIENCE is not the ABSENCE of stress and trauma; resilience REQUIRES stress and trauma. The only way resilience can grow is through adversity.



► **GROUP DISCUSSION:**

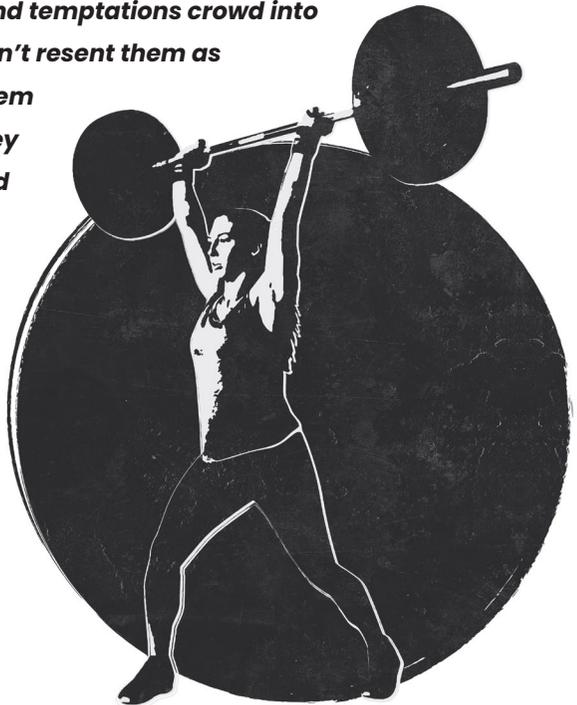
How has “bad stuff” developed hupomone in you in the past?

#2 – THE PROCESS

“When all kinds of trials and temptations crowd into your lives my brothers, don’t resent them as intruders, but welcome them as friends! Realize that they come to test your faith and to produce in you the quality of perseverance [again, the word hupomone is used].

But let the process go on until that perseverance is fully developed, and you will find you have become men of mature character with the right sort of independence.”

JAMES 1:2-4 (PHIL)





▶ **GROUP DISCUSSION:**

How can you come to the point where you can look at your stresses and traumas as friends, rather than intruders?

#3 – THE SOURCE



RESILIENCE is three dimensional:

- What's needed? **TRANSFORMATION!**

Main Premise of this REBOOT Advance Course

If God is **THE SOURCE** of our healing and resilience-building, whatever we can do to strengthen and deepen the connection to Him will strengthen and deepen our healing and resilience. Under His resourceful oversight, **THE BAD STUFF** and **THE PROCESS** will work together to produce just what we're looking for.

- **RESILIENCE DETERMINANTS** – Factors that determine how resilient you are. See Table of Contents.

Post-Session Exercises

THE TAKE-AWAY

“Here’s how today’s session helped me, or will help me...”

THE GIVE-BACK

“Here’s how today’s session will help me to help others...”

THIS WEEK'S CHALLENGE

Find the Field Guide you used when you attended your previous REBOOT course. Flip through it and find the lesson or page that had the most impact on you. (Or, if there were many, choose one significant one.) Bring your old Field Guide with you next week and be prepared to share what you chose.

PREPARATION PASSAGE FOR NEXT WEEK

“And the testimony is this, that God has given us eternal life, and this life is in His Son. He who has the Son has the life; he who does not have the Son of God does not have the life. These things I have written to you who believe in the name of the Son of God, so that you may know that you have eternal life.”

1 JOHN 5:11-13

► **DIG DOWN & THINK** — *According to this passage, can a person actually know that he or she has eternal life? How? What do you think it means to “have the Son?”*

DAILY SCRIPTURES FOR THE COMING WEEK

(Read entire chapter for context.)

- Day 1** **John 1:1-13**
- Day 2** **John 3:14-21**
- Day 3** **John 5:24-29**
- Day 4** **John 11:23-27**
- Day 5** **Acts 16:25-34**
- Day 6** **Ephesians 2:4-9**
- Day 7** **1 John 2:24,25**

DISCUSS WITH YOUR SPOUSE / PARTNER

1. *What have you seen in me that is an example of resilience?*
2. *How can I help you to gain more resilience?*
3. *We just learned that the only way to increase resilience is through adversity. So, if God wants us more resilient, He's going to allow some adversity into our lives. When this happens, how can I best support you in the midst of your (or our) trials and tribulations?*
4. *How can we help each other to maintain momentum and focus during this Advance course?*