

# RESILIENT

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How would you define the word resilient? According to Dictionary.com, to be “resilient” is to “return to the original form or position after being bent, compressed, or stretched.” Does this definition sound a bit like life to you?

Join Discover the Word and author of Resilient, Sheridan Voysey, as we explore the Sermon on the Mount and what Jesus has to say about living a resilient life.



## THIS WEEK'S DISCUSSION QUESTIONS

- Read Matthew 5–7. Loving our enemies, praying, fasting, worrying, and judging others . . . these are all topics touched upon in the Sermon on the Mount that we still struggle with today. How do the words of Jesus in this teaching lay a foundation for living a “resilient” life?
- When something good happens in our lives, we say we are “blessed.” But in the Beatitudes, Jesus shares a surprising, new definition—one that doesn’t celebrate earthly gain and accomplishment but selfless service, compassion, and steadfastness.
- What relationships are most important to you? It is easy to show love to those who love us back, but what about our enemies? Read Matthew 5:13–48. Prayerfully read these verses and ask God to guide you in your relationships with others.
- “Our Father in heaven . . .” Those words are the beginning of the best-known prayer in the Bible—the Lord’s Prayer. Take a moment to read the full prayer in Matthew 6 and replace the plural pronouns (“our,” “us,” “we”) with the personal pronouns (“I,” “me,” and “my”). Does this personalization give you a new view of your heavenly Father and your relationship with Him?
- Jesus instructs us in Matthew 7:7–8 to “ask,” “seek,” and “knock” and the Lord will respond. Does this mean we should simply sit back, pray, and wait for God to answer? What else may be required of us?



## CHALLENGE

Take a few minutes each day this week to write down and reflect on the resilient moments you encountered. What did you learn from the moments of bending and stretching, and what did you learn from the process of returning to your “original” form?



## COMMIT TO MEMORY

“Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.”  
(Matthew 7:24–25 NIV).



## PRAYER

Lord, life has a way of stretching us and leaving us feeling tired and often defeated. But You have told us that if we ask, seek, and knock, You will answer. Please use Your words in Matthew 5–7 to help us bounce back from the storms of life. Teach us how to become resilient followers of Yours. Amen.