**“Resilient” Small Group** – Session One (Chapters 1 & 2)

Please read chapters 1 & 2. Then, think through these questions and write your thoughts. These questions will be discussed at your first small group gathering.

1. The past several years have been times of severe testing on both global and personal levels. How would you describe your current mental, emotional, and spiritual state as you begin this study?
2. On page 2, the author describes the “Primal Drive for Life”, which is the essential craving for life. When the world leaves you over whelmed and exhausted, where do you turn for relief? Does doing so result in restoration or ultimately leave you feeling emptier?
3. Beginning on page 11, the author discusses the River of Life. What is the River of Life and how can we tap into this River?
4. Beginning on page 20, the author identifies “mental fragmentation” as a symptom of the trauma we have been through. Have you experience this? Would you like to share any examples?
5. What “story” vies for your attention?
6. Knowing we are near the end of the age, how will you prepare your heart?

Additional observations: