**“Resilient” Small Group** – Session Four (Chapters 7 & 8)

Please read chapters 7 & 8. Then, think through these questions and write your thoughts. These questions will be discussed at your fourth small group gathering.

1. On page 118, the author discusses “Bodyguarding Your Eden Heart”. He states: “It is we who choose not to allow our hearts to be overtaken by fear or sorrow.” What are your thoughts about this and how can we guard our hearts?
2. Beginning on page 125, the author states “The survivor understands that their present situation is something that they are moving through, passing through. This is not my lasting reality; this is simply my present reality…This frame of mind changes everything.” Have you practiced this recently? If so, how has it benefited you? If not, do you think it would be a benefit to you?
3. Read the passage at the top of page 133 (Eph. 3:14-16). What does this tell us about where God is located and where our strength comes from?
4. Beginning on page 138, the author discusses the Shallows, Midlands and Depths. What did you learn about yourself from this? How did this encourage you to spend less time in the Shallows and more time in the Depths?
5. What are some of the elements you would like to work on to assist you to “descend with the mind into the heart”? (Pg 140)