**“Resilient” Small Group** – Session Five (Chapters 9 & 10)

Please read chapters 9 & 10. Then, think through these questions and write your thoughts. These questions will be discussed at your final small group gathering.

1. In the section titled “Embracing Recovery” (Pg 158), the author encourages us to “practice benevolent detachment” (beginning pg. 161). What does this look like in your life? Has this been helpful for you?
2. On pg. 167, the author asks the question, “Where are you getting some play back into your life?”
3. In the section title “Embracing Resilience” (pg. 168), the discusses the importance of taking hold of our thought life. He goes on to say “You can start building mental resilience right her, by roping in speculation.” What are your thoughts about this?
4. Beginning of pg. 188, the author discusses the story of Lot’s wife and Jesus’s warning: “Remember Lot’s wife!” What impact does Jesus’s warning have on you personally?
5. What are some of your thoughts about how to “hold on” in these last days?
6. How has this book impacted you? Is there anything specific that has helped you draw closer to Jesus?