



# Run with the Horses

## Week 1: Resilience

### CCV Groups Discussion Guide

#### OPENING QUESTION:

Are you watching any of the Olympics? What can we observe and learn from the resilience of champions and athletes?

#### GROUPS VIDEO GUIDE

#### READ:

[Jeremiah 12:1-6](#)

#### DISCUSS:

- Jeremiah lived in the dark days of Israel where the culture was deteriorating. Do you sometimes feel like we live in a very similar time in our history? How do you express your frustration?
- Ashley taught that opposition increases opportunities. How have you seen that play out in your life? What opportunities does the Church have at this moment?
- What does [Jeremiah 29:11-13](#) reveal about God's plans for us even when we are in the midst of hardship and uncertainty?
- In what ways can we lean into God more during challenging times to find the strength and resilience to persevere?

#### GROUP CHALLENGE:

Make a copy of the passages below. Cut them into strips (enough for each person to take one). Read them all aloud. As they are read, have each person “claim” it, take it home, and tape it on the bathroom mirror to be their verse this week.

#### TAKE HOME QUESTIONS:

**Table Talk** (a question to ask your family): Name one hard thing you will do this week that will make you stronger.

**Water Cooler** (a question to ask at work): Who is the most resilient person you know?

## **PRAYER:**

Take note of your group's current challenges and pray for them by name.

## **SCRIPTURES:**

**James 1:12**, "Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him."

**Romans 5:3–4**, "Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope."

**1 Corinthians 15:58**, "Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain."

**Proverbs 3:5–6**, "Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."

**James 1:4**, "And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing."

**Hebrews 12:2**, "Looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God."

**Romans 8:28**, "And we know that for those who love God all things work together for good, for those who are called according to his purpose."

**2 Peter 1:5–7**, "For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love."

**Philippians 4:6**, "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."