

## Resilience

### James 5:7-12

Life in this world can be hard. Life in this world as a believer can be especially hard. We need resilience to walk with God for the long haul. When trials, suffering, and disappointments come, a resilient person doesn't give up. A resilient person doesn't become angry, bitter, and cynical. A resilient person continues to seek God and do His will no matter what. We all want to be resilient, right? Today's passage challenges us to pursue this type of resilience.

**Opening discussion:** What's the first thing that pops into your mind when you think of resilience?

### Read James 5:7-12

1. What are the commands in this passage? List them.
2. In the previous passage James had addressed the ruthless rich. Here he is addressing the poor who were being mistreated. What is his core encouragement to them?
3. How does James apply the promise of Jesus' return to this area of resilience?

Steve said:

In our life group last week we talked about how hard it is to allow the truth that Jesus is returning to affect our everyday life; it's one of those doctrines we tend to "check off" our list and then file away somewhere. But the return of Christ isn't some obscure doctrine; it's mentioned in all but a couple of books in the NT. The nearness of Christ's return is meant to be a continual motivation to persevere, to do His will as long as we live.

4. Do you find the nearness of Jesus' return a motivating factor in your life? Why or why not?

5. James offers three examples of patience: the farmer, the prophets, and Job. What can be learned from these examples?
  
6. What sins of the tongue does James address? How might such sins be an expression of one who is not living a resilient life?
  
7. What does this passage teach us about God? How do these aspects of God's character help us grow in resilience?
  
8. How would you summarize what James says about growing in our resilience?
  
9. Where do you most need resilience these days?

### Practicing the Rhythms of Rooted

---



**Daily Devotion:** Read and meditate upon next week's passage (James 5:13-18).



**Prayer:** Prayer regularly this week inviting God to grow the quality of resilience in your life. Gal. 5:22-23 makes it clear that patience is a fruit of the Spirit's work in our lives. Invite him to grow that fruit.