

The Resilience Equation

Hebrews 12:1-2

09.11.2022

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You're Gonna Make It

Reflect

Outline: Recap

Realize

Points to Ponder

Respond

Questions to draw out understanding.

REFLECT

You're Gonna Make It. That is the name of Pastor Daniel's brand new book. And that is the name of our brand new series at Crossroads starting this weekend. We are going to learn the Resilience Equation and how it can be such a transformational part of our lives in this broken, fallen and exceedingly messy world. Jesus is inviting us to follow Him and live victorious in the midst of many trials. You are going to be blessed by this new book and this new series.

REALIZE

1. Jesus is our example

- **Scripture Reference;** John 13:13-16
- **Leader Notes**
 - Jesus is the example, but also more than that. He is the object of our faith and worship.
 - Jesus is the author and finisher of our faith, he is the victorious one.
- **Questions for Reflection**
 - How can I follow the example of Jesus?

2. Hope + Grit = Unstoppable

- **Scripture Reference;** Psalm 27:13-14
- **Leader Notes**
 - The Bible calls us to hope in the Lord.
 - Hope and grit work together to make a resilient people of God.
 - Grit is doing the right thing in the right way with the right motivations no matter the outcome.
- **Questions for Reflection**
 - What are some things that make it difficult to maintain hope?
 - How can I better maintain a hopeful mindset?

3. Keep the joy set before you

- **Scripture Reference;** Philippians 2:8-9
- **Leader Notes**
 - Joy set before Jesus was God's glory in his obedience, fruit was our redemption.
 - The joy for us is the glory of God in our obedience.
- **Questions for reflection**

- Where do I need to display better grit?

4. Let Jesus empower your resilience

- **Scripture Reference;** Philippians 2:9-11
- **Leader Notes**
 - The ability to maintain resilience is something that can only come from the Spirit of God.
- **Questions for Reflection**
 - How is Jesus leading me?