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# TALK IT OVER

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## Jesus' Secrets of Resilience

Strategies for Stressful Times - Part 5

Rick Warren

September 25-26, 2021

Open your group in prayer, and remember that this is only a guide. Feel free to discuss each of the provided questions in the message notes, or simply dive deeper into just one. Before you close with prayer, take a few minutes to look over the Three Essential Questions towards the end of the document.

### Message Notes

*"Since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily hinders our progress. And let us run with endurance the race that God has set before us. We do this by keeping our eyes on Jesus, on whom our faith depends from start to finish. Jesus was willing to die a shameful death on the cross because of the joy he knew would be his afterward. Now he is seated in the place of highest honor beside God's throne in heaven. Think about all he endured when sinful people did such terrible things to him, so that you don't become weary and give up!"* Hebrews 12:1-3 (NLT)

#### 1. Remember How Much God Loves Me (Compassion)

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*"The Father loves me!"* John 10:17 (NLT)

*"Just as the Father has loved me, so have I loved you. Now remain in my love. If you obey my commands, you will remain in my love..."* John 15:9-10 (NIV)

*"How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are!"* 1 John 3:1 (NIV)

##### Question 1

Read aloud Hebrews 12:1-3 above. One of Jesus' secrets of resilience was his assurance that the Father loved him, as John 10:17 above says. Likewise, one of the foundations for our resilience is remembering how much God loves us! How can we know we're secure in God's love and compassion according to Hebrews 12:1-3, John 15:9-10, and 1 John 3:1 above?

## 2. Remember Who I Am! (Identification)

*"I am... the Light of the world... the Son of God... the Way, the Truth and the Life... the Bread of life..."* Mark 14:62, John 6:35, 8:12, 14:6)

*"I testify on my own behalf."* John. 8:18 (TEV)

*Jesus said, "You are the salt of the earth!... You are the light of the world... don't hide your light!"* Matthew 5:13-16 (NIV)

### Question 2

Another secret of Jesus' resilience was that he was sure who he really was; he didn't depend on others to validate himself, as John 8:18 says. What did Jesus say in Mark 14:62, John 6:35, 8:12, and 14:6 with regard to his identity? Similarly, what did Jesus say with regard to our identity in Matthew 5:13-16 above?

## 3. Know Who I'm Trying to Please! (Motivation)

*"I am not trying to do what I want, but only what my Father who sent me wants."* John 5:30 (TEV)

*"I always do those things that are pleasing to Him."* John 8:29 (NLT)

*"No one can serve two masters..."* Luke 16:13 (NIV)

*Paul: "I'm not trying to be a people pleaser! No, I am only trying to please God. If I were still trying to please people, I wouldn't be Christ's servant."* Galatians 1:10 (NLT)

### Question 3

Luke 16:13 says, "No one can serve two masters"; that just leads to stress! A secret of Jesus' resilience was that he was only trying to please one person—God! In Galatians 1:10, what did Paul say with regard to being a "people pleaser"? Discuss practical ways to remember this principle and follow through with it.

## 4. Know My Calling! (Vocation)

*"...I know where I came from and I know where I'm going."* John 8:14 (NIV)

*"A person who has doubts is thinking about two different things at the same time and can't make up his mind about anything."* James 1:8 (GW)

*"I urge you to live a life worthy of the calling you have received."* Ephesians 4:1 (NIV)

### Question 4

In John 8:14, Jesus said, "I know where I came from and I know where I'm going." In Ephesians 4:1, Paul urged believers to live "worthy of the calling you have received." When we're following our calling, we're closer to God! How does walking with Christ increase our resilience?

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## 5. Focus On What Matters Most (Concentration)

*"As the time drew near for his return to heaven, he moved steadily onward toward Jerusalem with an iron will."* Luke 9:51 (LB)

*"Anyone who lets himself be distracted from the work I plan for him is not fit for the Kingdom of God."* Luke 9:62 (LB)

*"We are free to do anything but not all things are helpful or profitable or wholesome or constructive to your character and spiritual life."* 1 Corinthians 10:23 (Amp)

### Question 5

Jesus focused on fulfilling his calling; Luke 9:51 says, *"As the time drew near for his return to heaven, he moved steadily onward toward Jerusalem with an iron will."* Discuss how focusing on what matters most, as in Luke 9:62 and 1 Corinthians 10:23, leads to fulfilling our calling.

## 6. Spend Time Alone with God (Meditation)

*"It was Jesus' habit to go out to the Mount of Olives to pray, and his disciples followed him."* Luke 22:39 (NIV)

*"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."* Mark 1:35 (NIV)

*"News about Jesus spread even more. Crowds came to hear him and to be healed..., but Jesus often slipped away to be alone so he could pray."* Luke 5:15-16 (NCV)

*"Plant your roots in Christ and let him be the foundation for your life."* Colossians 2:7 (CEV)

### Question 6

Luke 22:39 says it was Jesus' *"habit"* to pray, and Luke 5:15-16 says Jesus *"often"* slipped away to pray. For many of us, it's difficult to maintain the habit of prayer. What can we learn from Colossians 2:7 above about the importance of spending time alone with God? Discuss how prayer and meditation in Christ helps us to manage our stress and build our resilience.

## 7. Get a Small Group for Support (Collaboration)

*"[Jesus] appointed twelve, whom he also named apostles, to be with him..."* Mark 3:14 (CSB)

*"Jesus said to them, 'My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.'"* Matthew 26:38 (NIV)

*"Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your souls.'"* Matthew 11:28-29 (NLT)

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## Question 7

Jesus ministered in collaboration with a small group of disciples and even asked Peter, James and John to “keep watch” with him before his crucifixion. If even Jesus needed a small group for support, we certainly do, too! What steps can you take to help others join with Christ and the church so that together you and they can grow in Jesus’ secrets of resilience?

## Three Essential Questions

The following questions are intended to be open-ended and encourage members to consider how they felt and what they, or the group, can do as a result of hearing the message!

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change, or affirm your thinking?*
3. **What will you do?** *How will you or your group put into practice what you’ve learned today?*

## Small Group Action Steps

1. Tell Pastor Rick about your spiritual decision today! Text NEWSTART (one word) to 83000 or email [NEWSTART@saddleback.com](mailto:NEWSTART@saddleback.com) for free spiritual growth resources.
2. Join one of our many small groups for support! Text SMALLGROUP (one word) to 83000 or email [SMALLGROUP@saddleback.com](mailto:SMALLGROUP@saddleback.com)
3. Express your gratitude to God by giving Him your offering online at <https://saddleback.com/GIVE>. Your gifts are feeding thousands of out-of-work families.
4. Be baptized! Email [BAPTISM@saddleback.com](mailto:BAPTISM@saddleback.com)

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