QUOTES
“Joseph had a dream, and when he told it to his brothers, they hated him all the more.” Genesis 37:5 (NIV)

“For those who trust in the Divine all things are moving towards an everlasting state of happiness, and no matter what happens at any time to them, it contributes to that state.” (Secrets of Heaven 8478.3)

“Anyone who receives and possesses faith is constantly mindful of the Lord. This is so even when they are thinking or talking about something other than Him, or else when they are carrying out their public, private, or family duties, though they are not directly conscious of their mindfulness of the Lord while they are carrying them out.” (Secrets of Heaven 5130)

DISCUSSION QUESTIONS
1. Share about a hard time you faced in the past and how you got through.
2. Map: Joyful, Neutral, Challenging--write words or draw a picture of parts of your life that fall in these categories.

RESILIENCE PRACTICE: SLOW DOWN
Look for ways God is present in the joy AND the pain.
QUOTES
“They said to him, “We each have had a dream, and there is no interpreter of it.” So Joseph said to them, “Do not interpretations belong to God? Tell them to me, please.” Genesis 40:8 (NKJV)

“When the light of heaven falls on the perceptions a person has gained by the light of the world, it brings life to them and enables the person to see objects with understanding.” (Secrets of Heaven 5114:2)

“When a person who has led a good life is taken back into their own selfhood, and so into the sphere that emanates from the life properly their own, it seems like a deluge. Caught in this deluge they are annoyed and angry, have unpeaceful thoughts and wildly evil desires…. But when a person is kept within the sphere emanating from the life they have received through regeneration from the Lord they are completely outside such a deluge. They are so to speak in a calm and sunny, cheerful and happy place, and so are far removed from annoyance, anger, unpeacefulness, evil desires, and the like.” (Secrets of Heaven 5725)

QUESTIONS FOR DISCUSSION
What would happen if you gave the interpretation of events (past or present) in your life over to God?
Do you see God more in good times or bad?
Why might that be?

RESILIENCE PRACTICE: RE-SEEING OUR LIVES
Practice Changing Your Thoughts.
What is the thought? _______
What is a new story? _______
**QUOTES**

“Now in the seven plentiful years the ground brought forth abundantly. So he gathered up all the food of the seven years which were in the land of Egypt, and laid up the food in the cities; he laid up in every city the food of the fields which surrounded them. Joseph gathered very much grain, as the sand of the sea, until he stopped counting, for it was immeasurable.” (Genesis 41:47-49)

“Blessed is the one who trusts in the Lord, and whose hope is the Lord. For they shall be like a tree planted by the waters, which spreads out its roots by the river, and will not fear when heat comes; but its leaf will be green, and will not be anxious in the year of drought, nor will cease from yielding fruit.” (Jeremiah 17:7-8)

“The Lord grants all these gifts [on earth] upon our acknowledgment that everything physical also comes from the Lord and that we are simply like servants or stewards given responsibility for the Lord’s goods.” *(Divine Love and Wisdom 333)*

**QUESTIONS FOR DISCUSSION**

How has God prepared you for this very moment/challenge?
What is a something you are grateful for that has sustained you in hard times?

**RESILIENCE PRACTICE: GRATITUDE**

Write down five things you are grateful for every day. Give thanks to God for these blessings.
QUOTES

“Do not be distressed and do not be angry with yourselves...” (Genesis 45:5)

“[The Lord] heals the brokenhearted and binds up their wounds.” (Psalm 147:3)

“Self-compassion is a way of emotionally recharging our batteries. Rather than becoming drained by helping others, self-compassion allows us to fill up our internal reserves, so that we have more to give to those who need us.” Kristen Neff

QUESTIONS FOR DISCUSSION

1. Where do you feel you are being tested/challenged/stretching?
2. How might compassion help with resilience?

RESILIENCE PRACTICE: TOUCH WITH COMPASSION

Just as we saw Joseph wrap his arms around his brothers, invite God to wrap compassion around you and whatever you are facing. Practice articulating, “Lord, please wrap your love around this moment, this challenge, this thought, this pain, this struggle.” If this feels difficult, you may begin by asking the simple question, “Can I touch this with compassion?”
Quickview: Focus on Others

WEEK FIVE

QUOTES
“[It is] the Lord’s wish that all blessings spread contagiously and that everyone enjoy mutual love and grow happy as a result.” (Secrets of Heaven 1388)

“The happiness of the angels consists in use, from use, and according to use” (Secrets of Heaven 454)

“We have a universal need to connect with one another.” Vivek Murthy

QUESTIONS (for discussion)
1. How can focusing on others keep us going?
2. How is forgiveness, reconciliation, vulnerability part of resilience?

RESILIENCE PRACTICE
Reach out to others. Offer and/or accept help.