

How To Take A Hit

Week 1 – November 1, 2020

Scripture: Psalms and Proverbs

Grab your Bible and a few people to connect with. Look up the verses below and share your thoughts. It's that easy!

Share: Read the following the statement: "As a culture, we are losing our resiliency to withstand the difficult moments of life." Do you agree or disagree? Why or why not?

Read Psalm 139:22-24, Psalm 94:18-19, Psalm 121:1-2, Proverbs 11:2, Psalm 25:9, and Psalm 147:6 together: Take turns reading if you prefer. Enjoy the different Bible translations we each read.

Discuss the following context:

We all experience hardship and difficulty in life. In many ways, 2020 has felt like a year of one punch in the gut after another. Without a solid foundation and understanding of God's purposes in moments like these, it would be easy to succumb to the hits. But even worse, we could be at risk of missing what God may be trying to accomplish in and through our lives.

Joseph experienced more than his share of hardship and was stronger for it in the end. He rested in the strength of his belief that God was bigger than his problems and pain. Joseph could have blamed a lot of different people for the places he ended up: His brothers for betraying him, His dad for putting a target on him, Potiphar's wife for framing and blaming him, or God for giving him a vision of his powerful future. And even though all of those factors played into where he ended up, those things were beyond Joseph's control. What he could control was his response, his perspective, and his compliance with God's pruning and growing his character.

Share your thoughts about following questions:

1. Often we are tempted to place blame or live with a perspective limited to our own circumstances. Statements like: "She's the problem – I'm a victim," "He's a jerk – I'm misunderstood," or "Everyone is against me" fuel that limited perspective. We see in Joseph's story how God was consistently growing a posture of humility in him.
 - a. Reread Psalm 139:22-24. How do you see the writer taking a posture of humility?
 - b. Have you ever hesitated to pray this kind of prayer? Why?
2. Maybe our decrease in resiliency is reflective of our continued pull away from a dependence on God and our replacing that with an ever-increasing self-reliance, a determination to just handle things on our own.
 - a. On a scale from 1-10, how likely are you to try to handle life's "hits" on your own? Why?
 - b. Surviving the hits of life begins with the humility to accept that we need God; we cannot handle things on our own. What do Psalm 94:18-19 and Psalm 121:1-2 remind us of with regard to God's character?
3. What does God promise when we approach our relationship with Him and with others with a posture of humility? Reflect on Proverbs 11:2, Psalm 25:9, and Psalm 147:6. Which of those promises is most significant to you in this season? Why?

Pray together: Ask each other to share what is on your heart today. Thank God for his character of being with us, supporting us, consoling us, helping us. Ask Him to reveal any areas of your life where humility may be required. Consider praying the prayer of David from Psalm 139:23-24 – "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."