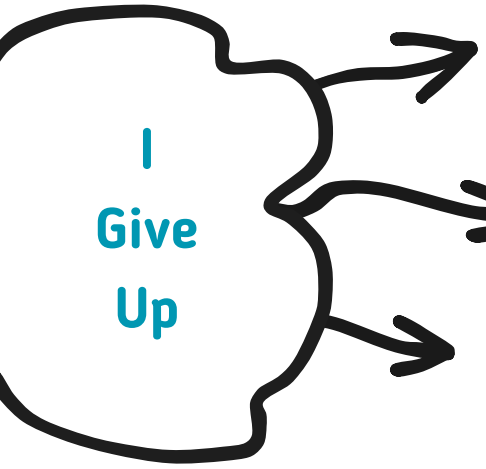
RE:SILIENCE



This is all too much! I give up! I can't do this anymore. Have you ever said these or similar words?

What keeps you going when you go through hard times?

Do you normally try to go it alone, or are you good at asking for help?

Re:silience is a fun word to play around with. If you **re:**move the 'si' part, it would say '**re:**lience' (which is the incorrect spelling of **re:**liance). **Re:**silience almost has the word 'silence' in it too.
But what is '**re:**silience'? Because it <u>does</u> involve **re:**liance (on yourself and others), but it is better <u>to NOT be</u> silent (that would be suffering).

Have a look on Google and write the definition of **re:**silience in your own words.

_____

_____

_____

? When challenging things happen in life, what is your 'go to' approach?

? How do you handle stress and trauma? What are some strategies you use?

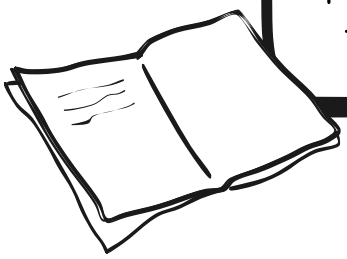
? How quick do you bounce back from hard times? Can you share an example?

Put a mark on the scale of how **re:**silient you feel you are in trying times.

Quick to give up / slow to bounce back

Don't give up / bounce back quickly

Singing has always been a vulnerability for me. I have frequently heard people say negative comments about others' singing and that made me feel more insecure, even though they weren't talking about me! My perception of myself was that I couldn't sing and my belief about that made me feel nervous and I struggled to sing in public. In the shower and the car however, was a safe place where I sang my heart out! I wanted to conquer my fear, so I joined a choir and I spent the first 2 years miming. It helped a bit, but it was actually through finding safe spaces amongst trusted people which was the game changer in how I thought and felt about singing. I had to change my thought pattern to change my action.



I had to **RE:**MIND myself and CHOOSE to believe the positive comments from trusted people, to help change my feelings and actions.

? What is something you have given up on doing because you thought you couldn't do it?

? What would have helped you not give up on it?

Read **James 1:2-4** and fill in the blanks.

'2 Consider it pure _____, my brothers and sisters, whenever you face _____ of many _____, 3 because you know that the _____ of your faith produces _____. 4 Let _____ finish its _____ so that you may be mature and complete, not _____ anything.'

? How do you think it would be possible to consider it a PURE joy when you face trials in life?

Read **Romans 5:1-5** and fill in the blanks for **V3-4**.

'3 Not only so, but we also _____ in our _____, because we know that suffering produces _____; 4 perseverance, _____; and character, _____.'

? Do you agree with this idea that trials, challenges and sufferings produce **re:**silient characteristics? Explain.

Think of a time when you successfully overcame challenges in your life.

? If you were to go through those same challenges again, do you think you would be better equipped to get through them more easily? Share your experiences and thoughts.

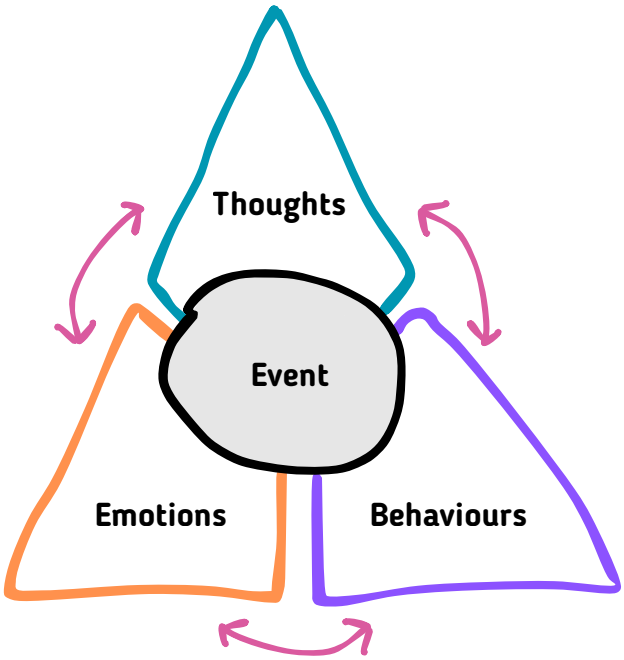
COGNITIVE BEHAVIOURAL THERAPY - CBT

CBT is a tool to help identify and challenge unhelpful thought patterns and behaviours. It focuses on how your thoughts, emotions, and actions interact and how they can impact each other for the positive or negative.

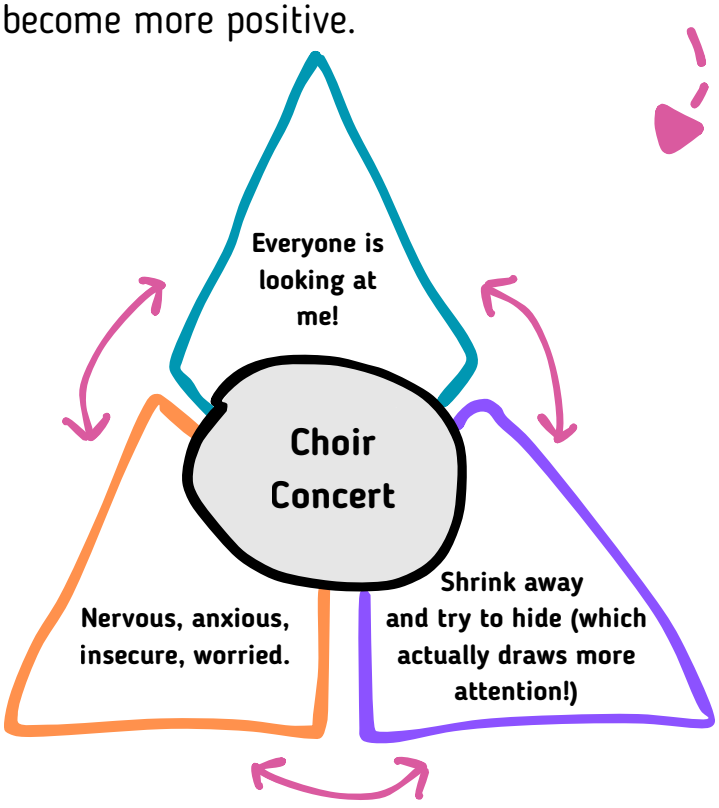
CBT provides practical coping strategies to manage mental health and daily challenges and build **re:**silience. It helps us to **re:**frame and **re:**train unhelpful and negative thoughts.

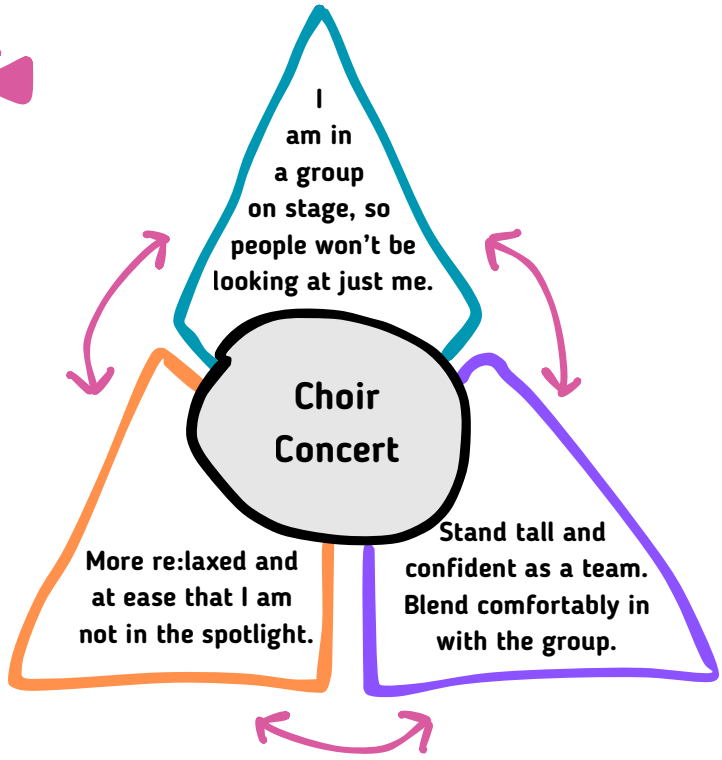
Simply changing 1 element in the triangle impacts the other elements.

How you think and perceive things affects your feelings and behaviours.



Let's use my singing insecurity in an example where the event is a choir concert, and there are a lot of people in the audience.
These 2 examples below, show vastly different experiences, all due to a change in mindset. Notice the difference when unhelpful and negative thoughts were challenged and flipped to become more positive.

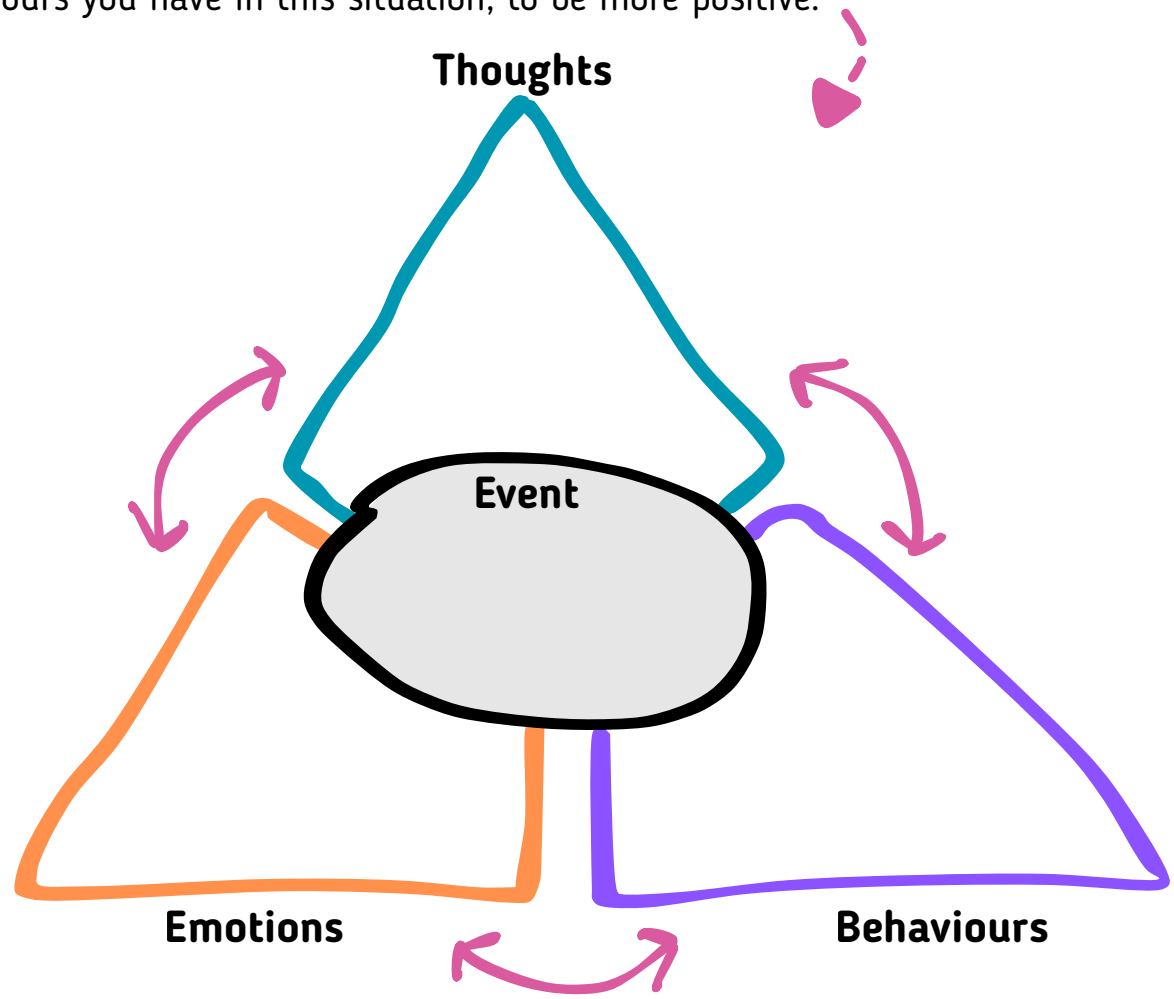




- Our perspective and outlook on life play a big part in how we experience things.
  Put a mark on the scale of how positive or negative you feel you are as a person.

Negative **Positive**

- Think of a thought, emotion, behaviour or experience from your life that you want to change.
- Use the CBT triangle to help identify and challenge the unhelpful thought patterns and behaviours you have in this situation, to be more positive.



? How will you approach the situation you identified differently in the future based on what you wrote?

- Thinking back to how negative or positive you rated yourself, **list 1 thing** you will do to become more positive (*one can always become more positive!*).

_____

- Thinking back to how **re:**silient you rated yourself, **list 2 things** you will do to become more **re:**silient and slower to give up.

_____

_____

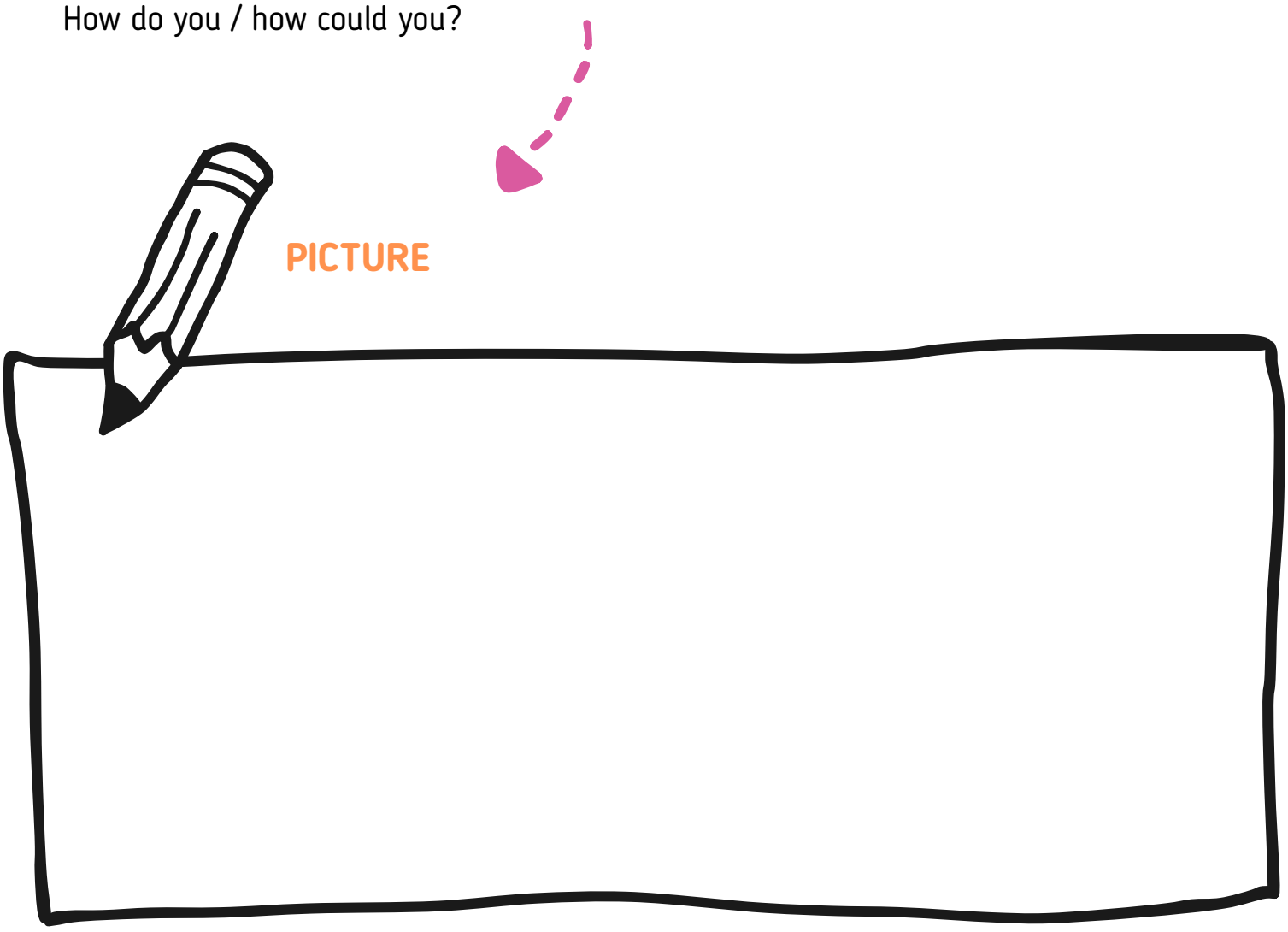
- Who are your safe space cheerleaders in life who encourage you and help you to be a stronger and better person? **List 3 people**.

1. **2.** **3.**

? Why is it more often easier to give up than to continue through the challenges we face, despite the fact that there could be more benefits on the other side?

? Sometimes people say they have 'hit rock bottom' - as in, they can't get any lower than this. What foundation are you building your life on, so that if you hit rock bottom, you will be able to bounce back strongly?
(Matthew 7:24-27)

? Do you **re:**ly on God to help you through challenging times?
How do you / how could you?



Draw something to represent your thoughts and feelings after this moment together. Or, if you are not thrilled about drawing, go back through today's gathering and use a colour or symbol, underline or circle the words that stood out to you. Is there a theme in what you noticed?

SONG

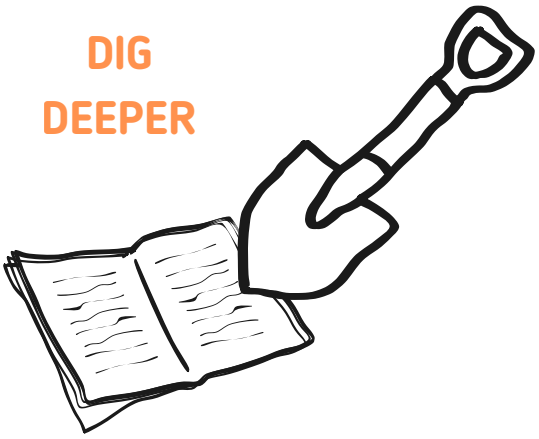
Firm Foundation - *Cody Carnes*

QUOTE

Because you taught me to see the world differently, I learned to treat the world differently.

– *Nisa*

DIG DEEPER



Extra verses to extend the exploration!

- Joshua 1:7-9 (tips for a firm foundation)
- 2 Corinthians 4:5-12
- Isaiah 40 (especially V27-31)

PONDER

- What are you going to do to **re:**build the foundation of your life more firmly on God? (This a continual construction process!)
- What would it look like when using the CBT triangle, if the thought element was **re:**membering what God thinks of us, instead of us letting our thoughts take over?

WORD

Summarise this time together in 1 word or sentence.
*What is something you want to **re:**member?*

Use this word now in a short prayer between you and God.

© 2026 Emily Keye. All Rights Reserved.