

Message Notes | Resilient

Part 4: Relational Resiliency

Colossians 3:12-17

- some relationships will _____ your resiliency
- lack of resiliency will _____ your relationships
- resist the urge to react - **vs. 12, 14**

#1 Remember _____
before you decide how to respond.

- be ready to respond with this - **vs. 13**

#2 _____ ends the cycle of
_____ people _____ people.

- peace of, message of, in the name of - **vs. 15-17**

#3 Keep _____ at the _____.

- why do you want to be resilient? **Luke 22:42-43**

#4 Godly resilience is revealed in
how we _____.

- who is God _____?

Group Questions | Resilient

Part 4: Relational Resiliency

Colossians 3:12-17

1. What are one or two key takeaways from this series that you want to keep with you?
2. When tension starts to rise in a relationship, how do you tend to react?

Attack - Escalate the situation by getting defensive or harsh.

Avoid - Shut down, withdraw, or disappear for a long time.

Blame - Shift focus on others rather than look inward.

Pretend - Act like nothing happened and go on as usual.

Why do you think you tend to react that way?

3. **Read Colossians 3:12-14.** What would happen to the way you navigate relational tension if you could remember who you are in Christ?
4. What can a person do when they don't feel like "clothing themselves" with the things listed in Colossians 3:12-14?
5. **Read Colossians 3:15-17.** What does it look like to keep Jesus at the center of a relationship? What does this look like when the relationship is with someone who doesn't follow Jesus?
6. It's natural to seek strength for your own sake and for your own benefit. What difference does it make to seek resilience that glorifies God and serves others?
7. We each have a unique circle of influence. As you think about key takeaways from this series, who is God strengthening you for?

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Part 4: Relational Resiliency

Colossians 3:12-17

- some relationships will strain your resiliency
- lack of resiliency will strain your relationships
- resist the urge to react - **vs. 12, 14**

#1 Remember who you are before you decide how to respond.

- be ready to respond with this - **vs. 13**

#2 Forgiveness ends the cycle of hurt people hurting people.

- peace of, message of, in the name of - **vs. 15-17**

#3 Keep Jesus at the center.

- why do you want to be resilient? **Luke 22:42-43**

#4 Godly resilience is revealed in how we love one another.

- who is God strengthening me for?

Bible Reading for Today

Colossians 3:12-17

¹²Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴And over all these virtues put on love, which binds them all together in perfect unity.

¹⁵Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. ¹⁶Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. ¹⁷And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

