



Study Guide, Episode 49– How to Become Resilient

Jonah, Micah, w Rebecca Irvine

00:00-09:50	“QOTW: What does resilience mean? How do I become more resilient?”
09:51-22:31	“Arise; Don't flee; Awake & Own your mistakes/problems”
22:32-39:15	“In the whale's belly, we're not alone—we're moving, becoming, being reborn”
39:16-52:06	“Resilience means to: obey, believe, have charity, become better”
52:07-58:08	“Resilience does not mean perfection”
58:09-END	“The Lord is our light in the darkness; Turn to Him”

1. Is there anything the Lord might be asking of you right now from which you're trying to “flee?” What is it? Why are you trying to flee? Consider bringing it to the Lord this week and asking Him for help to “Arise” and face it.
2. When have you felt like Jonah in the belly of the “great fish?” Experienced darkness, fear, feeling helpless or hopeless? Did you, like Jonah, turn to the Lord? Turn to the temple? Ask for Divine help? What might you do to more readily seek the Lord in your darkest times, and ALSO in times of goodness, joy, light?
3. Listen to 22:32-39:15. How might you begin to see your “dark night of the soul” as a time of being “moved,” “reborn,” or a way of becoming who the Lord desires you to be? What is one thing you might do this week to let Him “move” you?
4. Listen to 39:16-52:06. Which of these (or other) qualities of resiliency do you already possess? Which do you feel you most need to improve, or develop? First, acknowledge the ways you already ARE resilient. Then, select one weaker trait of resiliency to work on this week.
5. Have you felt angry with anyone or even yourself or God lately? Set aside time to examine this anger and bring it to Him. What is provoking you? What might be your fault? Do you need to forgive—others, yourself, God? Work on feeling and healing anger this week.

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