

Meeting 13 — Resilience (Up to 90 minutes)



**women
thriving
in ministry**
AN INITIATIVE OF ASBURY THEOLOGICAL SEMINARY

The Gathering Time—5 minutes

- As people join the meeting, welcome them and create a place of hospitality. When all have arrived, open your time in prayer.

Conversation Starter—15 minutes

- How (physically) flexible are you:
 - Like a (stick) pretzel--you bend it, you break it
 - Like cardboard--give me a minute, but I can get there eventually
 - Like Gumby--I can touch my toes with my nose!
- Were you able to identify and accomplish one thing that will help you “have more good days than bad” in the last month?
- Tell us about your experience with the “Map Your Day” exercise? Or did you try something else? How did it go?

Sharing Together—40 minutes

Homework, to be shared in advance:

One of the things that help us navigate challenging things that come our way is to grow in our self-awareness. Would you spend 15 minutes considering the following:

- What do you notice about what’s going on in your life in this season?
 - How does your body feel?
 - How is your spirit?
 - How are your relationships?
 - Are you finding a sense of purpose in your work (in your personal and ministry life)?
- What questions are emerging for you about the observations above?
- What possibilities could you explore as you consider your observations about your body/soul, relationships, or sense of purpose?

To the Mentor: *Please share the instructions and questions above with your mentees. Ask them to bring their reflections to this conversation. Behind the conversation is a focus toward considering self-awareness, self-reflection, and self-control. We will do some reflective experiences, but keep in mind that the topic of Resilience is something that grows as a grace by the Holy Spirit. As you’re able, be open and sensitive to conversation that points toward growth in this area as an act of spiritual maturity.*

- The focus for this month is on the topic of Resilience. How do you think of Resilience?
- Dr. Bloom and his research group define Resilience as the “capacity to deal well with life’s ups and downs, and our capacity to adapt and grow” with 3 subdimensions of Resilience:
 1. Hardiness

- a. "Grit"--the ability to persevere despite challenges
 - b. Bouncing back after a set-back
- 2. Optimism
 - a. Expecting--and helping to create--good things in one's life
 - b. Using positive coping skills
- 3. Self-Regulation
 - a. Self-control—ability to exhibit restraint over behaviors and regulate emotions
 - b. Cognitive flexibility--adapting how you think about something so you can respond well to it
 - Can you think of a time in your life when you've seen a consistent or powerful example of hardiness, optimism, self-regulation, or cognitive flexibility?"
 - Resilience according to the definition above seems like something that grows as we grow in the Fruit of the Spirit, especially self-control. How have you seen the Spirit grow self-control in your life? What about other Fruit that points to better handling disappointments, challenges, or suffering?

Prayer Practice—The Examen—15 minutes

The Examen practice is an invitation to invite the Holy Spirit to enable us to review our day/week/longer season in the Light of Christ. The purpose of practicing the Examen is that by bravely taking an honest reflective look at one's day, it can be an invitation to encounter Christ, express gratitude, face shortcomings, and identify how to move forward with the Holy Spirit. We are including a resource below (Page 3) to guide you in this practice. Consider a brief explanation, guide your group through one of the practices suggested and invite them to share a word, a phrase, or a brief response afterward about their experience.

Inviting Response—10 minutes

- Think back to the homework assignment we have you. We want to provide an opportunity for setting an intention in one of the three specific areas that we mentioned in the Homework assignment: of body/soul, connection, and purpose. What's one thing that you could do to nurture your body and soul, your connection, or your purpose in the month ahead?
- Is there anything that you've not said yet that you'd like to say?
- WorkWell App: consider adding one of the other Daily Wellbeing practices (poke around until you find something that resonates with you! There are some audio-guided practices. Try at least one of the guided Meditations—perhaps one from the “Mindfulness” series or from the “Living Your Values” series.
- Confirm next meeting time.

Closing Prayer—5 minutes

Remind them of the Group Commitments, one being prayer for one another. Are there any updates or new prayer concerns within this group? Share them now. Ask each person to pray for another person. (Agree upon those prior to praying.)

The Daily Examen Prayer Practice:

In the Examen, we review our recent past to find God and God's blessings in life. We also look back to find moments in the day when things didn't go so well—when we were hurt by something that happened to us, or when we sinned or made a mistake. We give praise and thanksgiving for the blessed moments. We ask forgiveness and healing for the difficult and painful moments.

Having reflected on this past day, we then turn to the day yet to come and ask God to show us the potential challenges and opportunities of tomorrow. We try to anticipate which moments might go one way or the other for us: toward God's plan or away from it.

We ask for insight into what graces we might need to live this next day well; patience, wisdom, fortitude, self-knowledge, peace, optimism. We ask God for that grace, and we trust that He wants us to succeed in our day even more than we do.

Mark Thibodeaux

Guided Practice:

Ask God For Light- We ask God for light, as we look at our day through God's eyes, not our own. We relax into this time, allowing God to still us, to open us, and to help us to be attentive to the activity of the Holy Spirit guiding us into freedom for love.

Review the Day- We carefully look back on the day just completed. Under the guidance of the Holy Spirit, we move through the parts of our day: morning, afternoon, early evening, and night. We notice where God spoke, revealed, nudged, or guided. We pay particular attention to the places that God showed us something new about ourselves. We examine how we responded to God's work and God's grace in us.

Give Thanks- We recognize that this day was a gift from God and we give thanks for both the gifts we received and the gifts we gave. We give particular thanks for the times where we reflected the character of Christ through an increased freedom from sin or capacity for love. We especially give thanks for the awareness of this fruit in the dark places of our lives.

Face our Shortcomings- We face up to what is wrong in our lives and in ourselves. We notice where we weren't at our best, where we fell short of love, or of reflecting the character of Christ. We make amends, confessing our sins and claiming God's forgiveness. We also ask God to show us concrete steps we might take with others to make things right.

Look Forward Day to Come- In gratitude for God's transforming work in our hearts, we close the chapter on this day, and we look forward to what God has in store for us in the day to come. We ask for help in the day tomorrow, that God's guidance would lead us throughout our day, guiding us into greater freedom for love, and continuing to transform us into the image of Christ. -

---Compiled by Rev. Dianne Lawhorn- Pastor of Faith Formation/www.davidsonumc.org