

# WHAT LOVE LOOKS LIKE: SPIRITUAL RESILIENCE

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## 2 Corinthians 4:7-10,16-18

7 But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. 8 We are afflicted in every way, but not crushed; perplexed, but not driven to despair; 9 persecuted, but not forsaken; struck down, but not destroyed; 10 always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies.

16 So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day. 17 For this slight momentary affliction is preparing us for an eternal weight of glory beyond all measure, 18 because we look not at what can be seen but at what cannot be seen; for what can be seen is

temporary, but what cannot be seen is eternal.

## REFLECT & DISCUSS

1. Read the passage(s) slowly. Then take a deep breath and read it again. What word, phrase, or image stands out to you?
2. When you feel beaten down and discouraged, what brings you fresh hope and new energy?
3. St. Paul speaks of spiritual resilience as the power of God that resides within us, renewing us even and especially as we go through great difficulty. What great difficulties have you faced in life, and how has God strengthened you for the journey and seen you through?
4. What is going on in the world today that might give you reason to “lose heart”? How does your faith help you when living through such realities?
5. Who in your life would you consider “spiritually resilient”? What about their stories and experiences inspires you?
6. How might a faith community be important to developing and sustaining spiritual resilience?

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