



## Resilient Hearts

1. What is one way you have had to be like an elastic band and shown flexibility during this pandemic?

When we find ourselves in a place where we are FORCED to be flexible. It does funny things to us emotionally. It is an important and human thing to care for our emotions, to learn how to understand and express them.

2. Watch the video with Claire Fan.
3. Think about Claire's story of driving down the highway. What are some ways you have seen COVID impact yourself or those around you?

Consider this contrast:



How we navigate through tough time:

- DO- setting goals and setting out to achieve things
  - AHHH!- in the midst of the crisis/stress
  - BE- processing what you have been through
4. Thinking over the past few months, how difficult it has been to get to "BE". (Do Ahhh, Do Ahhh)

Near the end of her talk, Claire states, "Resilience comes when God takes a difficult circumstance in our lives, and not only heals us, but also makes us stronger than before."

5. Thinking about the impact of COVID-19 over the past months, can you think of ways that God has used it to make people stronger? Have you experienced that kind of strengthening?
6. Read 2 Corinthians 12:9-10. What is the truth that we can apply to our lives?

## Anchor Crew Questions

At the heart of *The Anchor Initiative* is the 3-2-1 Process:

- A “Crew” of at least **3 people**
- Meeting **2x a week**, to encourage each other
- While each of you **forge 1 Habit**.

Use these questions to check in with each other:

1. Share with the Crew how the last week has been with your habit formation... The good... the bad... and the ugly.
2. If it's going well, celebrate! If you've been struggling with the habit, what could you try to make it better? How can the Crew help you?
3. What has the work of habit formation revealed to you about God's work in your life this week? How does that change things for you?
4. Is there anything about Claire's talk on resilient hearts that might compliment or change your approach to your habit?

