



Week 1

How would you define the term “resilience”?

What kinds of things might feel like a setback or a challenge for a typical high schooler?

When things get tough, what’s your natural reaction? Do you push through, ask for help, or feel stuck?

In what ways do you think hope and resilience are related?

Read Psalm 13:1-6

How might choosing to be honest with your feelings help you develop more resilience and have more hope?

This week, how can you...

- a. Remember to be honest with God?
- b. Remember what’s true about God?

If resilience is like a muscle that grows stronger the more we use it, what’s one way you can practice it this week?

TRY THIS

One day this week, ask your students to send a meme or gif in your group chat to describe how their day went. It’s a simple, light-hearted way to see how your students are doing in that given moment.