



## PARENT-LED SUNDAY SCHOOL

February 28, 2021

Topic: Resilience in Christ: Making a Game Plan

Today's Lesson: Defensive Strategy

Key Verse: Romans 5:3-4, ...We also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope.

### RESILIENCE IN CHRIST: DEFENSIVE STRATEGY

Fr. Abraham & Fr. Timothy recently shared a wonderful 2-part message about making a game plan so that we are resilient in Christ no matter what situation we face.

Last week, Fr. Abraham taught us that resilience is the capacity to recover quickly from difficulties. Then, he shared some offensive strategies on how to be resilient now, in the middle of this pandemic.

1. limit things that make me weaker
2. ask God to take away my sin
3. respond well when faith is tested

Today, we'll share highlights of Fr. Timothy's message on the Defensive Strategy.

We'll be answering the question, **"How do I remain resilient despite the circumstances?" Answer: I need a game plan!**

A game plan keeps us moving forward. If I know where I want to go I will do everything to eventually get there even if I get lost along the way, just like your GPS keeps redirecting you to the final destination even if you take a wrong turn or go on a detour. A game plan keeps us balanced and gives us hope. Let's learn about one man in the Bible who had a solid game plan and didn't waver from it despite the circumstances.

Here's a little backstory: Joseph was loved by his father and everything was good. Then, one day his brothers throw him in a pit with the plan to kill him, but instead they have mercy and sell him as a slave in Egypt.

**Read Genesis chapter 39 and try to figure out Joseph's game plan.**

Joseph then finally seems to be getting a break and is doing really well under Potiphar and then Joseph is confronted with a temptation and he does the right thing and still ends up in jail.

In prison Joseph succeeds somehow and is put in charge of all the prisoners as a prisoner himself. Think about that, that's crazy. And there he correctly interprets the dreams of 2 guys and tells one of them, "Hey don't forget about me." But of course he forgets about Joseph.

Over and over again the story of Joseph is about one let down after another. But after each let down we see that Joseph bounces back in a big way. He is unbelievably resilient to the point that it doesn't even make sense. No one is that resilient. What was it about Joseph? **What was his game plan? No matter what happened to Joseph, he NEVER lost his connection with God.** Think about it. What did he say to Potiphar's wife, "How could I do this great wickedness and sin against God" God was on his mind all the time. His connection to God was the only thing he had as a slave in a foreign country with no family of friends. All he had was God and he was desperate to keep that connection. It was the only way he would survive. Later on it says that God was with Joseph in prison and that's why he was so successful there. Again, he didn't lose his connection to God despite terrible circumstances. Even when he had a chance to basically get back at his brothers and make them slaves or kill them, he doesn't. He ultimately forgives them and says, "you meant it for evil but God meant it for good." **His deep connection with God was the secret to his resiliency.**

So what about us? Do we have a connection with God? If our ultimate goal is that we must be resilient we have to figure out how to consistently stay connected with God. I can guarantee you that life will surprise you, that you will absolutely have ups and downs, but if there's one thing that keeps us going, keeps us resilient, is how good our connection with God is. If our connection is good then we can be resilient. **Check out the next page for some practical spiritual tools to stay connected.**

# Resources

## Daily Bible Reading

- Orthodox Study Bible
- Bible Plans

## Daily Prayer

- Book of Hours
- Journaling/Reflection

## Spiritual Books

- Screwtape Letters by C.S. Lewis
- Hinds' Feet on High Places by Hannah Hurnard

## Sermons

- The Well
- Upper Room Media

## Psalms

- Psalms on Spotify