



MODULE SEVEN:
**REBUILDING
AND RESILIENCE**





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1. Is there a time in your life where you've grown stronger because of a trial you've faced? Describe it. What did you learn from that experience?





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2. One of the necessary parts of healing is the awareness of our growth and new wisdom. Even new connections with God. You have been through the fire and have come out stronger. Reflect on your growth by asking yourself the following questions:

Has your understanding of suffering and trauma changed? If so, how? Do you view the idea of recovery differently? How has your understanding of God changed through your trial and recovery?





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3. What is your biggest take-away from completing this program? How will this change your life in the next month? Or year?





SCRIPTURE REFERENCES

Isaiah 40:11 (ESV)

He will tend his flock like a shepherd;
he will gather the lambs in his arms;
he will carry them in his bosom,
and gently lead those that are with young.

Psalms 119:50, 92 (ESV)

This is my comfort in my affliction,
that your promise gives me life.
If your law had not been my delight,
I would have perished in my affliction.

2 Corinthians 1:3-5 (ESV)

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too.

James 1:2-3 (ESV)

Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness.





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Genesis 50:18-20 (ESV)

18 His brothers also came and fell down before him and said, "Behold, we are your servants." 19 But Joseph said to them, "Do not fear, for am I in the place of God? 20 As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.

1 Peter 1:6-7 (ESV)

6 In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, 7 so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ.

