



COMMUNITY CURRICULUM GUIDE

A New Resilience - Week 1

Luke 24

February 5, 2023

ANNOUNCEMENTS:

Next Steps: What's your next step? Stay informed and connected to ALL the things God is doing in and through North Ridge Church at <https://www.northridgenow.org/>.

Project 82: Your community can be a “care community” for children going into foster care. Be a part of Project 82. Email P82@northridgenow.org for more information.

Base Camp: If you want to learn more about North Ridge & ask any questions that you may have, come to our next Base Camp on **Sunday, February 26, 2023 from 10:00-10:45am** in the middle building. [Register here.](#)

SYMBIS: SYMBIS applies to couples at any stage in the marriage timeline, and is an opportunity to grow closer, understand each other more, and see how your marriage can be strengthened. This class will be held on **Sunday, February 26, 2023 from 1:00-5:00pm**. Lunch will be provided. There will not be childcare provided. [Find out more and register to attend here.](#) (Please note that there is a \$35/couple fee to take the SYMBIS Assessment.)

STUDY GUIDE:

PRAYER

Before beginning the study, pray aloud, using either your own words or the words provided.

Bless the LORD, O my soul, and all that is within me, bless his holy name! Bless the LORD, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle's. (Psalm 103:1-5)

Give us a new resilience, heavenly Father—for You and for those around us. Amen.

GOD RENEWS HIS PEOPLE BY HIS SPIRIT

Read the following text aloud.

Throughout all times and places, God acts. He sometimes moves directly, as He did in the incarnated person of Jesus. Other times, God works through ordinary people—cashiers and teachers, programmers and stay-at-home moms—to accomplish extraordinary ends. Yet these people are not ordinary. They are revived in Christ. And revived people depend on the Holy Spirit. As revived people, we no longer try to earn God's love. We already have His love, demonstrated most fully on the cross! We also cease from relying on ourselves. Revived people depend on the Holy Spirit. We cry with the prophet Zechariah, “Not by might, nor by power, but by [God's] Spirit” (Zechariah 4:6).

DIGGING DEEPER

Either read the text aloud or invite a volunteer to read.

Galatians 5:16-18, 22-26 16 But I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. 18 But if you are led by the Spirit, you are not under the law. ... 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. 24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 If we live by the Spirit, let us also keep in step with the Spirit. 26 Let us not become conceited, provoking one another, envying one another.

Discuss at least one of the following two questions.

1. We sometimes think we're responsible for becoming more patient, kind, good, etc. But Paul says such qualities are "the fruits of the Spirit." If the Spirit is the One Who bears fruit in your life, where does your responsibility for spiritual growth begin and end?
2. Read Galatians 5:25 and 26 again. Why do you think Paul pairs these two verses? What point do you think he is trying to make?

Renewed people depend on the Holy Spirit. We "live by the Spirit" and "walk by the Spirit." As we do, we bear His fruit.

ACTIVITY

In smaller groups of 2-3 people, discuss the following situation.

Share a time when you experienced a physical, mental, emotional, or spiritual limitation. For example, maybe you tried to put away eight-foot tables and realized you needed help. Or maybe you had an adverse reaction to a medication. What happened when you encountered that limitation? What did you think about the limitation at that moment? How about now?

DISCUSSION

Return to the large group to discuss the following question:

In what ways could our limitations push us to depend on the Spirit and on each other—for our good and for God's glory?

CONCLUSION

Revived people depend on the Holy Spirit. They look to God, their good Father, who refreshes their spirits and renews their strength.

Ask a volunteer to close with prayer.

Additional Resources:

- **RightNow Media:** Find an unending supply of resources by signing up for a FREE RightNow Media account. Contact discipleship@northridgenow.org for your free login.
(Note: You'll need to login or create an account to view RightNow Media content.)

- **Practicing the Way:** Details on the Practicing the Way of Jesus together are available at <https://www.northridgenow.org/mission-values>.