**LifeGroup Study**

**GOOD INTENTIONS BAD IDEAS**

**What Doesn’t Kill You Makes You Weaker?**

**2022-10-16**

**Participant Notes**

**OVERVIEW:**

Welcome to our series, “Good Intentions Bad Ideas”! Over the next three weeks, we’ll be looking at 3 cultural myths that can mess with our minds and how we can see the myths for what they are and live in a different way, the Way of Jesus. Our myth for week 1 is, “What doesn’t kill you makes you weaker.” In our culture we’re taught that people, especially young people, are fragile and will be damaged (weakened) by life’s challenges. Rather than following the myth that we are fragile, this week’s teaching will show us that God has wired us to be “anti-fragile” – people who can grow and become stronger from the stresses life brings. Rather than avoiding life’s difficulties, God has wired us to face them and grow stronger through them. What challenges are you facing these days? How might God help you to become stronger through them? These are the topics we’ll explore in this week’s study.

**ICEBREAKER:** I DOUBLE DARE YA!

Do you remember being “double-dared” as a kid? I’m talking about those times when you were with your friends and thinking about doing something daring, like diving off a board into the pool, or riding your bike over a ramp. You’re thinking of doing it, but you’re scared. Then one of your friends yells out, “I double dare ya!” What’s something you were scared to do as a kid, but then you tried it and loved it (or grew stronger from it)? **Share your story with the group!**

**STUDY:**

1. On Sunday, Pete walked us through the myth, “What doesn’t kill you makes you weaker.” **What was a highlight for you from Pete’s teaching?**
2. Read the following three categories. See if you can come up with a real life example from our culture for each (for example – “Living in the *fragile* category looks like …”) **How does reading these categories help you understand the value of being “anti-fragile”?**
3. Fragile things (fine china, portfolios only invested in a single position, a “why me” mentality) easily break.
4. Robust things (a piece of metal, broadly diversified portfolios, stoicism) endure change.
5. Antifragile things (options, a “failure leads to growth” mentality) benefit from volatility and change.  They actually need stress in order to grow.
6. Read the following quote about being anti-fragile from Nassim Nicholas Taleb . In this definition Taleb builds the case that if complex systems (like human beings) are deprived of difficulties and challenges, it can have a negative impact. **Where do you see the negative impact of avoiding difficulties or challenges happening in our culture? What impact might this be having on us as followers of Jesus?**

“Some things benefit from shocks. They thrive and grow when exposed to volatility, randomness, disorder, and stressors. Depriving complex systems of volatility, randomness, and stressors will harm them. They will weaken, die, or blow up.”

1. READ Acts 14:21-28

In verse 22, Paul and his companions encourage these new believers to remain true to the faith.

**What does it mean to remain true to the faith?**

In verse 22 we read, “We must go through many hardships to enter the kingdom of God.”

1. **What hardships had Paul and his companions just gone through?**  (see vs. 19)

In verse 21 we read that Paul and his companions return to Lystra, Iconium and Antioch.

1. **What does this show us about their willingness to face hardships for the sake of the Gospel?**
2. Think back to our topic today of “anti-fragile”. **How has your faith benefited or grown from the trials you’ve experienced?**
3. What might it look like for you be “anti-fragile” when it comes to your faith? What hard thing could you try? **What new challenge could you take on to grow in this area?**

Looking for more resources on developing an anti-fragile faith? Check this out! <https://mcgrathblog.nd.edu/developing-anti-fragile-faith>

**PRAYER**

Consider reading the following prayer out loud together as a group.

The Litany of Trust

That You are continually holding me, sustaining me, loving me Jesus, I trust in You.

That Your love goes deeper than my sins and failings and transforms me Jesus, I trust in You.

That not knowing what tomorrow brings is an invitation to lean on You Jesus, I trust in You.

That You are with me in my suffering Jesus, I trust in You.

That my suffering, united to Your own, will bear fruit in this life and the next Jesus, I trust in You.

That You will not leave me orphan, that You are present in Your Church Jesus, I trust in You.

That Your plan is better than anything else Jesus, I trust in You.

That You always hear me and in Your goodness always respond to me Jesus, I trust in You.

That You give me the grace to accept forgiveness and to forgive others Jesus, I trust in You.

That You give me all the strength I need for what is asked Jesus, I trust in You.

That my life is a gift Jesus, I trust in You.

That You will teach me to trust You Jesus, I trust in You.

That You are my Lord and my God Jesus, I trust in You.

That I am Your beloved one Jesus, I trust in You.

Source – <https://sistersoflife.org/litany-of-trust/>