

# FIGHT FOR IT

HOW TO BUILD RESILIENCE

## Week 3: Your Struggle Can Be Your Superpower

*(An interview with Sheryl Sandberg, COO of Facebook)*

Being connected is not enough. When we respond to adversity in our lives by showing up for one another, we turn connection into community. In our greatest adversities, we receive the gift of being comforted by God so that we then may comfort others.

### Discussion Questions

1. What percentage of your connection with other people occurs on social media?
2. Do you feel that connecting on social media falls short of true community?
3. Look over these four takeaways from the interview with Sheryl:

#### **You can't bounce back alone.**

Facebook realized that connection was not enough—it's what we do with it that makes a difference. As you are connecting each week, what can you do to turn your connection into community?

#### **Others can't bounce back without you.**

As Sheryl said, "We are better when we are not alone."

What adversities in your life do you need your group to show up for? Be specific. How can they show up for you? Who do you need to show up for?

#### **Somebody needs your struggle.**

Post-traumatic Growth occurs when we find greater meaning in our suffering.

"Suffering ceases to be suffering as soon as it finds a meaning." —Viktor Frankl

What part of your story could be comforting to others?

#### **Your suffering can be your superpower.**

In what ways can loss be viewed as a gift?

Read 2 Corinthians 1:3–7. Where in your life do you need to receive comfort from God? Who in your life could use some comfort? Is there something you can do to help?

## Moving Forward

Try to move from connection to community by showing up for someone this week. It can be hard to talk about pain and suffering, but if you choose to share, before long you may realize that your struggle can be your superpower.