

2025–2026 PW/Horizons Bible Study

Finding Resilience, Joy, and Our Identity in Jesus Christ

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*I*n this Bible study, we will explore resilience. This is modeled for us by several biblical characters, gospel and epistle writers, as well as Jesus. So, what exactly is resilience?

Resilience is the ability to spring back into shape and to adapt well in the face of adversity, trauma, tragedy, threats, or stress—such as from family, relationships, health, workplace, and financial stressors. People who survive and thrive well in change are resilient.

The Bible study is also about joy. How do we find joy in a chaotic world? Christian joy may be different from how a lot of people define joy.

Joy is sometimes confused with happiness. For Christians, joy can occur while we are in the midst of difficult circumstances. Joy is the second fruit of the spirit, preceded by love and followed by peace. [Gal. 5:22-23] Trusting in God when we are in trying times can fill us with glorious joy and peace. We have joy in our suffering, because ultimately our joy is found in Jesus Christ.

We will also seek to rediscover our identity.

Identity is more than who we are or who we show ourselves to be. At its core, it points to our humanity. Our core identity is not found in our titles, our positions, our spouses, our partners, or our possessions. For Christians, our identity is found in Jesus Christ.

[From the Introduction to *Finding Resilience, Joy, and Our Identity in Jesus Christ*]



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