

# BUILDING A RESILIENT LIFE

## *study schedule*

Week One (Sept. 11 - 17) — Name the Pain

*Companion Reading: Chapters 4 - 6 of the Book*

Week Two (Sept. 18 - 24) — Shift the Narrative

*Companion Reading: Chapters 7 - 9 of the Book*

Week Three (Sept. 25 - Oct. 1) — Embrace Adversity

*Companion Reading: Chapters 10 - 12 of the Book*

Week Four (Oct. 2 - 8) — Make Meaning

*Companion Reading: Chapters 13 -15 of the Book*

Week Five (Oct. 9 - 15) — Endure Together

*Companion Reading: Chapters 16 - 18 of the Book*

Catch-up Week (Oct. 16 - 22)

*All videos will be available for viewing during this week.*

## *important links*

Watch the Videos: <https://www.studygateway.com/building-a-resilient-life-obs-study-home/>

Shop for Discounted Study Materials: <https://faithgateway.com/pages/building-a-resilient-life-bible-study>

Customer Service: <http://www.harpercollinschristian.com/p/customer-care>