

# Rhythms of Resilience

## STUDY GUIDE

Group Questions  
Further Resources



**BONUS**  
Marriage and Family  
Questions from Phil & Esther

**PHIL CHAN**

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Blessed is the man who trusts in the LORD,  
whose trust is the LORD. He is like a tree  
planted by water, that sends out its roots by  
the stream, and does not fear when heat  
comes, for its leaves remain green, and is  
not anxious in the year of drought, for it  
does not cease to bear fruit.

**Jeremiah 17:7-8**



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# Rhythms of Resilience Group Study Guide

## Welcome

### *Want to take anti-chaos spiritual rhythms to another level?*

If you're reading this, you've probably enjoyed or am currently enjoying Rhythms of Resilience! I hope it's been a valuable resource for you.

Asking the right questions, especially in a group context, can significantly extend everyone's learning in several ways.

First, it holds everyone accountable for the reading. When you hear your friends are reading something, it will get you to do so as well. Many times, I've discovered life-changing books simply because my friends were reading it.

Second, it accelerates everyone's learning. As discussed in the book, reflection is one of the most critical tools we can use to facilitate our growth. Of course, we can do this by ourselves. But, a group setting, allows for an exchange of ideas from people that differ from us. This allows us to see things we never got to see.

If you want to get together with a small group or extend further your own commitment with the material, this is a unique study guide to help take it to another level. There are also two additional bonuses for each section.

#### **How to follow this guide:**

I've suggested questions that pertain to each section rather than each chapter. In a group setting, some chapters will resonate more or less with people. You can choose your reading group to align with the different groups (coming out to about five weeks) or break it up and configure to match your cadence.



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Rhythms of Resilience Group Study Guide

# Introduction & Part 1

"When chaos comes, it jeopardizes the precious connection we have with God. We as humans tend to focus on the loudest, brightest thing happening. We gaze on its effect and impact.

Like watching a national crisis unfold on television, we cannot divert our eyes. Or we become entranced by the tasks and problems before us that feel most urgent. The chaos and its effects can dominate our minds. It distracts us with its rage and deafens us with its siren."

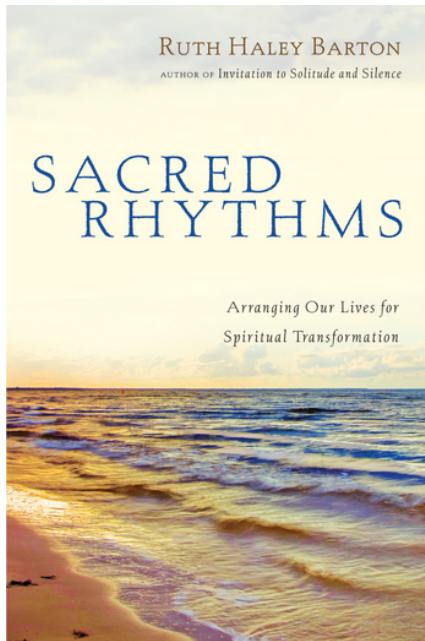
**Excerpt from Chapter 1 - The  
Challenge of Chaos**

# Introduction & Part 1

## Questions

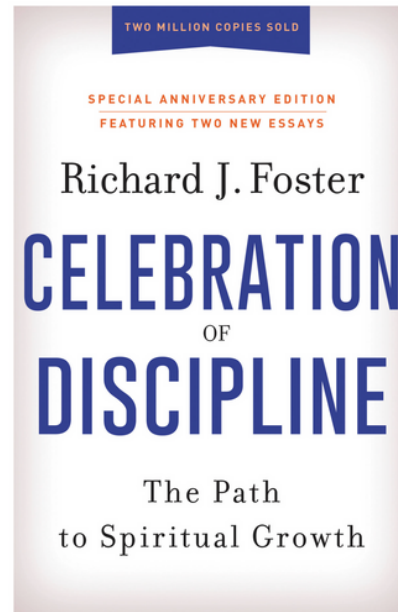
1. Icebreaker: What in your world is regularly chaotic?
2. The author makes statements that chaos affects our spiritual lives and, subsequently our entire lives negatively. How have you seen chaos do this in your life?
3. What rhythms have you observed in spiritually thriving people that you think would significantly impact your own life? What's stopping you from adopting those in your own life?

## Further Reading from Introduction Chapters



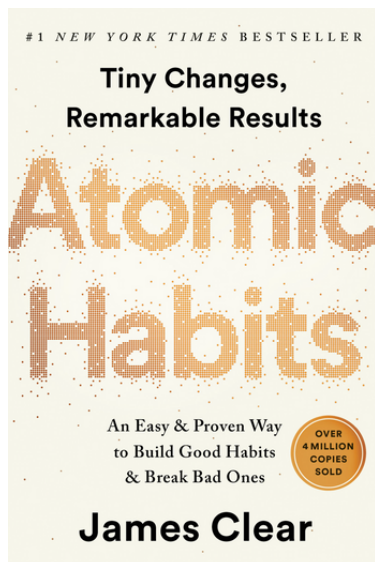
Ruth Barton hits the nail on the head with this exploration of spiritual disciplines.

[Amazon Link](#)



This is a classic for decades and has key insights still relevant to this day.

[Amazon Link](#)



If you are looking for actionable ways to make spiritual habits regular in your life, consider Atomic Habits. It is an actionable, science-based way of making good habits regular.

[Amazon Link](#)

# Rhythm One - Leaving

No matter what was going on in Jesus's ministry, no matter how busy things got, how many people needed him, or how great things were going, he withdrew. He withdrew regularly. He went away when he was needed most.

He retreated when everyone was looking for him. He took some time off alone. He disengaged even from those closest to him.

He didn't just withdraw as a form of escape. When he came back, he became a person ready to tackle the crazy. It was Jesus's strategy as a human.

**Excerpt from Rhythm One - Leaving  
Our Contexts**



# Rhythm One - Leaving

## Questions

1. Icebreaker: What locations in recent memory have truly allowed you to connect with God?
2. What do you think about the author's claim that God has consistently shaped people outside their context to make them effective in their context?
3. How can you imagine your spiritual life benefitting from rhythms of leaving?
4. Between daily walks, micro-retreats, and personal retreats, which one would change your life the most? Which one do you think you should commit
5. Why are the blockers for you to leave your context regularly? How can you own your own spiritual health by securing that time away with God?

## Marriage & Family Questions

1. If it is true that we are best when we are alone with God, are there enough times in your marriage when you have those alone times with God?
2. How can you support your spouse in their rhythms of leaving in a way they feel supported so that they can be at their best?
3. In what ways has your family benefited from church retreats, family summits, or something similar? Is there a way you can leverage that to a higher degree?

# Rhythm Two

## - Being Still

There are many reasons to move and to keep moving. Maybe you experience your kids yelling at you. Your boss. Your work schedule. In this instance, a real-world need pressured Jesus to respond.

He did something that we, in our haste, struggle or flat-out refuse to do. He stayed still. Jesus's decision was not made out of denial, carelessness, or lack of love; it was an act of wisdom and intentionality.

**Excerpt from Rhythm Two - Learning to Be Still**

# Rhythm Two

## - Being Still

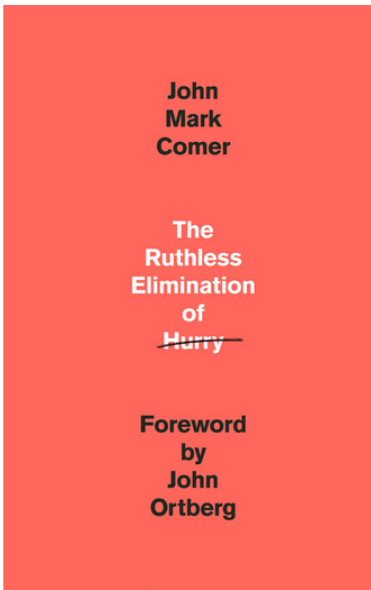
### Questions

1. Icebreaker 1: On a scale of 1-10, how busy is your life? Is the pace serving your faithfulness to God now?
2. Icebreaker 2: Imagine someone asked you to sit in complete stillness on a bench in the middle of nowhere for an hour. How do you think that would feel? If you had to dig deep and be completely honest, what are the things in your heart that make it hard to be still?
3. What makes it hard to practice stillness in your life regularly? What kind of person would you be if you had regular practices?
4. What do you think about the author's observation about the importance of stillness in Jesus' chaotic life?
5. How often do you get to think critically and prayerfully about the major areas in your life (e.g., personal, family, work, ministry, etc)?
6. Do you have regular spaces where you can be still to hear God's voice amid all the other voices in our world?

### Marriage & Family Questions

- On a scale of 1-10, how busy is your family life? How is that impacting your family's ability to be in sync with the rhythm of God?
- What rhythms of stillness would help your marriage / family life have greater togetherness and purpose?

## Further Reading from Stillness Chapters



John Comer's entry into the contemplative practices, specifically around slowing down in our modern society is a contemporary classic.

[Amazon Link](#)

# Rhythm Three - Confronting

In order to take ownership of our inner well-being, we need to develop a rhythm of confronting what's inside of us. Confronting is a call to pay attention to our inner life. To face this means that once we have left (gotten alone) and are still, we must dig deeper into the state of our hearts. We must examine the deeper things there—wounds, dreams, memories, etc.

Those seeds tucked deeply inside us wield influence over our actions, whether or not we realize it. We must confront these things if we are to take ownership of our emotional and spiritual state.

**Excerpt from Rhythm Three -  
Confronting Our Inner World**



# Rhythm Three - Confronting

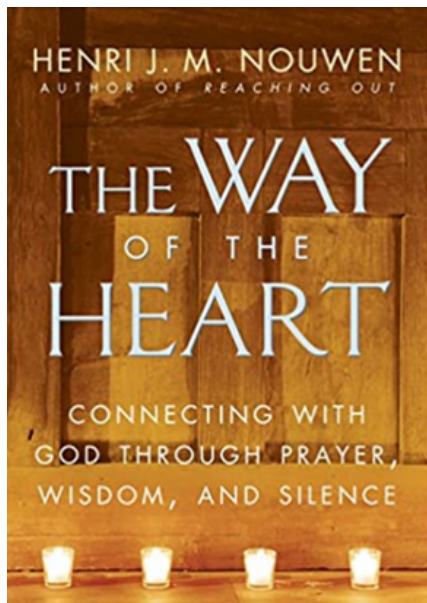
## Questions

1. Icebreaker: What are common coping mechanisms you see in our world when people are in pain? What are your coping mechanisms, and do they spiritually bring you closer to or further from God?
2. When things get chaotic, people generally point the finger outwards for all the noise. How much ownership over your spiritual and emotional health do you have currently?
3. The author talks about how the chaos we create in our lives is a result of our own insecurities. If you were honest, how many of the activities in your life are motivated by this feeling? How would understanding your identity in God help to anchor you?
4. The author discusses how lament is God's design for releasing our heart's pains. Can you identify the pains in your heart? How much lament is in your own life?
5. The author talks about how worship is not just the songs we sing but a way of diverting our attention toward God. Do you find yourself more overcome by the problems around your life or by the greatness of God? How can you make worship more integral in your everyday life?

## Marriage & Family Questions

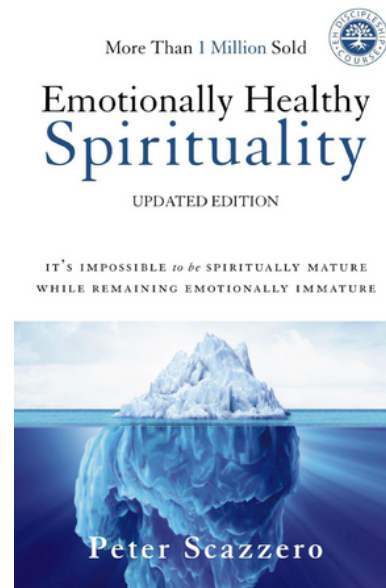
- Does your marriage and family cultivate constructive places to process our pain before each other and God?
- How can you integrate rhythms of group worship into your family to help anchor your family in hope?
- When problems arise in your marriage & family, are there rhythms to help you handle your emotional distress before engaging with them?

# Further Reading from Confronting Chapters



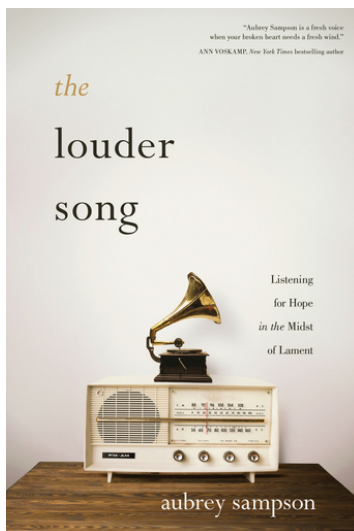
Henry Nouwen's exploration of a deep inner life calls and challenges Christians to take the same journey

[Amazon Link](#)



Peter adeptly and succinctly lays out for Christians how we can find emotional resilience.

[Amazon Link](#)



Aubrey's great work on lament is perfect for those struggling with grief.

[Amazon Link](#)



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Rhythms of Resilience Group Study Guide

# Rhythm Four – Returning

"The mountaintop experiences do not measure the authenticity of our faith. Our faith is tested in the day-to-day minutiae of life. I believe God will speak to you powerfully in Micro-Retreats, moments of reflection, and silence. But we are also meant to be changed people when we're at our kids' soccer practice, when there's a contentious meeting at work, or when the world is screaming about a news event.

In these moments, rather than becoming part of the chaos, we become a force of resilience and wholeness. Ultimately, this challenges us to believe that God is alive and powerful in every sphere of our lives."

**Excerpt from Rhythm Four –  
Returning to the World**



# Rhythm Four – Returning

## Questions

1. The author talks about the importance of having "friends for the fire": friends in our corner, friends who call us higher, and friends who make our blood boil. How would you assess your friendship circles as it relates to helping you thrive in the chaos of life? Where do you think you need friends in your life?
2. The author talks about Sabbath dinner being a powerful anti-hurry, anti-anxiety rhythm that has served Jewish people for centuries. What would that look like in your life?
3. On a scale of 1-10, where is your hope meter for the world? How much of that is influenced by the stories you hear around you versus what God is wanting to do in our world?
4. Our hearts are shaped by the stories we listen to. What stories are we stuck on (e.g., news, social media, etc.) that are leading us away from what God is doing in our lives?
5. When things get crazy, how easy is it for you to make enemies with people? What do you usually do when that happens? How can praying for them help you move your heart closer to God?
6. What's challenging about staying in the moment while staying connected to God? How can you see 1-second prayers filling that gap?

## Marriage & Family Questions

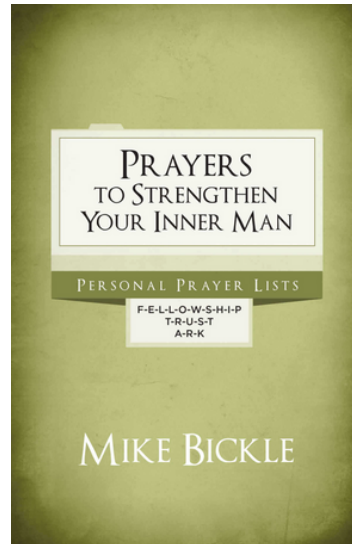
- Do you and your spouse individually have strong spiritual friendships to support your lives?
- How could integrating a family sabbath time look for you?
- Does your family have strong rhythms that allow you to stay connected to the story and power of God even amidst the chaos?

## Further Reading from Returning Chapters



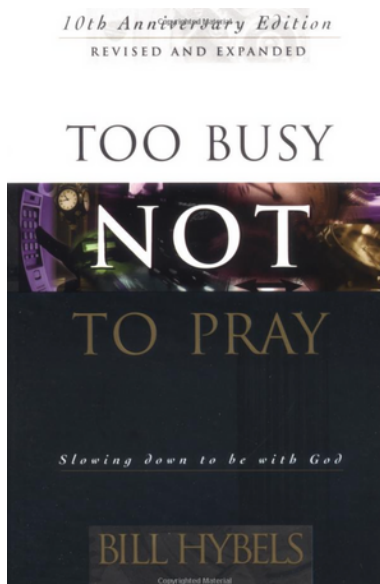
Rabbi Jason's guide is great for anyone that is looking to learn how to do their on Shabbat dinner.

[Link](#)



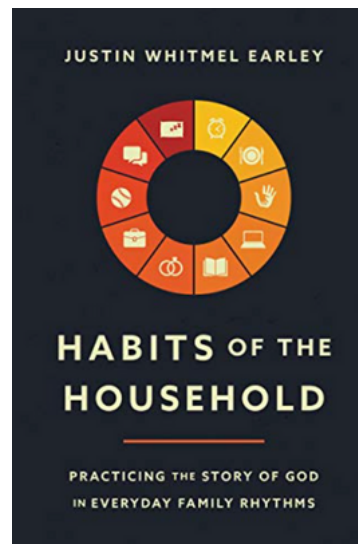
This was such a great resource for me as I was learning to strengthen my inner spirit according to Ephesians 3.

[Amazon Link](#)



Bill Hybels' classic on prayer is perfect for busy people.

[Amazon Link](#)



This is a great resource for people looking to integrate deep spirituality into everyday rhythms.

[Amazon Link](#)



I hope you enjoyed this resource and you  
begin to see the transformation you are looking for.

If you have any questions and are looking for other content to help  
you go deeper in your faith, feel to reach out to me on these platforms:

 [phillipchan.org](http://phillipchan.org)

 [@thisisphilchan](https://www.instagram.com/thisisphilchan)

 [@philtheauthor](https://www.facebook.com/philtheauthor)

**Phil Chan**