



FOLLOW THE PATH OF RESILIENCE

What does it mean to be resilient? Being resilient means being able to withstand tough things that come our way. It means being able to come back stronger after we've fallen down, and to continue moving forward in honoring God, even in hard situations.

Have you even been in a situation where things seem REALLY bad? Maybe even unsalvageable? Just plain rotten? Sometimes we can feel like we don't know what to do or say.

God tells us in the Bible that if we focus on Him, and do what He has taught us through his Word, we will be ok. Things may not become better over night, and sometimes our situations do not turn out the way we want, but God tells us He won't abandon us (Hebrews 13:5) in the hard things and that we can count on Him to help us through (Psalm 59:10a).

When we have tough things in our life, we can bring them to God and he will help us make them into something better. And even if we do not succeed the first time, we can keep going, because He never gives up on us (1 Cor 1:9; 2 Tim 2:13).

READ & REFLECT

- **Galatians 6:9**
- **Hebrews 12:1-3**
- **Hebrews 13:5b**

What do these verses tell us about resilience?

DISCUSS

- When was a time you had a really hard day?
- How did you try to honor God (stay resilient) in the challenges?
- How did you see God turn something "bad" into something "good"?

PLAY

Bake "It's Not Too Late Banana Bread". Are you about to throw out those old bananas? Don't! Others might think it's too late, those bananas aren't worth eating. But they are perfect to make this Resilient Banana Bread.

PRAY!

Lord, help us to rely on you in all circumstances, that we might grow resilient in our faith. We want to honor you in all we do all the days of our lives. We love you!

IT'S NOT TOO LATE BANANA BREAD



Resilient Banana Bread Ingredients:

- ½ cup butter, room temp
- 1 cup packed brown sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 3 large overripe bananas, mashed
- ½ cup buttermilk
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ¾ cup chocolate chip cookies

Brown Sugar Glaze Ingredients:

- ¾ cup packed dark brown sugar
- 3 tablespoons unsalted butter
- 1 teaspoon vanilla extract
- ¼ cup heavy cream
- ¼ teaspoon salt

1. Let's get cooking. Preheat oven to 350°F. Lightly grease a loaf pan with cooking spray.
2. In the bowl using a handheld mixer, cream the butter and brown sugar until light and fluffy, about 3 minutes. Scrape down the sides and bottom of the bowl. With the mixer on low, add the eggs one at a time, mixing after each addition until just combined. Add vanilla and mashed bananas and mix to combine. Slowly pour in the buttermilk to the bowl and mix on low and continue to mix until combined.
3. In a separate bowl, sift the flour, baking powder, baking soda, salt, and cinnamon. Whisk to combine. Add all of the dry ingredients to the wet ingredients and mix until just combined. Do not overmix. Fold in chocolate chips.
4. Pour batter into a loaf pan and bake in a preheated oven for 55-60 minutes, or until a toothpick inserted into the bread comes out clean. Allow bread to cool completely.
5. Time to prepare the Brown Sugar Glaze. Combine brown sugar, butter, vanilla, cream, and salt in a heavy saucepan. Stir over medium heat until smooth. Increase heat to high and bring to a boil. Remove from heat and stir until syrupy. Pour over your banana bread, take a picture, then enjoy!

**IT'S NEVER TOO LATE FOR GOD TO TURN
SOMETHING "ROTTEN" INTO SOMETHING "SWEET".**