

LIFE SKILL OF THE WEEK: HANDLING FAILURE

Written by Joe Keim and taught in a group setting

1. Opening Thought

- Handling failure means **learning from mistakes instead of letting them define you.**
- Everyone fails at times. What matters is how you respond afterward.

Explain: *“Failure is not the end. Quitting is.”*

Failure can either make you bitter or make you wiser.

2. Scripture (KJV)

Proverbs 24:16 – *“For a just man falleth seven times, and riseth up again...”*

Explain: God does not expect perfection. He expects us to get back up.

Micah 7:8 – *“Rejoice not against me, O mine enemy: when I fall, I shall arise...”*

Explain: Falling does not mean defeat. Getting back up shows strength and faith.

Psalms 37:23-24 – *“The steps of a good man are ordered by the Lord... Though he fall, he shall not be utterly cast down...”*

Explain: God helps us even when we stumble.

3. Discussion Questions

1. Why does failure feel so discouraging?
 2. How do people usually respond to failure?
 3. What happens when people let failure define them?
 4. How can failure help you grow?
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4. Practical Examples

1. **Work:** Making a mistake and learning how to do better.
2. **Relationships:** Apologizing and making things right.
3. **Spiritual life:** Falling into sin and turning back to God.
4. **Goals:** Failing once but trying again.
5. **Life changes:** Learning from past choices.

Explain: failure becomes useful when we learn from it.

5. Challenge for This Week

Ask each person to choose **one failure** she needs to face in a healthy way.

Have them finish this sentence on paper:

“This week I will handle failure by _____.”

Examples:

1. “I will handle failure by not giving up.”
2. “I will handle failure by asking for help.”
3. “I will handle failure by learning from my mistake.”
4. “I will handle failure by forgiving myself.”
5. “I will handle failure by trusting God again.”

Explain: it must be something they can clearly talk about next week.

6. Closing Thought

Remind them: *“Failure is a teacher, not a prison. Learn from it and move forward.”*