

formed

*Words That Move Us
From Believer to Disciple*

SPIRITUAL GRIT

*Formed
Week 5
Scott Stevens*

KEY POINTS

- In this world, troubles are guaranteed and will come throughout all seasons of life
- Jesus didn't say He's sending troubles; they're simply part of living in a broken world
- There are two stories we can believe about God: one of condemnation, one of compassion and pursuit
- God views us with delight and desires daily relationship, not just one-time salvation
- The proof of solid faith is not the absence of troubles but how we respond to them
- Spiritual grit consists of two essential characteristics: resiliency (bouncing back) and perseverance (moving forward)
- Grit is more powerful than intelligence, social skills, physical health, or family background
- Grit can be learned and developed; you can become grittier
- Spiritual grit is built through faithfulness in daily, mundane moments when no one is watching
- Humility is essential to spiritual grit; pride is your enemy, humility is your strength
- Faithfulness means being trustworthy with small things so God can entrust you with more
- We often work harder at reducing troubles than at elevating our grit
- Big faith requires big troubles; asking for bigger faith means inviting bigger challenges

SCRIPTURE REFERENCES

John 16:33

Proverbs 24:16

James 1:2-4

Philippians 2:3-8

Isaiah 40:30-31

DISCUSSION QUESTIONS

1. How does faithfulness in the small, everyday moments of life prepare us for resilience when major troubles arrive?
2. What practices or disciplines could help you build greater spiritual grit so that you can get back up one more time after being knocked down?
3. How does the promise that Jesus has overcome the world give you courage to face the troubles that are currently in your life or may come in the future?
4. Do you agree that we often work harder at reducing troubles in our lives rather than building spiritual grit to face them? Why or why not?
5. How does viewing God as compassionate rather than condemning change the way you process failures and setbacks in your spiritual journey?

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