



WEEK 51: GRIT DISCUSSION GUIDE

1. What is the toughest thing you ever accomplished in your life? What was that experience like?
2. Who is the “grittiest” person you know? What makes them that way?
3. Read Hebrews 12:1-2 and take a moment to reflect on the passage. What came to mind as you reflected?
4. Define grit and how you think we get it.
5. Read Nehemiah chapters 1 & 2. How did you see grit displayed?
6. Which of the five steps for gaining grit would be most important for you to implement right now? What spiritual discipline will help you with that step?
7. Identify at least one person you are responsible for helping mature. Which of the steps listed above do you need to implement in your relationship with them?
8. Is there an area of your life that needs more grit? What is the first step to gaining grit in that area?

ACTION STEP

You were challenged to write out an action plan for growing grit in yourself or in someone else. Break the group up into pairs or trios and hold each other accountable to act on this action plan over the next week.