

RAISING

RESILIENT

KIDS (AND ADULTS)!

LESSON 5 // GROW GRIT—PART 1

Big Idea: Resilience is worth developing in ourselves and in our children. You will equip your child for a better life if you help them develop resilience.

One key ingredient of resilience is grit—perseverance. Perseverance is described in Scripture as a vital part of developing our character. This kind of development happens as we: depend on God as the true source of strength; see things as God sees them; engage obstacles, challenges, difficulties and changes; and learn to be problem solvers.

James 1:2-4 (NIV) *Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.*

Start Talking:

Do you tend to be more of a problem solver or a problem avoider (or something in between)?

Start Thinking:

Read 2 Corinthians 1:8-9. How do these verses speak to you about your own weaknesses and the value of depending on God's strength?

Read Romans 8:37-39. In what ways does a "God-centered perspective" help you develop perseverance?

Read James 1:2-4. Why is it important to engage obstacles, challenges, difficulties and changes rather than trying to avoid or deny them?

Read 2 Kings 4:1-4. What are the benefits of being a problem solver?

Start Praying and Doing:

Pray that God will give you courage and His strength to become a better problem solver. Ask Him to help you see resources He makes available that you can't see on your own.

Identify this week a problem that needs to be solved (perhaps something that just came up or a long-standing, unresolved issue). Pray and think through the resources available to you and apply these to a workable solution. Persevere through any challenges. Write down what you learn and how you grow in the process.