

LESSON 6 // GROW GRIT—PART 2

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.

We also learn to persevere and overcome as we focus on effort over perfection, help others overcome and succeed, stay inspired by the stories of overcomers and speak the language of an overcomer.

2 Corinthians 4:16-18 (NIV) *Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.*

Start Talking:

What does it mean to you to be an “overcomer” in Christ?

Start Thinking:

Read Philippians 3:12-14. Why is it important to focus on the effort you invest rather than “perfection” as you tackle challenges? How should this affect the way you raise your kids?

Read Luke 6:38 and Galatians 6:2. How can helping others succeed grow grit and perseverance in you and your children?

Read Psalm 78:1-4. What is the value of personal testimonies from those who have overcome significant challenges in helping you overcome obstacles in your life?

Read 2 Corinthians 4:7-18. How would you describe the “language of an overcomer”? What difference does it make in you and your children when you use this language rather than words that don’t communicate faith in the Lord, confidence in Him and perseverance?

Start Praying and Doing:

Pray that God will help you focus on His grace and your effort in overcoming obstacles rather than a “perfection” mentality. Also ask Him to give you a heart to be a blessing to others around you as part of God’s process for shaping your character and growing your grit.

Look for practical opportunities this week to help others, including children, to succeed. It may be as simple as helping your child with their homework, going the extra mile to assist someone at work or giving someone who doesn’t have transportation a ride to their appointment. Be proactive and creative and see how the Lord will work!