

**LESSON 7 // GROW GRIT—PART 3**

**Big Idea:** One key ingredient of resilience is grit—perseverance. Perseverance is developed in us and our kids 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. Three more keys to growing grit are to practice deferred gratification, rise up from failures and focus on the prize more than the price.

***Philippians 4:12-13 (NIV)** I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.*

**Start Talking:**

We all struggle with being patient at times. What kind of things make it especially challenging for you to be patient? Why do you think these trigger impatience in you?

**Start Thinking:**

**Read Luke 21:19.** Why is it so valuable to learn and teach your kids about delayed gratification?

**Read Philippians 4:12-13.** In what ways does learning to be content “in any and every situation” grow grit in your life?

**Read 1 John 1:9.** Why is recovering well from failures a vital part of learning to persevere?

**Read Philippians 2:5-11 and Hebrew 12:1-13.** What does Jesus teach us about “focusing on the prize more than the price”? How can this help you and your kids grow grit?

**Start Praying and Doing:**

Pray that God will give you strength, courage and faith in Him to rise up after you fall and continue trusting and serving Him.

Also ask the Lord to help you be content “in any and every situation,” as the Apostle Paul talks about in Philippians 4:12.

Think hard about ways that perhaps you are not content with what God has given you or done for you, and confess these to Him. Then commit in a fresh way to “give thanks in all circumstances” knowing that “this is God’s will for you in Christ Jesus” (1 Thessalonians 5:18) and an important part of true contentment.