



LESSON 6 // GROW YOUR GRIT

If you want to take your life to a new, better and higher level, you must understand the importance and impact of your attitudes. The Apostle Peter provides a list of eight attitudes that need to be “added” to your life if you’re going to soar to the next level:

2 Peter 1:5-8 (NIV) *For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge;⁶ and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness;⁷ and to godliness, mutual affection; and to mutual affection, love.⁸ For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.*

Verse 6 tells us that we need to add the attitude of perseverance. We can also use the words “endurance” or “grit” for this attitude. Let’s look at the power of perseverance and endurance, and how to grow our spiritual, emotional and relational grit.

1. Perseverance is a key quality for life success.

Many people would say that success in life is primarily a product of talent, smarts, skill sets, charisma or “luck.” But recent research demolishes these myths and concludes that grit or perseverance supersedes talent, IQ and skill in determining a person’s success. It’s interesting that research simply reminds us of what the Bible has already taught us—perseverance is powerful.

Luke 8:15 (NIV) *But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop.*

Romans 5:3, 4 (NIV) *Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance;⁴ perseverance, character; and character, hope.*

Hebrews 10:36 (NIV) *You need to persevere so that when you have done the will of God, you will receive what he has promised.*

Hebrews 12:1 (NIV) *Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.*

James 1:2-4 (NIV) *Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds,³ because you know that the testing of your faith produces perseverance.⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything.*

Story after story in the Bible points to the victories and successes of people who persevered—people with spiritual and emotional grit, like Noah, Joseph, David, Daniel, Jesus and Paul.

2. Perseverance is tested by adversity and prosperity.

Perseverance is one of the qualities you don't really know you possess until it's tested. Perseverance, endurance, grit only show up under pressure. They are especially revealed when you face two kinds of pressure: adversity and prosperity.

Most people are familiar with the test of adversity. Adversity refers to a persistent form or expression of difficulties, obstacles, hindrances, limitations, failures or setbacks.

Prosperity is another measure of perseverance. While it may seem strange to consider, some people who never give up in adversity end up growing weak in character in times of prosperity. Prosperity can breed softness, ease, complacency and apathy.

Take a look at this biblical warning:

Amos 6:1, 2 (TLB) *Woe to those lounging in luxury at Jerusalem and Samaria, so famous and popular among the people of Israel. ² Go over to Calneh and see what happened there; then go to great Hamath and down to Gath in the Philistines' land. Once they were better and greater than you, but look at them now.*

You'll never know how much perseverance you possess without measuring your response to both adversity and prosperity.

3. Perseverance is an attitude you can develop.

Grit has to be grown! Perseverance is an attitude you can develop by the choices you make.

Here are five choices that will grow your grit and develop your perseverance:

- Discover God's promises for your life.
- Improve your long-range vision—don't be short-sighted.
- Value consistent discipline, long-term commitments and persistent effort.
- Refuse to run from adversity; refuse to relax in prosperity.
- Measure your faithfulness in days; measure your faithfulness in decades.

Remember these words from the Apostle Paul:

Galatians 6:9 (NIV) *Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.*

Discussion questions

1. Why is perseverance such a key quality for success in life? What does the Bible say about this?
2. How is your perseverance tested by both adversity and prosperity? Which one of these is a harder test for you?
3. In what practical ways can you develop greater spiritual and emotional grit in your life?