

## **By God's Grace**

### **Ready:**

“So then, brothers and sisters, stand firm and hold to the traditions you were taught, whether by what we said or what we wrote. May our Lord Jesus Christ himself and God our Father, who has loved us and given us eternal encouragement and good hope by grace, encourage your hearts and strengthen you in every good work and word.” – 2 Thessalonians 2:15-17

### **Set**

If you have ever been on a losing streak, you know how defeating it is. When you are not seeing the results you desire, it can make going to practice seem worthless. You struggle to put in the extra work because you are losing faith that the work will pay off. At this point, you must choose: will you give up or keep working, believing that a breakthrough is just around the corner?

In whatever goals you have, even your faith journey, you might feel defeated in many ways. You might be trying to show love to your neighbor, but they continue to pour out hate. Maybe you are trying to pray more but feel frustrated and distracted. Perhaps you have deep emotional wounds that need healing, but today, you feel like you have taken three giant steps backward. Whatever it is, keep going.

The church in Thessalonica received this encouragement when they struggled to stand firm in their faith. They were reminded that our God loves us; with this love, we are encouraged by understanding His grace.

We can't earn God's grace; it's given freely to us each day, no matter the results of our endeavors. God's grace is the perfect picture of how our failures don't mean "game over." God's grace means we have a permanent place of victory next to our Father even when we are stuck in a losing streak in life.

Have hope today that as you work toward your goals, God's grace covers every step.

### **Go**

- What are some of your spiritual goals?
- What does grace mean to you?
- How do you deal with losing?

### **Workout**

[Isaiah 30:18](#)

Romans 3:23-25

## **Overtime**

“Lord, You are our hope and encouragement. This world has so many evils that bring us down and make us feel defeated; Your grace is our only hope. Give us the courage to continue to pursue the hard things in life. Give us the wisdom to know what Your grace means for us daily. Amen.”



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