

## **Grow Your Grit**

### **Ready:**

"Being strengthened with all power according to His glorious might so that you may have great endurance and patience." - Colossians 1:11

### **Set**

Grit is defined as the courage, motivation, character, and integrity it takes to keep one's resolve even in the face of great difficulty. It's the strength to endure successfully over the long haul of life. Competitors can see themselves accomplishing and finishing well when life is viewed from the starting line. Yet, when difficulty arises and reserves are running low, in the middle of the race, crossing the finish line can seem unattainable. Do you possess that necessary strength? Not the grim strength of gnashing your teeth when the going gets tough, but the glory filled strength that comes from living in the strength God provides.

The apostle Paul encourages Christians (Colossians 1:11) not only endure but also to be fully confident that the Holy Spirit fills us with His glorious might to endure the unendurable with patience and great joy. Grit is what sets you apart, gets you to the finish line well. Grit is not directly attached to talent, accomplishment, or IQ. The amount of Grit we possess is not determined at birth and the Grit will not expire over time. Our Grit capacity can be developed and grow in amount and intensity throughout our life time. Recently, I spoke with a group of high school athletes about developing Grit in their own lives. When asked if they would succeed in their sport without the preparation of the training season, they fully agreed that without preparation in the training season, they would have no chance of survival in season. Would they walk away from the game before it was over? Never! There would be no chance at winning. Want Grit?! The formula for increasing your reserve of Grit is a simple one, yet one that requires time and determination.

Preparation + ability to stay "in the game" = Grit

God's Word paints a picture of Jesus Christ as a Man of Grit. Throughout his time on earth He prepared Himself for the inevitable sacrifice of his life on the cross. He stayed in the game, finishing His Father's will for Him to pay a ransom for our lives. Proper and sustained preparation grants the ability to "stay in the game" when the inevitable struggles arise. Spiritual Grit grants the strength and perseverance to navigate and triumph even in the face of the most daunting life circumstances. Take time to prepare by digging into God's Word, surrounding yourself with godly influences, and becoming active in a local body of believers.

### **Go**

1. Are you preparing to compete and finish well in all areas of your life, spiritually,

physically, and mentally?

2. Are you fully committed to “staying in the game” with determination in order to live out all God has planned for you with perseverance and patience?
3. What does God’s Word teach us about running the race and enduring hardships?

### **Workout**

Colossians 1:11; Philippians 4:13; James 1:2-5

### **Bible Reference:**

Colossians 1:11

Philippians 4:13

James 1:2-5



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