



Grit: Week 2 - Pray and Plan



BIG IDEA

Gritty people don't try harder, they pray longer! Long enough for God to do the work only He can do



ICE BREAKER

What's something you do consistently every single day without fail, even when you don't feel like it? (It could be as simple as brushing your teeth, making coffee, or checking your phone!) What makes THAT habit stick when other habits don't?



MAIN POINTS

- If Nothing Changes, Nothing Changes "if you keep doing what you're doing , you'll keep getting what you're getting"
- Deep Change Begins with Dependence, Not Determination - Nehemiah didn't rush -he prayed
- Prayer is Preparation- Prayer didn't change God it changed Nehemiah
- Prayer without Planning is Presumption. Planning without Prayer is Pride
- Prayer aligns Our Hearts. Planning Aligns our Actions
- Let God Turn Your Prayers into a Plan- Prayer didn't replace planning-prayer produced planning



DISCUSS

1. Nehemiah prayed 240 times over 4 months before anything changed. Have you ever been in a season where you felt like you were doing the right thing but seeing no results? How did you respond? What would it look like to "go one more" in that situation?
2. Where do you need to pray and plan - not just a hope-that God is going to do a miracle? MARRIAGE, PARENTING, FINANCES, SPIRITUAL GROWTH, HEALTH, CAREER, RELATIONSHIPS
3. When the king asked "What do you want?" Nehemiah was ready immediately with a detailed plan (Nehemiah 2:4-8). How did his 4 months of consistent prayer prepare him for that moment? What opportunity might you be preparing for right now through daily consistency?
4. Read Proverbs 21:5. How does the Bible show a balance between prayer/faith AND planning/preparation? Which side do you tend to neglect?
5. What makes consistency so hard, especially when we're not seeing immediate results? What strategies or accountability could help you push through?
6. What is God Inviting You to Stay with in Prayer?
7. What Plan Might He be Ready to Clarify in Your Life?



NEXT STEP

Think about the three areas we'll be committing to for 52 days (starting next week): **Physical:** What's one physical habit you could do daily for 52 days? **Spiritual:** What's one spiritual habit you could do daily for 52 days? **Personal Development:** What's one personal growth habit you could do daily for 52 days? Start experimenting with these habits. Try them out. See what works. Be ready to commit next week!



SCRIPTURE

Nehemiah 2:4-5 The king said to me, "**What is it you want?**" Then I prayed to the God of heaven, and I answered the king, "If it pleases the king and if your servant has found favor in his sight, let him send me to the city in Judah where my ancestors are buried so that I can rebuild it."

Proverbs 21:5 The plans of the diligent lead to profit as surely as haste leads to poverty.



NEXT WEEK

SNEAK PEEK

Join us next week and invite a friend as we continue in the series Grit!

Questions or Feedback? Email Groups@CentralAZ.com