



## Grit: Week 4 - Moment of Truth



### BIG IDEA

When not if opposition shows up, don't let it trip you up.



### ICE BREAKER

Share about a time when you started a home improvement project or DIY task that went completely sideways. What unexpected problems did you face? Did you finish it, or is it still on your "someday" list?



### MAIN POINTS

- Resistance is often proof you're making progress
- Resistance doesn't fight your intentions. It fights your momentum.
- You cannot protect priorities you haven't clearly named
- Criticism attacks your identity
- Discouragement attacks your energy
- The level of your progress will always coincide with your threshold of pain.



### DISCUSS

1. When have you experienced discouragement or criticism while trying to do something good? How did you respond? Looking back, would you handle it differently now?
2. Why do you think discouraging words that contain some truth are more effective than complete lies? What are some ways the enemy is using partial truths to discourage you right now?
3. Nehemiah prayed AND posted guards. Where do you tend to lean: all prayer without action, or all action without prayer? What would a better balance look like?
4. Shan asked, "Who are you listening to?" What voices (people, media, internal thoughts) tend to discourage you most? What truths from God do you need to listen to instead?
5. Nehemiah kept going "one more day, one more brick, one more prayer." What specific area of your life needs you to "go one more" right now? What's one practical step you can take this week?
6. What "wall" is God calling you to rebuild in your life right now? What opposition are you facing? How will you respond with both prayer and action this week?



### NEXT STEP

The 52 Grit Challenge continues! This week, when you face criticism or discouragement:

1. Pause and pray immediately
2. Identify one truth from God that counteracts the discouragement
3. Share your progress with someone for encouragement



### SCRIPTURE

Nehemiah 4:9 But we prayed to our God AND posted a guard.

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



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

