

DISCOVERY QUESTIONS

LIFE GROUPS | FRIENDSCHURCH

GRIT and GRACE

PASSAGE: Acts 16, 1 Peter 5:5-6

Main Idea: Grace + Grit = Transformation

LEAN IN

1. Tell about time that you were under-prepared but over-confident.

LOOK DOWN

The message this weekend was focused on how we try to just “grit it out” in life. We are all carrying so much weight, responsibility, fear, disappointment and regret. We often hear that we need to pull ourselves up by our bootstraps and just try harder. Or we hear that we need to stuff those feelings down, and just go about our lives. The questions today will revolve around unpacking our own burdens, and identifying how we can truly find freedom in Christ.

2. Read Acts 16:6-15. What do you notice about Paul’s decision making? What does this tell us about Paul’s person (for instance, does he rely on his own aptitude, or something else)? What was the result of the journey to Philippi?
3. Read 1 Peter 5:5-6. What do these verses teach us about how we view our lives? Compare or contrast the proud and the humble from this passage. What does it mean to ‘humble yourselves’? From this passage, what is the promise that God will do if we humble ourselves? *Notice the timing of the promise.

LOOK OUT

In our culture, it’s often the survival of the fittest. If you are able to rise above your circumstances and overcome all hardship, then you are revered. But as we all know in our hearts, sometimes it’s just not possible - and the more we try to grit it out, the more we spiral into depression, anxiety, isolation and hopelessness. These next questions will help us identify where we see this mindset in the world around us.

4. Who do you know that seems to just “have it all together” all the time? How does that make you feel about your own life?
5. Can you think of an example of someone who tried to just “grit it out”, who ended up failing miserably? What about the opposite? Is there someone that you know who has overcome incredible obstacles? What do you attribute this to?
6. In the message, we saw that Grace PLUS Grit = Transformation. What does it mean to have both grace AND grit?

LOOK IN

7. In your life, where do you feel like you’re just trying to hold it all together? *Use this time to be really honest with your group - the more we stuff it down, the more we find our souls eroding away.
8. Do you feel that your pride (the attitude that says “I can handle this all myself”) is getting in the way of God’s grace? Where are you tempted to push God away, afraid that you would look too weak or be too messy for Him to handle?
9. Read again 1 Peter 5:5-6. Spend some time as a group humbling yourselves before God through prayer. Confess the areas that you feel like you are just holding on, or trying to handle on your own. Use this time to pray over each other for the areas that we need God’s grace. Pray specifically for God’s Intimacy and Freedom in your lives, seeking to be people who trust God more than ourselves.