

I HATE TO TELL YOU THIS



REAL LIFE. GODLY ADVICE.

Q: GRIT: RUN THE RACE WITH ULTRAMARATHONER DAVE BRUNKEN

Answer:

- Embrace the hardship. Hard isn't bad, it's just a part of the race.
- I may not be the best, but I don't quit.
- When you give up you never get to experience the high of finishing the race.
- Do everything with passion, perseverance and consistency.
- At some point, a person's level of grit is going to supersede natural talent.
- God has a race marked out for us. He has shown us the path through His word. But if we get off the path He will chase us down and lead you back to the right path.
- Consistency over perfection. Showing up and doing the thing, even when you don't feel like it, is still progress and has value.
- Questions and doubts are normal—take them to God and allow them to draw you closer to Him.
- Most successes do not come easy, they require **GRIT!**
- Hebrews 12:1 "...And let us run with endurance the race set before us."

I SAID WHAT I SAID

CARRIE: BEING MOVED ISN'T THE GOAL OF CHURCH, TRANSFORMATION IS.

LESLIE: STOP SEARCHING FOR A FEELING AND START SEARCHING FOR GOD.

DAVE: KNOWLEDGE IS KNOWING THAT A TOMATO IS A FRUIT. WISDOM IS NOT PUTTING IT IN A FRUIT SALAD.

SONG OF THE MOMENT

LESLIE: BREAK THE BOTTLE BY TIFFANY HUDSON AND STEFFANY GRETSINGER

CARRIE: BELIEVE IT BY ELEVATION RHYTHM

DAVE: CHURCH (TAKE ME BACK) BY COCHREN & CO.

SPOTIFY PLAYLIST LINK:  Song of the Moment


HEY! YOU SHOULD READ (LISTEN TO) THIS

 How Did I Get Here?: Finding Your Way Back to God When Everything is Pulling You Away

 My Year of Running Dangerously: A Dad, a Daughter, and a Ridiculous Plan

 4 Simple Hacks to Stay Consistent in Your Leadership

EXTRA RESOURCES

 Grit: The Power of Passion and Perseverance

Grit Don't Quit by Bianca Juarez on Right Now Media (to get a free login go to <https://app.righnowmedia.org/join/movementchurchonline>)

