



Don't Let Go | Shawn Johnson | 6.5.22

Weekly Study

## START

**Where is your favorite spot to get ice cream?**

## SHARE

Welcome back! This weekend we continued our new series of messages called “Grit”. Shawn gave a message that invited us to lean into knowing God’s Word and clinging to his promises. As we are all constantly moving into the unknown, attempting to navigate challenging and trying times. We have a choice to make as we do so: are we going to hunker down and play it safe, or are we going to leap into the unknown with gritty, determined faith, knowing that the God of the universe is always present with us and has gone before us? There is a gritty person of faith that you already are in Christ, and now we get to learn how to live like we know that it’s true.

Before we dive in, take some time to check in with your group and ask the following questions:

**What is the most impactful or challenging thing you heard during Sunday’s message?**

**What did that thing teach you about God? About yourself?**

**How do you want to begin to apply it to your life this week?**

## G R O W

### **Read Philippians 3: 10-14**

When we find our purpose for our time here on earth we begin to live differently. Just as Shawn pointed out this weekend about the Apostle Paul's life. In scripture we see Paul's life as an example of pure grit. His grit comes from his belief in who Jesus is and the transformational experience he had on the Damascus Road. He had many difficulties and overcame them because he strived for what was ahead, having an eternal perspective. Paul was not looking back to what was but looking ahead to the prize, meeting Jesus face to face. This is all for God's Kingdom here on earth and the motive to keep on holding on because we know God has got each of us and has promised to never let go. We are to cling to the promises of God as he is perfect peace and as David says in Psalms 119:50, "My comfort in my suffering is this: Your promise preserves my life." God's promises keep us close to him even in the suffering.

**Are you struggling to look forward while clinging to the past?**

**How are you feeling right now? Are you wearing all the preverbal hats, handling the stress, letting your worries roll off your back? Or are you barely hanging on and are at the breaking point about to let go? Invite your group into where you are finding yourself right now.**

## M O V E

As Shawn was sharing this week, he invited us into a piece of his story, and he shared four things that has helped him during this season of suffering. As a group read through the points he shared and talk through the questions for deeper conversation.

**Pray through the pain**

**Read: 2 Cor. 1: 8; Philippians 4:4-7**

Is your tendency to complain through the pain or pray through the pain?

Are you honest with yourself and with others about your pain? Share with your group.

How does Shawn's encouragement that we can come to God honest, vulnerable and broken shift the way you may have looked at God in the past when it comes to your pain? What slows you down to approach God with your pain?

How can shifting the focus from the pain to praising God change how you live your everyday life?

Hold onto one promise

**Read: Isaiah 26:3**

Do you tend to listen more to your emotions and allow them to dictate your perspective in your current situation? Share.

Do you fight to keep your heart and mind clinging to God's Word? What has helped you navigate to this place in your life?

What is the "perfect peace" Isaiah is referring to in this scripture? Have you ever experienced this? If so, share with your group.

Get somebody fighting with you

**Read: Exodus 17:11-13; Galatians 6:2; Job 2:3**

When you have grown tired and weary who has been your person/people sitting in the dirt with you? Whose dirt have you been sitting in?

If you cannot relate to any of this, what is holding you back from inviting people into your pain? What is holding you back from entering someone else's pain?

Be still

**Read: Exodus 14:13-14**

When in seasons of suffering, what does it look to be still?

Tell of a time when you needed God to give you a “Warrior’s Spirit”

What does it look like to be still while having a warrior spirit?

**TAKE HOME:** While you pray this week, ask God that he would show you one of his promises in the Bible. Write it down and post it somewhere that you will see it often to remind you of that promise.

**P R A Y**

Pray for each other. Invite each other into a space you may need healing or comfort. If you’re in a co-ed group, it may be easier to break up into groups to more freely share.