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| **CENTRAL** CHRISTIAN CHURCH | Grit: Week 1 - If Nothing Changes, Nothing Changes |
| **BIG IDEA** | Gritty people are willing to admit when things need to change. |
| **ICE BREAKER** | What's one "New Year's resolution" you've made in the past that you were excited about but never followed through on? What got in the way? |
| **MAIN POINTS** | <ul><li>If You Want to Move Up, You Have to Get Fed Up<ul><li>Most people want change but don't want to do what change requires</li><li>Nehemiah was so fed up with the disgrace of his people that he mourned, fasted, and prayed for days</li></ul></li><li>Confess Reality<ul><li>Nehemiah named the problem honestly—his people's unfaithfulness and sin</li><li>Gritty people admit what *is*, not just what *could or should be*</li></ul></li></ul> |
| **DISCUSS** | 1. What area of your life are you most disappointed with right now? What would it take for that disappointment to turn into being "fed up" enough to take action?<br>2. Read Nehemiah 1:4-7. How does Nehemiah's response to bad news differ from how we typically respond? What can we learn from his approach?<br>3. "Confess reality" means honestly naming the problem. What makes it difficult to be honest with ourselves and others about where we're falling short? What would help you take that step? |
| **NEXT STEP** | Write down one commitment from each area you want to challenge yourself in (physical, spiritual, personal development). Share it with someone you trust (or your group!) and pray about it this week! |
| **SCRIPTURE** | Nehemiah 1:5-7 Lord, the God of heaven, the great and awesome God, who keeps his covenant of love with those who love him and keep his commandments, let your ear be attentive and your eyes open to hear the prayer your servant is praying before you day and night for your servants, the people of Israel. I confess the sins we Israelites, including myself and my father's family, have committed against you. We have acted very wickedly toward you. We have not obeyed the commands, decrees and laws you gave your servant Moses. |
| **NEXT WEEK SNEAK PEAK** | Join us next week and invite a friend as we continue in the the series Grit! |

Questions or Feedback? Email Groups@CentralAZ.com