



Grit Don't Quit "Bianca Juarez Olthoff"

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We Gather ~ We Grow ~ We Go

Lesson 2 – Listen Up

Focuses on the importance of hearing and obeying the voice of the Holy Spirit as a key to developing grit and resilience.

Then Ananias went to the house and entered it. Placing his hands on Saul, he said, "Brother Saul, the Lord-Jesus, who appeared to you on the road as you were coming here-has sent me so that you may see again and be filled with the Holy Spirit. - Acts 9:17

Session Goal: Unpack reasons we might be holding the Holy Spirit at bay and commit to connecting or reconnecting with the Holy Spirit-our Advocate and our avenue to true grit.

1. Learn to listen to the voice of God

If you were to be dropped into a remote location and could bring one survival tool with you, what would you bring? What would we take with us into battle?

Better yet, what do we all have at our disposal that we aren't using like we could to show grit during life's battles? What is within our access that we have been sleeping on.

A. The most effective survival tool we should carry daily is the **Holy** Spirit of God His very **presence** and voice.

B. To show grit through life's challenges, we must **invite** Him into our lives, **listen**, and **obey**.

C. The Holy Spirit is our **essential** tool for spiritual survival.

D. Listening to God requires both **stillness** and **intentionality**.

E. Grit is not just about pushing through—it's about listening to the voice of God.

What does listening to God have to do with maintaining grit - God doesn't speak to be heard-
He speaks to be obeyed.

2. Demolishing strongholds- power and purpose of prayer

For though we live in the world, we do not wage war as the world does. 4 The weapons we
fight with are not the weapons of the world. On the contrary, they have divine power to
demolish strongholds. 5 We demolish arguments and every pretension that sets itself up
against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 Corinthians 10: 3-5

A. **Prayer** is how we connect to the Spirit of God, it's how we commune with Him, Learn from
Him, and Where we often hear from Him. When we chose to turn to prayer instead of running,
we tap into perseverance, resilience, and grit.

B. We have **divine** power to demolish strongholds. As believers we often under value and
discount the power of prayer.

If you're struggling to hear the voice of God in your life, my first question for you is: How is your
prayer life?

**Outside of this study, how much time do you typically spend in Bible reading and
prayer?**

Though I don't hear an audible voice of God, the Holy Spirit leads me, guides me, and
empowers me. Jesus promised us that He wouldn't abandon us; He would leave us an
Advocate, the Holy Spirit, who will lead us and empower us to do things not in our strength but
in His strength (John 14:16-21).

3. The Advocate

The Holy Spirit is not a ghost, not fire, not wind, or a dove (those are metaphors) He's often symbolized by these things, but they're not Him. So, what (or who) is the Holy Spirit? the Holy Spirit is understood as the **third person of the Holy Trinity**—co-equal and co-eternal with God the Father and God the Son (Jesus Christ). He is not a force or an abstract power, but a divine person who acts, speaks, teaches, and loves.

- **Divine Personhood:** The Holy Spirit is referred to with personal pronouns and described as having will, intellect, and emotions. He teaches, guides, comforts, and intercedes.
- **God's Presence and Power:** He is the active presence of God in the world—convicting hearts, regenerating souls, and empowering believers for holy living and service.
- **The Spirit of Truth:** Jesus called Him the “Helper” or “Comforter” (Greek: Parakletos) who would teach all things and remind believers of Christ's words (John 14:26).
- **Agent of transformation:** He sanctifies believers, making them more like Christ, and equips them with spiritual gifts for building up the church.

- A. The Holy Spirit is not a force, but a **person** who speaks and guides.
- B. We must **quiet** the noise to hear the whisper of God.
- C. Bianca says we often want the **power** of God without the **presence** of God.
- D. The voice of the Holy Spirit brings **peace**, **clarity**, and **direction**.

One of the most promising aspects of the Holy Spirit is that he is the revealer of what's true.

4. Here I Am

- A. To develop spiritual grit, we must be **sensitive** to the Spirit's leading.

B. The more we listen, the more we recognize the voice of God.

C. God's voice is often quiet but always clear.

The Holy Spirit is our guide and our comforter, and He gives us power. Maybe the reason that Peter said the Holy Spirit is a gift (Acts 2:38) is because having a guide and a comforter is literally the greatest gift in life. Why wouldn't everyone want this gift?

Quote- "Without the Spirit of God, we can do nothing. We are as ships without wind. We are useless". **Charles Spurgeon**

Discussion Questions

1. What does it mean to invite the Holy Spirit in each day?
2. Why might obeying God's voice be harder than hearing it?
3. In what areas of your life are you tempted to disconnect from the Spirit?

Personal Application

- Pause: Take time daily to quiet your heart and listen.
- Plan: Schedule 5–10 minutes to invite the Spirit and record what you hear.
- Practice: When faced with pressure or decision, ask: "Holy Spirit, what do You say?"