



# CAN'T STOP. WON'T STOP.

## Quitting Is Not an Option

#npcantstopwontstop

Week 1  
1 of 4

September 9, 2018

**Bottom Line:** Quitting is not an option.

**Icebreaker:** What are your favorite songs from your teenage years that you still rock out to when nobody else is listening? What was the first record, tape, or CD you owned?

**Key Verse:** *Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.*  
Galatians 6:7-9 NIV

We all know it doesn't matter if the Cleveland Indians are ahead by 4 runs in the 8<sup>th</sup> inning if their defense falls apart and allows 6 runs in the bottom of the 9<sup>th</sup>. The only way for a win is to finish strong. Life is the same way. We have to complete life well for it to matter in the big picture.

People who finish strong are resilient. Resilient people face adversity and challenge the same as anyone else, but they have developed a way to cope, get through the struggle, and come back strong. Being resilient means having both the capacity to react positively and the wisdom to make principled choices. These two essentials are central in the Christian faith. Paul was one of the great exhibitors of this. He was betrayed, rejected, suffered physical, financial, relational, emotional hardships, but he always landed on his feet, stronger than before. He says it was because he understood the resiliency principle God has built into life. You ALWAYS reap what you sow, good and bad. So, you will reap a harvest of good things if you sow good things, and you never give up. Resilient people know the night doesn't last forever, the harvest is coming, and they never give up. That is the way to finish strong. Never give up.

Developing this spirit that finishes strong is not a natural process. Life militates against it. We must be proactive by making commitments that support our goal, and then we must pursue the habits and disciplines that enable fulfillment of the goal. We can finish strong and victorious if we "can't stop, won't stop."

### THINK IT OVER >>>

What impacted you most from the message Sunday?

Discuss situations where you know two people who experienced the same thing, but their life responses were completely different. How did you observe resiliency or lack of it? How did it impact their futures?

"Resilient people look at adversity from a realistic perspective." What are the components of that perspective?

"Resilience is the capacity to react positively and the wisdom to make principled choices." Both parts are necessary. Why?

"Without prior commitment, when faced with a challenge or obstacle, you will generally walk away." Discuss the value of commitment.

### LOOK IT OVER >>>

"Nothing affects your life more than the commitments you make." Agree or disagree? How?

"My commitments show my values, shape my life, and determine my destiny." How has this been true in your life so far? What changes should you make in order to finish strong?

Daily habits are the pathway to the principled choices that determine my destiny. Research shows that it takes an average of 66 days to develop a new habit. How does this relate to "reaping a harvest if we don't give up"?

Dwight listed the people habit, the gratitude habit, and the forgiveness habit. How do these personally keep you on track and strong? What other habits are great supports in being resilient and finishing strong?

# NEXT STEPS

This week consider taking some next steps together as a group:

- 1) Forgive the person who has hurt you. Start a habit of forgiveness or gathering with people, whatever is lacking.
- 2) Join a small group for support and accountability.

## EVALUATION/ACTION

Realizing and reaching your full potential in Christ

**Bottom Line:** Quitting is not an option.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

## PRAYER

List group members and their prayer requests for this week:

## DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at [newpointe.org/daily](http://newpointe.org/daily):

Monday: Luke 9:62

Tuesday: Philippians 3:13

Wednesday: Hebrews 11:16

Thursday: Psalm 1:1-3

Friday: Philippians 4:8

***Don't let the conversation stop here. Keep talking it over with others throughout the week.***  
*(Don't forget to bring this paper to your next small group meeting)*