

This group is meant to facilitate discussion and meaningful conversations. The information below is derived from this week's basic outline.

### Weekly Discussion Theme: Persistence

- **Leader shares:**
- There is no replacement for persistence. You can let disappointment drive you or destroy you. ~ Tony Robbins quote. Persistence, which is the refusal to give up, holds immense power and has the ability to empower us and build confidence. Some mornings, we wake up with determination, ready to conquer the world, while on others, we have to force ourselves out of bed. Despite the challenges we face, persistence propels us forward, giving us the ability to overcome defeat, discouragement, and the barrage of negative thoughts. When we envision our goals and truly believe in our ability to achieve them, a fire ignites within us, driving us to keep going despite the obstacles. Customizing our visions of success to match our individual aspirations provides us with a clear understanding of our goals and reinforces our determination to persevere, even when confronted with challenges. There are no shortcuts; persistence is the key that allows us to discover purpose and meaning in our lives.
- **Group shares:** How do you perceive persistence? Do you find yourself wishing for shortcuts, or do you recognize its value in terms of empowerment and self-love?
- **Acknowledge:** THANK YOU for sharing!

**Verse:** Romans 12:12 (NIV) Be joyful in hope, patient in affliction, faithful in prayer.

- **Leader Interpretation:** In the journey of life, this verse highlights the significance of holding onto hope, patience, and faithfulness, even amidst challenges and trials. It suggests that these qualities can provide sustenance during difficult times, serving as a reminder to persist with determination, endure patiently, and seek spiritual guidance through prayer, particularly in the face of adversity.
- **Group shares:** What are your thoughts on this verse and how do you believe qualities like hope, patience, and faithfulness can aid in persistence through life's challenges?
- **Acknowledge:** THANK YOU for sharing!

### **Effective strategies to develop and strengthen your persistence:**

- Set clear goals: Define what you want to achieve and break it down into smaller, manageable tasks.
- Develop a positive mindset: Cultivate optimism and believe in your ability to overcome obstacles.
- Create a plan: Outline the steps you need to take to reach your goals and establish a timeline for completion.
- Stay focused: Concentrate on your goals and avoid distractions that may derail your progress.

- **Take consistent action:** Commit to taking daily steps towards your goals, even when faced with setbacks or challenges.
- **Practice resilience:** Learn from failures and setbacks, and use them as opportunities to grow stronger.
- **Seek support:** Surround yourself with positive influences and seek encouragement from friends, family, or mentors when needed.
- **Stay motivated:** Find sources of inspiration and remind yourself of the reasons why you're pursuing your goals.
- **Celebrate progress:** Acknowledge and celebrate your achievements along the way, no matter how small.
- **Persevere:** Keep pushing forward, even when things get tough, and never give up on your dreams.

**Group shares:** What are your thoughts on these steps? Do you currently use any of them, and if so, how do you incorporate them into your daily life?

**Acknowledge:** THANK YOU for sharing!

**Leader shares:** Recognizing that there is no substitute for persistence is the first step towards achieving our goals and overcoming obstacles. It is essential to acknowledge that adversity can either propel us forward or hold us back, and it is up to us to make the conscious choice to allow it to drive us, not destroy us. By taking daily steps to build our endurance and cultivate persistence, we empower ourselves to navigate life's challenges with resilience and determination.

- **Leader shares:** An email will be sent shortly containing today's outline, along with a request to share resources discussed today. Additionally, you'll find essential links for joining the group, as well as links to join our Facebook group or follow us on social media to stay connected.
- **Closing:** As we close our group meeting, I encourage everyone to share anything else in your hearts and minds or to ask for prayer requests.
- **Stay connected:** [imperfectpaths.com](https://imperfectpaths.com)

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