

Not Giving Up

Lesson 06 of the series, "No Regrets"

A. A major source of regret in our lives comes from giving up.

After exploring the land for forty days, the men returned... This was their report to Moses: "We entered the land you sent us to explore, and it is indeed a bountiful country—a land flowing with milk and honey... But the people living there are powerful, and their towns are large and fortified. We even saw giants there ...Caleb tried to quiet the people as they stood before Moses. "Let's go at once to take the land," he said. "We can certainly conquer it!" But the other men who had explored the land with him disagreed. "We can't go up against them! They are stronger than we are!" So they spread this bad report about the land among the Israelites: "The land we traveled through and explored will devour anyone who goes to live there. All the people we saw were huge... Next to them we felt like grasshoppers, and that's what they thought, too!" Then the whole community began weeping aloud, and they cried all night..."Why is the LORD taking us to this country only to have us die in battle? Our wives and our little ones will be carried off as plunder! ...Then they plotted among themselves, "Let's choose a new leader and go back to Egypt!" "Then the LORD said to Moses and Aaron ...I have heard the complaints the Israelites are making against me. Now tell them this: As surely as I live, declares the LORD, I will do to you the very things I heard you say. You will all drop dead in this wilderness! Because you complained against me, every one of you who is twenty years old or older... will die. You will not enter and occupy the land I swore to give you. The only exceptions will be Caleb... and Joshua... You said your children would be carried off as plunder. Well, I will bring them safely into the land, and they will enjoy what you have despised... When Moses reported the LORD's words to all the Israelites, the people were filled with grief." Numbers 13:25-33 14:1-4, 26-39 (NLT)

B. Although we will all face trials and painful situations God doesn't want us to give up.

"In this world you will have trouble. But take heart! I have overcome the world." John 16:33 (NIV)

Life Application: God will always be with us through every circumstance.

"Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? ...No, despite all these things, overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord." Romans 8:35-39 (NLT)

Life Application: God will cause all things to work together for our good.

"God causes everything to work together for the good of those who love God and are called according to his purpose for them." Romans 8:28 (NLT)

"We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation." Romans 5:3-4 (NLT)

Life Application: God will bless us if we don't give up.

"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." Galatians 6:9 (NLT)

C. Seven resolutions that will keep us from regret and help us not give up this year.

1. Resolved: This year I will read God's Word daily.

"Be strong and very courageous. Be careful to obey all the instructions Moses gave you. Do not deviate from them, turning either to the right or to the left. Then you will be successful in everything you do. Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do." Joshua 1:7-8 (NLT)

2. Resolved: This year I will keep praying.

One day Jesus told his disciples a story to show that they should always pray and never give up. "There was a judge in a certain city," he said, "who neither feared God nor cared about people. A widow of that city came to him repeatedly, saying, 'Give me justice in this dispute with my enemy.' The judge ignored

her for a while, but finally he said to himself, 'I don't fear God or care about people, but this woman is driving me crazy. I'm going to see that she gets justice, because she is wearing me out with her constant requests!'" Then the Lord said, "Learn a lesson from this unjust judge. Even he rendered a just decision in the end. So don't you think God will surely give justice to his chosen people who cry out to him day and night? Will he keep putting them off? I tell you, he will grant justice to them quickly! But when the Son of Man returns, how many will he find on the earth who have faith?" Luke 18:1-8 (NLT)

3. Resolved: This year I will surround myself with Christian friends.

"Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble... A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken." Ecclesiastes 4:9-12 (NLT)

4. Resolved: This year I will seek wise counsel.

"Get all the advice and instruction you can, so you will be wise the rest of your life... Though good advice lies deep within the heart, a person with understanding will draw it out." Proverbs 19:20, 20:5 (NLT)

5. Resolved: This year I will share my goals with a trusted friend who will hold me accountable.

"As iron sharpens iron, so one man sharpens another." Proverbs 27:17 (NIV)

6. Resolved: This year I will memorize Scripture passages that will help me endure.

"Put on all of God's armor so that you will be able to stand firm against all strategies of the devil... and take the sword of the Spirit, which is the word of God." Ephesians 6:11,17 (NLT)

"I have hidden your word in my heart, that I might not sin against you." Psalm 119:11 (NLT)

7. Resolved: This year I will worship God personally and corporately as often as I can.

"O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water. I have seen you in your sanctuary and gazed upon your power and glory. Your unfailing love is better than life itself; how I praise you! I will praise you as long as I live, lifting up my hands to you in prayer. You satisfy me more than the richest feast. I will praise you with songs of joy. I lie awake thinking of you, meditating on you through the night. Because you are my helper, I sing for joy in the shadow of your wings." Psalm 63:1-7 (NLT)

"...let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus... then you won't become weary and give up." Hebrews 12:1, 3 (NLT)

Connect Group Questions

1. How well do you handle discouragement? When you feel like giving up what do you do to keep going?
2. Share one project/ job/ relationship that you regret giving up on? Why did you throw in the towel? If you could go back what would you do differently?
3. Read Ecclesiastes 4:9-12 & Proverbs 27:17. How can you help the other members of your connect group reach their goals and fight discouragement?
4. Read Psalm 63:1-7 & Hebrews 12:1-3. Why/how does worship help fight discouragement? What does worship look like in your daily life?
5. Read Psalm 119:11. Share a Scripture passage that you have committed to memory? Why did you memorize it? How has it helped you?
6. Read Proverbs 19:20, 20:5. Whose counsel do you seek in difficult times and when making big decisions? Why do you value their opinion?
7. Discuss the following quotations:

“People are often unreasonable, illogical, and self-centered. Forgive them anyway. If you are kind, people may accuse you of selfish ulterior motives. Be kind anyway. If you are successful, you will win some false friends and some true enemies. Succeed anyway. If you are honest and frank, people may cheat you. Be honest and frank anyway. What you spend years building, someone could destroy overnight. Build anyway. If you find serenity and happiness, they may be jealous. Be happy anyway. The good you do today, people will often forget tomorrow. Do good anyway. Give the world the best you have, and it may never be enough. Give the best you've got anyway. You see, in the final analysis it is between you and God; it was never between you and them anyway.” Mother Teresa

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.” Thomas A. Edison

“Opportunity is missed by most people because it is dressed in overalls and looks like work.” Thomas A. Edison

“Never, never, never give up.” Winston Churchill

“You just can't beat the person who never gives up.” Babe Ruth