

## Character Trait October 8-14 is Determination

### Proverbs 11:3, “The integrity of the upright guides them”

**CHARACTER:** the qualities built into an individual's life that determine their responses, regardless of circumstances.

**Determination:** Overcoming obstacles in order to reach my goal.

**Weekly Verse:** Hebrews 12:1,2 “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”

**Bible Story:** 2 Corinthians 4:7-18. “Therefore we do not lose heart.”

**Quote:** “Integrity is choosing courage over comfort; choosing what is right over what is fun, fast or easy; and choosing to practice our values rather than simply professing them.”

**Leadership:** Read the weekly verse again. Do you see how Jesus demonstrated overcoming obstacles in order to reach his goal? He was willing to overcome even death on a cross in order to restore us to relationship with him.

**Application:** 1. Set Goals--You show determination not only by climbing but also by climbing the right mountain.

2. Get Moving--The best thing about a good plan is its execution. When it seems to take all your strength just to roll out of bed, do it—it makes getting dressed easier.

3. Deal With Distractions--These come in many shapes and sizes, including physical discomfort, a noisy environment, or mental fatigue. Urgent needs, worthy causes, and well-meaning friends clamor for your attention. Prioritize tasks and learn to say “no” in order to honor your most important responsibilities.

4. Face Challenges—The only challenges you can overcome are those that you make yourself face. Escaping or hiding does not make obstacles disappear.

5. Change Tactics--A worthwhile purpose is worthwhile, even if the circumstances require you to try a new method. If one plan fails, remember your original purpose, and find another way to accomplish the goal.

### Discussion Questions:

1. What distracts you from doing the things that matter most?
2. What large projects have you recently finished? How does it make you feel when you complete something meaningful?