

# Glory & Grit Podcast

## Episode 10 Reflection Guide When You Feel Like Giving Up

Take a few moments to reflect on this episode. You may want to write your thoughts, pray about them, or discuss them with someone you trust.

- Where are you feeling worn down right now?
- What has felt heavier than you expected?
- Have you been tempted to pull back, check out, or stop trying?
- Is there something you're considering letting go of because you're tired?
- What would rest look like without fully walking away?
- What is one small step you can take this week to keep going?

### Closing Scripture

Galatians 6:9 — And let us not be weary in well doing: for in due season we shall reap, if we faint not.

### Continue the Conversation

If this reflection guide helped you, consider sharing this episode with someone who might need encouragement today.

You can find more episodes and reflection guides at [gloryandgritpodcast.com](http://gloryandgritpodcast.com).

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