

# Week 27 | Growth Mindset

*"I can do all things through Christ who strengthens me (Philippians 4:13)."*



The TRIUMPH can't be had without the struggle.

Believe me, the reward is not so great without the struggle.

Wilma Rudolph

Have you ever noticed that some people rebound and bounce back quickly from adversity while others let adversity hold them back? **GROWTH MINDSET** is believing in your ability to learn, grow, and be successful through dedication and hard work. When you have a **GROWTH MINDSET**, you understand that effort makes you better, so you will be more willing to put in the extra time and effort you need to be successful.

I love the Olympics because it is filled with stories of athletes with **GROWTH MINDSETS** and athletes who have overcome adversity to be among the best in the world. Wilma Rudolph was an American sprinter who became a world-record-holding Olympic champion in track and field. Wilma was prematurely born as the 20th of 22 kids. She was a sickly kid who had to wear a brace on her leg and overcame polio to compete in the 1956 Summer Olympic Games, and in 1960, she became the first American woman to win three gold medals in track and field at a single Olympics. She didn't let anything or anyone hold her back. She kept working hard and beat every obstacle in her way to become an international sports icon.

One of my favorite Biblical stories is the story of Joseph. Joseph was the favored son of Jacob and Rachel. Joseph was sold into slavery by his jealous brothers, and he rose to become the second most powerful man in Egypt next to Pharaoh. God used

Joseph to show his strength, power and love. He showed that with the right mindset, God can help us overcome anything. Joseph's story is a story of how having a **GROWTH MINDSET** and having a trusting relationship with God can help you impact and transform the world.

One of the most important keys to success is believing in yourself and your ability to learn, grow, and be successful. That is **GROWTH MINDSET**. We can do all things through Christ who empowers us and gives us strength (Philippians 4:13). God's divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness (2nd Peter 1:3). God has a plan for us all to prosper, and plans and hope for a future (Jeremiah 29:11). Remember that you were born for a time like this (Esther 4:14), and all things work together for the good of those who believe and are called according to his purpose (Romans 8:28).