Quick Quiet Times

Don't Give Up. Grow.

You're not finished. You're still growing.

Time:
10-15 minutes

Focus:
Hope & Trust
Suffering & Comfort
Purpose

Scriptures

2 Corinthians 4:9
Galatians 6:9
Romans 4:17
2 Corinthians 10:12
Galatians 6:4-5
2 Corinthians 4:1
2 Corinthians 4:8
Psalm 131:1-2
2 Corinthians 4:16
James 5:8
Acts 18:9-10
Proverbs 3:3
Hebrews 10:25
Acts 2:42
Hebrews 12:3
John 15:1-3
Hebrews 12:5
Hebrews 6:10-11
2 Corinthians 1:9
2 Corinthians 5:17

Parking lot

Write down distracting thoughts here:

🧘 Settle in

Take a deep breath. Turn off notifications on your phone. Ask God to help you believe that he's still helping you grow even when you are knocked down.

💭 Thought starter



Imagine a massive tree lying on its side. It fell years ago —knocked down by a violent storm or weakened roots.

Most people would assume its life was over. But instead, it kept growing. Its roots remained connected to the soil. Its branches turned toward the sunlight, growing upward to form an entirely new canopy. It never returned to its original position, but it was alive. It began to nurse other baby trees.

In science, this drive to grow toward light is called phototropism (shoots growing toward light) and gravitropism (shoots reorienting upward as roots grow downward). Circumstances may change, but trees can keep reaching for the light. In nature, a fallen tree often becomes a nurse log that carries specialized nutrients, moisture, and protection that are crucial for young saplings that can't survive on the crowded forest floor.

The tree's position can change, but its purpose does not end. And that's something we need to remember. Our position and circumstances can change, but we should never confuse a changed position with a canceled purpose.

2 Corinthians 4:9 NIrV

Others make us suffer. But God does not desert us. We are knocked down. But we are not knocked out.

Galatians 6:9 NIrV

Let us not become tired of doing good. At the right time we will gather a crop if we don't give up.

Notes:

What if our greatest fall becomes the foundation for growth—in ourselves and other people? We must never give up when we are knocked down or tired. God can use the very place where we fell to nourish, encourage, and strengthen others. Our fall is not wasted. It’s an opportunity.

Here’s what we’ll learn in this Quick Quiet Time:

- Falling doesn’t mean finished. God can use our storms to help us and others grow.
- Comparison stops us from seeing what God is doing.
- God promises he is working even if it doesn’t look like it.
- Growth doesn’t mean going back to normal. It often means starting something new.

🏃 Falling can be part of moving forward.

Many circumstances make us feel like a fallen tree:

- A broken relationship
- A shattered dream
- A financial collapse
- A failure in college
- A season of grief
- A chronic illness
- A mistake we wish we could undo

Sometimes the fall wasn't our fault. Sometimes it was. Sometimes life happens to us, and other times our own choices contributed to the fall.

But either way, God specializes in growing life from places that look finished.

> **Romans 4:17 NLT**
>
> That is what the Scriptures mean when God told him, "I have made you the father of many nations." This happened because Abraham believed in the God who brings the dead back to life and who creates new things out of nothing.

> **2 Corinthians 4:9 CEV**
>
> In times of trouble, God is with us, and when we are knocked down, we get up again.

Notes:

When life knocks us down, we often try to rebuild our lives the way they were before—but sometimes we can’t. In these moments, we need to embrace that God is creating something new. It may look different than it did before the storm, but that’s okay. Falling can be part of moving forward into a new stage of our faith and life.

🧠 **Reflect:**

- Are you finding new and different ways to be rooted in God?
- Are you still looking toward the light?
- What is God trying to grow from what has fallen?

🌱 Comparison stunts our growth.

2 Corinthians 10:12 NIV

We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise.

Galatians 6:4-5 MSG

Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don’t be impressed with yourself. Don’t compare yourself with others. Each of you must take responsibility for doing the creative best you can with your own life.

As young adults (or even older ones), we often compare ourselves to an imaginary or (social media) timeline:

- "I'm behind everyone else."
- "I thought I'd know what I wanted to do by now."
- "College didn't go the way I planned."
- "My mental health journey is taking longer than expected."
- "I feel like I've wasted years."

It's easy to feel like a fallen tree even when we are young. This usually happens when we start measuring our lives against someone else's progress or even comparing ourselves with how we used to be. We look at someone else's tree standing tall and flourishing, and we begin to question whether something is wrong with ours because it looks different. Or we think about how strong our faith was in the past, and feel hopelessly lost.

Notes:

But a changed direction does not mean a lost purpose. God never asked us to grow according to a timeline—our own or someone else’s. All we need to do is grow closer to him.

💪 10 promises to help us never give up

If we have been knocked down, we don’t have to be knocked out. Here are 10 promises the Scriptures give us to help us never give up.

🪴 1. God’s mercy keeps us rooted.

> **2 Corinthians 4:1 CSB**
>
> Therefore, since we have this ministry because we were shown mercy, we do not give up.

We are still here—still showing up with God, still trying to grow— for a reason. And it’s not because we handled everything perfectly. We are here because God has been merciful.

Fallen trees don’t survive because of their effort; they survive because their roots stay connected.

💣 **Truth bomb:** **We may have lost our footing, but we haven’t lost God’s mercy.**

🥀 2. Bent doesn’t mean broken.

> **2 Corinthians 4:8 TLB**
>
> We are pressed on every side by troubles, but not crushed and broken. We are perplexed because we don't know why things happen as they do, but we don't give up and quit.

> **Psalm 131:1-2 NLT**
>
> LORD, my heart is not proud; my eyes are not haughty. I don't concern myself with matters too great or too awesome for me to grasp. [2] Instead, I have calmed and quieted myself, like a weaned child who no longer cries for its mother's milk. Yes, like a weaned child is my soul within me.

Pressure doesn’t have to produce defeat. A tree can bend under tremendous pressure without breaking or dying. Being under pressure doesn’t mean we have been defeated.

Notes:

Faithful people in the Bible didn’t always understand why certain things happened to them, but they kept fighting to trust God.

Are you feeling bent over by the weight of life? Perplexed by your circumstances? Remember, being bent doesn’t mean you’re broken, and being under pressure doesn’t mean you’ve lost. Keep trusting God. He is with you even when you don’t understand what he is doing.

💣 **Truth bomb:** **You can be bent by the storm without being broken by it. Don’t give up!**

🎄 3. There is growth in seasons of waiting.

2 Corinthians 4:16 CSB

Therefore we do not give up. Even though our outer person is being destroyed, our inner person is being renewed day by day.

2 Corinthians 4:16 NIV

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

James 5:8 NCV

You, too, must be patient. Do not give up hope, because the Lord is coming soon.

Our waiting season is not our final destination. Trees don’t bear fruit every day. There are seasons for rooted depth, waiting, and eventual harvest.

During these seasons, roots grow underground. Even when nothing seems to be happening on the surface, God is deepening convictions, expanding wisdom, and renewing our hearts behind the scenes.

💣 **Truth bomb:** **Just because you haven’t seen the fruit yet doesn’t mean your story is over. Some of our greatest growth happens where nobody else can see it. God is always strengthening our hearts and our relationship with him.**

Have you lost heart because of a difficult situation in life? Look for where God is growing roots.

Notes:

🌻 4. The harvest will come.

> **Galatians 6:9 NLT**
>
> 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.

Harvests are the fruit that comes from constantly planting seeds. **The harvest is connected to our perseverance.**

Harvests take seasons, not seconds. We cannot plant a seed today and expect to reap fruit tomorrow. We need to keep sowing, keep trusting, and keep growing.

Has life left you feeling weary? Have you found yourself struggling to pray because you feel tired, drained, and worn down? Remember: even when you feel weak, don’t give up. Keep showing up before God. He sees your struggles, hears your prayers, and knows exactly what you need. Your harvest will come in his time.

💣 **Truth bomb:** **We must never uproot our seeds just because we are frustrated with the waiting season.**

🌪️ 5. God moves when we keep speaking through the storms.

> **Acts 18:9-10 GNT**
>
> One night Paul had a vision in which the Lord said to him, "Do not be afraid, but **keep on speaking** and do not give up, [10] for I am with you. No one will be able to harm you, for many in this city are my people."

Disappointment and opposition can make us quiet. But we can’t let what happened yesterday silence what God wants to do through us today. Remember, God can bring the dead to life and call into being things that were not.

> **Romans 4:17 NIV**
>
> As it is written: “I have made you a father of many nations.” He is our father in the sight of God, in whom he believed—the God who gives life to the dead and calls into being things that were not.

💣 **Truth bomb:** **Don’t let the storm steal your voice, your purpose, along with your footing. Keep speaking. Keep believing. Keep praying.**

Notes:

🌤️ 6. Faithfulness never fails.

> **Proverbs 3:3 NIV**
>
> Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.

God does not ask us to be impressive or perfect; he just asks us to be faithful. We don’t have to have everything figured out to live a life that honors God. We just need to be faithful where we are, with what we have, and in whatever season we are facing. Sustained faith triumphs over obstacles.

Trees grow through sunny days and harsh winters alike. In the same way, our faithfulness shouldn’t depend on whether life is easy or difficult.

💣 **Truth bomb:** **Don’t let a difficult season change your commitment to faithfulness.**

💐 7. God surrounds us with a support crew.

> **Hebrews 10:25 NIrV**
>
> And let us not give up meeting together. Some are in the habit of doing this. Instead, let us encourage one another with words of hope. Let us do this even more as you see Christ’s return approaching.

> **Acts 2:42 NIrV**
>
> The believers studied what the apostles taught. They shared their lives together. They ate and prayed together.

Even strong trees need a forest.

Pulling away from others is one of the enemy's favorite tools. That’s why it’s important to stay connected to other believers. Acts 2:42 reminds us of the importance of fellowship.

We need ***faith-filled friends (FFF)***—think BFFs, but with faith! We all need friends who will ...

- Pray with us
- Hang out with us
- Encourage us
- Remind us of God’s purpose when we forget

Notes:

💣 **Truth bomb:** **Don't let the storm convince you to disconnect from the people who keep you grounded.**

🌴 8. Jesus will show us how to keep fighting.

Hebrews 12:3 GNT

Think of what he went through; how he put up with so much hatred from sinners! So do not let yourselves become discouraged and give up.

When we are discouraged, we need to look to Jesus. Jesus understands suffering, rejection, and humiliation. When we are tempted to throw in the towel, we need to fix our eyes on him.

We can’t expect to follow Jesus and never face hard times. He suffered too. If we truly follow him, we will face challenges and struggles along the way. But we can learn to trust him, even when life gets difficult. He will help us make it through.

💣 **Truth bomb:** **Keep your eyes on Jesus, not just on the storm.**

🌳 9. Pruning isn’t the end.

John 15:1-3 NLT

"I am the true grapevine, and my Father is the gardener. [2] He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more. [3] You have already been pruned and purified by the message I have given you.

Hebrews 12:5 AMP

... and you have forgotten the divine word of encouragement which is addressed to you as sons, “MY SON, DO NOT MAKE LIGHT OF THE DISCIPLINE OF THE LORD, AND DO NOT LOSE HEART and GIVE UP WHEN YOU ARE CORRECTED BY HIM ...

A gardener prunes a tree to encourage healthy growth. We must not mistake God’s correction for his rejection. Correction is part of our development.

💣 **Truth bomb:** **Don’t despise the pruning season; God uses it to produce greater fruit.**

Notes:

🫂 10. God sees us still standing.

> **Hebrews 6:10-11 NLT**
>
> For God is not unjust. He will not forget how hard you have worked for him and how you have shown your love to him by caring for other believers, as you still do. [11] Our great desire is that you will keep on loving others as long as life lasts, in order to make certain that what you hope for will come true.

Our endurance has not gone unnoticed. People may not see the tears, the silent prayers, or how much effort it took just to show up today. But God sees it all.

💣 **Truth bomb:** **What people overlook, God honors.**

💔 Restoration looks different than the past.

We often think recovery means returning to exactly who or where we used to be. But what if God is growing something entirely new?

> **2 Corinthians 1:9 NIV**
>
> Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead.

> **2 Corinthians 5:17 NIrV**
>
> When anyone lives in Christ, the new creation has come. The old is gone! The new is here!

Restoration doesn't always mean getting our old life back after a storm:

- We can experience spiritual renewal without recovering a lost relationship.
- We can discover new purpose after a dream has died.
- We can grow stronger in Christ while living with difficult circumstances.

Remember that fallen tree: the goal isn't to stand the old tree back up. The goal is to stay rooted and grow in Christ. Even after it fell, it kept growing. Its position changed, but its life continued. It didn’t return to what it was before, yet it still reached for the light. It grew into something new.

Our circumstances may have changed. Our position may have changed. Our plans may have changed. But if we are still rooted in Christ, our purpose is not over.

Notes:

🤔 Final thoughts

Galatians 6:9 ESV

And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

We often think growth only counts when life looks the way we planned. We assume success means standing tall, and failure means falling down.

But the fallen tree tells a different story. It says, “I’m not who I was. I’m not where I was. But I’m still alive. I’m still growing.”

Maybe that’s where you are today. Life knocked you down. Things didn’t turn out the way you expected. Your story doesn’t look the way you thought it would. But if your roots are still anchored in Christ, your future is not determined by where you fell.

The miracle isn’t that God stands every fallen tree back up. The miracle is that even after the fall, he can still make it grow. If we are still rooted in Christ, God is not finished with us. Let’s not measure our future by what happened to us; let’s measure it by the God who is working within us.

Stay rooted. Keep reaching for the light. Keep trusting God. You're not finished!

💡 Reflect

Success isn’t simply standing tall. Failure isn’t simply falling down. The real question is: Are we still rooted? Are we still reaching for the light?

- What area of your life have you written off as dead that God may still be growing?
- Where are you tempted to give up when God is asking you to stay rooted?

Humor break

What kind of flower grows on your face?

Tulips!