

Biblical Narratives of Steadfast Grit: A Select Example in Cultivating Psychological Fortitude

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Abstract

Psychological grit is credited to Angela Duckworth. Psychologists have investigated grit as a personality trait, educators as a character trait, and economics as a non-cognitive competence or soft skill. Additionally, it has been translated into Russian, Japanese, German, Korean, Turkish, and Spanish. However, the attributes associated with grit, such as courage, conscientiousness, excellence, resilience, and optimism, are similar to Bible terminology. However, the literature is scarce, and there is a knowledge gap about these characteristics from a biblical standpoint. Critics have proposed that future studies look into the useful applications of grit in educational contexts and other languages. In response, the story investigated the following issues: (1) What words do the New and Old Testaments use to describe grit's courage, conscientiousness, excellence, resilience, and optimism? (2) Who are the Biblical characters who demonstrated these virtues? The analysis revealed that grit is an abundant biblical attribute in both the New and Old Testaments. Countless Bible characters demonstrated grit. Distressing end-times call on Christians to display grit.

Keywords: Grit, Biblical Grit, Mindset, Perseverance, Resilience

Introduction

The central Bible verse upon which this narrative is hinged is Paul's statement in Philippians 3:12 – 14. It consists of a growth mindset, perseverance, and passion for goals. Thus

This does not mean that I know everything or that I am a perfect person, but I try to hold on with my heart to what Jesus Christ has given me. My brethren, I do not think I understand this now, but I do only one thing: Forget what is behind and stretch forward. I am advancing toward the

goal of receiving the benefits of God's calling in Christ Jesus (Phil. 3:12, NCV)

Monica and others,¹ in consonance with Brad and others,² and Datu³ observed that grit, which is qualified by persistence and tenacity for protracted goals, is now considered a prognosticator and requisite trait of success and achievement beyond IQ. Duckworth is credited with creating it.⁴ It comprises two suggested subcomponents: persistence in effort and consistency in interests.⁵

The grit trajectory follows William James, Galton, and Cox's ideas for Angela Duckworth.⁶ According to James, psychologists should focus on two primary questions: (1) What is the entire range of human abilities? 2) How are these skills unleashed? Duckworth and colleagues concluded in their grit-creation that the first obstacle (question) has been addressed more in the last century than the second. That demonstrated the paucity of knowledge on the characteristics that allowed for the expression of skills in which people are currently highly skilled. In contrast to the hares in the hare-tortoise race-tale, the cognitive realm has received more attention in the past. Early research on achievement predictors

¹ Monica, Morell, Ji Seung Yang, Jessica R. Gladstone, Lara Turci Faust, Annette R. Ponnock, Hyo Jin Lim, and Allan Wigfield, "Grit: The long and short of it" in *Journal of Educational Psychology* 113, no. 5 (2021): 1038.

² Brad Hodge, Brad Wright, and Pauleen Bennett, "The role of grit in determining engagement and academic outcomes for university students." In *Research in Higher Education*, no. 59 (2018), 448-460.

³ Datu Jesus Alfonso D., "Beyond passion and perseverance: Review and future research initiatives on the science of grit" in *Frontiers in Psychology*, no. 11 (2021), 545526.

⁴ Angela, L. Duckworth, *Grit: the power of Passion and Perseverance* (New York: Scribner, 2016); Angela, L. Duckworth, Christopher Peterson, Michael Matthews, and Dennis Kelly, "Grit: Perseverance and passion for long-term goals," in *Journal of Personality and Social Psychology*, no. 92 (2007), 1087-1101.

⁵ Morell, and Wigfield. "Grit," 1038.

⁶ Lisa L. Eskreis-Winkler, Ethan P. Shulman, Samuel A. Beal, and Angela L. Duckworth, "The grit effect: Predicting retention in the military, the workplace, school, and marriage," in *Frontiers in Psychology*, no. 5 (2014), 36.

used non-cognitive concepts such as locus of control, optimistic explanatory style, and self-efficacy. Duckworth urged academics to carefully consider tortoises and what sustains them at present.

Grit in Several Aspects of Life

This phenomenon of grit is a part of psychology that focuses on admired and positive aspects of life, such as happiness and positive emotions⁷, as opposed to Freudian's focus on negative and dysfunctional forces in daily life.⁸ Discussions on grit will be limited to positive aspects of life under the sub-variables of courage, conscientiousness, excellence, resilience, and optimism. The grit scale has been administered not only in education and the military⁹ but also in different fields, such as medicine, science,

⁷ Kumari, Shalu, Manish Tiwari, and Iftekhar Hossain, "Exploring the Positive Aspects of Grit: Focusing on Its Correlates," in *Journal of Positive School Psychology* 6, no. 2 (2022), 3749-3759.

⁸ Singh, Kamlesh, and Shalini Duggal Jha, "Positive and Negative Affect, and Grit as Predictors of Happiness and Life Satisfaction," in *Journal of the Indian Academy of Applied Psychology* 34, no. 2 (2008), 40-45.

⁹ Angela, L. Duckworth, *Grit: The Power of Passion and Perseverance*, no. 34, (New York: Scribner, 2016), page?

competitive sports,¹⁰ and suicidal ideation,¹¹ to collegiate students¹² in sports, business, engineering, and healthcare.¹³

Others included high school students in the Philippines,¹⁴ nursing students in Korea,¹⁵ and a substantial number of leaders

¹⁰ Adam Crane, A., Amanda DaCosta, Frances Webbe, and Anthony Logalbo, "A-10 Grit Predicts Depression, Anxiety, and Subjective Cognitive Complaints Despite Normal Cognitive Performance in College Athletes," in *Archives of Clinical Neuropsychology* 35, no. 5 (2020), 606-606. doi.org/10.1093/arclin/acia036.10; and Salvatore, R. Maddi, Michael D. Matthews, Dennis R. Kelly, Beatriz Villarreal, and Michael White, "The Role of Hardiness and Grit in Predicting Performance and Retention of USMA Cadets," in *Military Psychology* no. 24 (2012), 19–28.

¹¹ Ethan M. Kleiman, Lauren M. Adams, Todd B. Kashdan, and Joseph H. Riskind, "Gratitude and Grit Indirectly Reduce Risk of Suicidal Ideations by Enhancing Meaning in Life: Evidence for a Mediated Moderation Model," in *Journal of Research in Personality*, no. 47 (2013), 539–546. [doi:10.1016=j.jrp.2013.04.007](https://doi.org/10.1016/j.jrp.2013.04.007).

¹² Katie Muenks, Allan Wigfield, Ji Seung Yang, and Chandra R. O'Neal, "How True is Grit? Assessing its Relations to High School and College Students' Personality Characteristics, Self-regulation, Engagement, and Achievement," in *Journal of Educational Psychology* 109, no. 5 (2017), 599; Paul Akos and J. Kretchmar, "Investigating Grit as a Non-cognitive Predictor of College Success," in *The Review of Higher Education* 40, no. 2 (2017), 163-186.

¹³ Blake Hodge, Benjamin Wright, and Phillip Bennett, "The Role of Grit in Determining Engagement and Academic Outcomes for University Students," in *Research in Higher Education*, 59, no. 4 (2018): 448–460; Samantha, S. Damien V, Rhonda Kornhaber, and Michelle Cleary, "Grit: A Concept Analysis," in *Issues in Mental Health Nursing* (2020), 1-11.

¹⁴ Joshua A. D. Datu, and Susan L. D. Restubog, "The Emotional Pay-off of Staying Gritty: Linking Grit with Social-Emotional Learning and Emotional Well-Being," in *British Journal of Guidance & Counselling* (2020), 1-12.

¹⁵ Dong Il Kim, Sang Hyuk Jang, and Soo Young Park, "An Analysis of the Relationship between Grit and the Psychological Well-Being of Psychiatry Residents," in *Journal of Korean Society for Depressive and Bipolar Disorders* 18, no. 3 (2020), 110-118.

from the United States.¹⁶ David Park and colleagues¹⁷ examined how grit and mindset influenced each other among adolescents amidst hardship and found that a growth mindset was distinct but mutually reinforcing.¹⁸ Although critics¹⁹ have suggested that grit influences various aspects of life, there is still unanalyzed or directly contradicting empirical data regarding how grit combines tenacity and desire for long-term objectives into a single construct.

Allen and colleagues²⁰ indicated these significant contradictions in grit. On one hand, the phenomenon has been discovered as a forecast for scholastic achievement, attendance, and endurance in some learners, but not all. Predictive ability emphasizes tenacity as a sub-variable of this phenomenon. This calls for the cultivation of perseverance. To clarify the effects of tenacity on scholastic outcomes and overcome contradictions, Allen and colleagues proposed that future studies explore the useful applications of grit in educational contexts.²¹ There are still gaps in the translation of grit into other languages, particularly the Biblical languages, mainly Hebrew and Greek, even though it has been translated into Russian,

¹⁶ Catherine Seguin, “A Survey of Nurse Leaders to Explore the Relationship between Grit and Measures of Success and Well-being,” in *Journal of Nursing Administration* 49, no. 3 (2019), 125–131.

¹⁷ Park, Daeun, Eli Tsukayama, Geoffrey P. Goodwin, Sarah Patrick, and Angela L. Duckworth, “A Tripartite Taxonomy of Character: Evidence for Intrapersonal, Interpersonal, and Intellectual Competencies in Children,” in *Contemporary Educational Psychology* 48, (2017), 16-27.

¹⁸ David Park, Eva Tsukayama, Angela L. Yu, and Angela L. Duckworth, “The Development of Grit and Growth Mindset During Adolescence,” in *Journal of Experimental Child Psychology* 198, (2020), doi.org/10.1016/j.jecp.2020.104889.

¹⁹ Credé, Marcus, “What Shall We Do About Grit? A Critical Review of what We Know and what We Don’t Know,” in *Educational Researcher* 47, no. 9 (2018), 606-611.

²⁰ Allen, Rosie Elizabeth, Chathurika Kannangara, and Jerome Carson, “True Grit: How Important is the Concept of Grit for Education? A Narrative Literature Review,” in *International Journal of Educational Psychology: IJEP* 10, no. 1 (2021), 73-87.

²¹ Elizabeth, Kannangara, and Carson, “True Grit,” 73-87.

Japanese, German, Korean, Turkish,²² and Spanish.²³ Grit has been as a non-cognitive skill or soft skill by economists,²⁴ a personality trait by psychologists, and a character trait by educators.²⁵

Furthermore, the following characteristics—courage, conscientiousness, excellence, resilience, and optimism—are frequently used to describe grit.²⁶ Are these Bible terms associated with these variables? There appears to be a knowledge gap.²⁷ In response to the knowledge gaps, the narration examines the corresponding words from the Biblical languages, namely Hebrew and Greek. The words under study are courage, conscientiousness, excellence, resilience, and optimism.

Biblical Grit

Duckworth noted that grit is made up of two main subcomponents: persistence and consistency of the interests of labor.²⁸ There is

²² Postigo, Álvaro, Marcelino Cuesta, Eduardo García-Cueto, Álvaro Menéndez-Aller, Covadonga González-Nuevo, and José Muñiz, “Grit Assessment: Is One Dimension Enough?” in *Journal of Personality Assessment* 103, no. 6 (2021), 786-796; Credé, Marcus, “What Shall We Do About Grit? A Critical Review of what We Know and what We Don’t Know,” in *Educational Researcher* 47, no. 9 (2018), 606-611; Allen, Rosie Elizabeth, Chathurika Kannangara, and Jerome Carson, “True Grit: How Important is the Concept of Grit for Education? A Narrative Literature Review,” in *International Journal of Educational Psychology: IJEP* 10, no. 1 (2021), 73-87.

²³ Jose Luis Arco-Tirado, Francisco Daniel Fernandez-Martin, and Rick H. Hoyle, “Development and Validation of a Spanish Version of the Grit–S Scale,” in *Frontiers in Psychology* 9 (2018), doi.org/10.3389/fpsyg.2018.00096.

²⁴ Rebecca Bliss and Eric Jacobson, “Doctor of Physical Therapy Student Grit as a Predictor of Academic Success: A Pilot Study,” in *Health Professions Education* 6, no. 4 (2020), 522-528.

²⁵ Carol S. Dweck, Gregory M. Walton, and Geoffrey L. Cohen, “Academic Tenacity: Mindsets and Skills that Promote Long-Term Learning,” in *Bill & Melinda Gates Foundation* (2014), 2-3

²⁶ Duckworth, “Grit,” 269.

²⁷ Miles D. Anthony, “A Taxonomy of Research Gaps: Identifying and Defining the Seven Research Gaps,” in *Doctoral Student Workshop: Finding Research Gaps-Research Methods and Strategies* (Dallas, Texas, 2017), 1-15.

²⁸ Morell and Wigfield, “Grit,” 1038.

evidence in education and military,²⁹ science, and competitive sports³⁰ of which aspects are found in the Bible. In 2 Timothy 2, Paul borrows from the ancient Olympic Games when he compares the life of a Christian as a soldier, athlete, and farmer. Here, we see the display of courage, excellence, and resilience.

The soldiers certainly have grit. They endure rigorous, even excruciating, rituals to succeed as the guardians of their country. They explore their psyche extensively in an attempt to overcome the difficulties of battle. They are resilient. The lives of Olympic athletes are prime examples of perseverance. A peek at the components of grit might be beneficial.

Courage

According to the literature,³¹ courage is the ability to persevere and keep going after failure, the capacity to persevere despite difficulty with effort, and the capacity to develop despite setbacks when circumstances are filled with failure and are less than ideal.³² People's perseverance and inner strength enable them to get up, voice their opinions, and keep trying, without giving up. Tough people stressed the essential lessons that can be gained from failure and defeat, and excellent performance requires vulnerability to

²⁹ Duckworth, "Grit," 269.

³⁰ Crane, A., A. DaCosta, F. Webbe, and A. Logalbo, "A-10 Grit Predicts Depression, Anxiety, and Subjective Cognitive Complaints Despite Normal Cognitive Performance in College Athletes," in *Archives of Clinical Neuropsychology* 35, no. 5 (2020), 606-606; Salvatore, R. Maddi, Michael D. Matthews, Dennis R. Kelly, Beatriz Villarreal, and Michael White, "The Role of Hardiness and Grit in Predicting Performance and Retention of USMA Cadets," in *Military Psychology*, no. 24 (2012), 19–28.

³¹ Duckworth, *Grit*, and Colin G. DeYoung, "The Neuromodulator of Exploration: A Unifying Theory of the Role of Dopamine in Personality," in *Frontiers in Human Neuroscience* 7 (2013), 762.

³² Clark, L. T., Lanners, T., Blecha, M., Lanners, H., and Eskitch, P, "Develop Grit: How Do You Develop Grit in the Student Who Folds Under Pressure?" in *American Music Teacher*, 68, no. 4 (2019), 810.

perseverance. It was said that courage is like a muscle that needs to be worked on every day to grow; if it is not, it will atrophy.³³

The Hebrew word אָמַץ (*'amets*) appears 41 times³⁴ in the Old Testament where the word courage is translated as “to strengthen.” Being robust, vigilant, brave, bold, sturdy, substantial, and hard are synonyms of courage. In Joshua 1, the Lord makes three appeals to bravery and strength, using language reminiscent of Joshua’s prior commissioning under Moses (Deuteronomy 31:6–8; 23). It would take strength and bravery for Joshua to accept his duty (you shall cause this person to inherit the country; Joshua 1:6), to follow the Torah (which was probably contained in Deuteronomy), and to face fear head-on (Joshua 1:9). The Lord tells Prophet Isaiah in Isaiah 41:10 not to be afraid, for God will sustain him.

Jacob’s people are exhorted to be strong (Isaiah 41: 8). God’s people have reason to be unafraid in Him, unlike the scared nations of (Isaiah 41:5). In contrast to the gods of other countries, who need to be fortified and protected, the God of Israel protects his people. Even the highest mountains can’t stop God’s happy purpose from being accomplished via the feeble people of God.

In the New Testament, the word for courage is θάρσος³⁵ whose word originates from *tharsos* to mean bold, courageous, and confident, as seen in Acts 28:15. Paul encourages Christians to put on their armor (Ephesians 6:10-18). The term *panoplia*,³⁶ which means “whole armor” in Greek, describes the full armament of a soldier, including weapons and shields, similar to those mentioned in Ephesians 6:14–17. Paul emphasizes the ability to be strong when introducing the armor of God. Christians must rely on the might of the Lord, primarily supplied through prayer, as they are unable to

³³ Duckworth, “*Grit*,” 269

³⁴ “Courage,” H553 אָמַץ – Strong’s Hebrew Lexicon Number, <https://studybible.info/strongs/H553>.

³⁵ “Courage,” 2294 “Tharsos,” Strong’s Concordance, <https://biblehub.com/greek/2294.htm>.

³⁶ “Panoplia” πανοπλία, <https://www.blueletterbible.org/lexicon/g3833/kjv/tr/0-1/>

stand against superhuman powers on their own (Ephesians 1:19). These two phrases - *tharsos and panoplia*- that Paul uses to refer to these weapons are primarily derived from allusions found in the Old Testament. At the same time, they also share several Roman-sounding names (especially the ones for the massive, door-shaped shield and the short stabbing sword).³⁷ Such weapons can be seen in countless military reliefs across the Roman Empire, especially those found on sarcophagi. In 1 Samuel 17:38; 14:1, the Hebrew word *maddim* is rendered as *nesheq*, as in 1 Kings 10:25 and Job 39:21. This is the same attacking and defensive armor for Goliath in 1 Samuel 17:5-7. It is also known as the coat of mail by Jeremiah (46:3, 4). Jeremiah instructed soldiers to tie their horses and stand with helmets and *maddim*³⁸.

This courage mentioned here refers not just to the physical bravery described in Joshua 1:9 but also to the ability to overcome fear, as demonstrated by Peter in Matthew 14:29–31, to follow one’s vision, as demonstrated by Paul in Acts 21, and to defend one’s convictions, as shown by Daniel 3. The Bible demonstrates courage in several ways, such as faith (Matthew 8), patience (Romans 5:3), the ability to say “no,” and encouraging forgiveness (Luke 17:1–6). According to 2 Timothy 4:7, courage is the capacity to continue on your path.

The Bible’s chapter on courageous people is captured in Hebrews 11. The heroic figures are King David, Rahab, Joshua, Moses, Daniel, and his comrades in Babylon. For example, Esther braved to approach the king, Abraham dared to obey the “unknown God,” and the disciples dared to give up all to follow Jesus. In the New Testament, Paul, Peter, and John, for example, are all remarkable examples of fearlessness. Jesus’ act of going to the cross is the model of bravery. Courageous people demonstrate fearlessness, moral fortitude, and courage in the face of hardship. Therefore, courage is a crucial component of the Christian life.

³⁷ “Armour.” Webster’s Revised Unabridged Dictionary, <https://biblehub.com/topical/a/armor.htm>.

³⁸ “Armour.”

Conscientiousness

Duckworth opined that conscientiousness is the dedication of efforts to build skills and make them productive. On the famous Big Five - Openness, Conscientiousness, Extroversion, Agreeableness, and Neurotic (OCEAN), Duckworth still posited that conscientiousness was the most closely associated with grit and used conscientiousness to mean being careful, painstaking, and meticulous. Conscientiousness and success were essential, and people had to pledge to strive for the best in life – gold, as opposed to simply turning up for practice. Mildly put, one would rather be a racehorse than an ass.³⁹ The literature found that grit overlapped with success components but differed on patience or short-term endurance.⁴⁰

According to the NAS Exhaustive Concordance, in the New Testament, the word appears 12 times as *spseudo* to mean haste, diligence, and forwardness. By implication, it represents eagerness and earnestness in business, as well as being careful in undertakings. The Old Testament adjective is rendered as קָרִיב (kharúts) and appears 10 times to stand for sharp-pointed, being sharp, and diligent.⁴¹

The following traits are associated with conscientiousness (*kharúts* or *pseudo*). First, as Philippians 2:13 clarifies, it is deliberate (I exert myself). It is demonstrated by holy violence, struggle, battle, fighting, soldiering, and wrestling, all of which are traits of sincere Christians. Second, it is also a receiving discipline. It is self-exercise. According to this translation, exercise refers to using one's strength or abilities; it also refers to regular practice. Synonymous with “do my best” (NASB), “take pains” (ESV), and “strive” (NKJV). Athletes aiming for excellence exhibit this (1 Cor

³⁹ Duckworth, “Grit,” 269.

⁴⁰ Sudina, Ekaterina, Tony Vernon, Henry Foster, Heather Del Villano, Shoshannah Hernandez, Daniel Beck, and Luke Plonsky, “Development and initial validation of the L2-Teacher Grit Scale, in *Tesol Quarterly* 55, no. 1 (2021), 156-184.

⁴¹ “Diligence,” H2743 קָרִיב – Strong’s Concordance, <https://studybible.info/strongs/H2743>.

9:24–27; 1 Tim 4.7, 8). Third, it always involves being dependable and basing oneself on admirable moral and ethical standards. This denotes having a moral duty or dutifully carrying out responsibility. These traits are vital to life.

Excellence

Literature⁴² established the historicity of excellence as deriving from the Stoic school of ancient Greco-Roman philosophy, from the Greek word Arete, related to the sense of purpose or function, moral virtue (arête), utilized as nurturing outstanding moral character. Excellence is the process of making and maintaining progress above the goal of perfection. Furthermore, Dhiman Satinder⁴³ contended that it places a high value on the capacity to rebound in moral virtue by nature, resulting in imperturbable peace. Completing duties is an essential component of excellence.

Excellence strives for accuracy, as seen by Sigmundsson Clemente⁴⁴ in Norway, excellence in different skills requires a growth mindset. Excellent individuals completed tasks as observed by Tewell⁴⁵. In contrast, individuals with grit and a growth mindset manifested an attitude of seeking, striving, finding, and never yielding, until the task was completed. Excellence is a brooded achievement, as seen among mothers entering university in Australia who, despite facing competing challenges, demonstrated

⁴² Dhiman Satinder, ed., *The Palgrave handbook of workplace well-being*. (Palgrave Macmillan, 2021): 1 – 40. <https://link.springer.com/referencework/10.1007/978-3-030-30025-8>; Perlis, Roy H., “A Clinical Risk Stratification Tool for Predicting Treatment Resistance in Major Depressive Disorder,” in *Biological Psychiatry* 74, no. 1 (2013), 7-14.

⁴³ Dhiman, ed., “*The Palgrave Handbook of Workplace Well-being*,” page?

⁴⁴ Sigmundsson, Hermundur, Filipe Manuel Clemente, and Jan Morten Loftesnes, “Passion, Grit, and Mindset in Football Players,” in *New Ideas in Psychology* 59 (2020), 100797.

⁴⁵ Tewell, Eamon, “The Problem with Grit: Dismantling Deficit Thinking in Library Instruction,” in *portal: Libraries and the Academy* 20, no. 1 (2020), 137-159.

the ability to succeed.⁴⁶ McCabe⁴⁷ provided an example of how grit elevated the medics who united excellence, drive, and compassion in their practice and were commonly classified as grit-achieving.

According to the NAS Exhaustive Concordance, the New Testament word used is *huperballo*.⁴⁸ This compound word is derived from “huper” and “ballo,” meaning to surpass, excel, and indicate greatness. The Old Testament word for excellence appears eight times as an adjective as יַתִּיר (yattir) (H3493) to mean preeminent, surpassing, extreme, and extraordinary.

It can be seen in Joshua 15:48 and 1 Chronicles 6:57. Bezalel and Oholiab, who were tasked with building the Tabernacle—the hallowed tent where God resided among His people in Exodus 19–24—are two examples of exceptional workers. Another example is Noah who built the ark (Genesis 6–9).

Resilience

From the Latin *resilia*, resilience etymologically means the action of rebounding. Caton⁴⁹ defined resilience as the ability to recover from adversity, whereas Zolli⁵⁰ defined it as people’s ability to sustain a posture in the face of unforeseen shocks and

⁴⁶ Braund, Anne, Trixie James, Katrina Johnston, and Louise Mullaney, “Grit-ability: Which Grit Characteristics Enable Success for Mothers Entering University?” in *Student Success* 11, no. 1 (2020), 22-34.

⁴⁷ McCabe, Ellen M., “Can Grit be Nurtured in Undergraduate Nursing Students?” in *NASN School Nurse* 31, no. 3 (2016), 144-146.

⁴⁸ “Huperballo,” **Strong’s #5235**, <https://www.bibletools.org/index.cfm/fuseaction/Lexicon.show/ID/G5235/huperballo.htm>.

⁴⁹ Caton, Marcia Theresa, “The Impact of Spirituality, Social Support, and Self-Esteem on the Resilience of Haitian Nurses: Implications for Nursing Education,” in *Archives of Psychiatric Nursing* 35, no. 2 (2021), 206-212.

⁵⁰ Zolli, Andrew, and Ann Marie Healy, *Resilience: Why Things Bounce Back* (Hachette UK, 2012), 1-45.

surprises. Caza⁵¹ observed that resilient people remained calm during life's stressful events. Resilient individuals are self-reliant. To Bliss and Jacobson,⁵² grit's resilience is a non-cognitive quality linked to extrinsic drive and attitude and has been increasingly acknowledged as a crucial skill to detect and develop in medical professionals.

Caza⁵³ opined that resilient individuals rely on their moral compass and religious or spiritual practices, are trained to be physically fit and are emotionally strong. Resilience overcomes peer pressure. To Duckworth,⁵⁴ resilient individuals manifested an attitude of seeking, striving, finding, and never yielding, and appraised situations without distortion and positive feedback. Resilient individuals adhere to their goals. Caton⁵⁵ and Zolli⁵⁶ agreed that resilience combines optimism, inventiveness, and confidence, allowing an individual to reevaluate situations and regulate emotions. Many social scientists referred to this trait as 'hardiness' or 'grit.'

According to the NAS Exhaustive Concordance, the terms *hupomone*⁵⁷ and *makrothumio*⁵⁸ in the New Testament refer to resilience. *Hupomone* is a compound term that is related to affliction and is derived from the words *hupo*, which means under, and *meno*, which means to rest, lodge, or remain. This is mentioned in Romans

⁵¹ Caza, Arran, Brianna Barker Caza, and Mehri E. Baloochi, "Resilient Personality: Is Grit a Source of Resilience?" In *Research Handbook on Organizational Resilience* (Edward Elgar Publishing, 2020), 25-38, <https://www.elgaronline.com/edcollchap/edcoll/9781788112208/9781788112208.00009.xml>.

⁵² Bliss and Jacobson, "Doctor of Physical Therapy Student Grit," 22-528.

⁵³ Caza and Baloochi, "Resilient Personality," 25-38.

⁵⁴ Duckworth, "Grit," 269

⁵⁵ Caton, "The Impact of Spirituality, Social Support, and Self-Esteem on the Resilience," 206-212.

⁵⁶ Zolli and Healy, "*Resilience: Why things Bounce Back*," 1-45.

⁵⁷ "Hupomoné," Strong's Concordance, <https://biblehub.com/greek/5281.htm>.

⁵⁸ "Makrothumia," Strong's Concordance, <https://biblehub.com/greek/3115.htm>

12:12 and Revelation 14:12. It implies withstanding, pressing on in the face of injustices, and quietly or uncomplainingly enduring suffering. It is remaining unwavering in the face of resistance, hardship, or misfortune. The word *macrothumos*, which means burn or pressure, is combined to form the compound word *makrothumos*. It denotes having a long fuse. It is the ability to endure hardships bravely, and the unwavering acceptance of misfortunes or ills, such as labor, agony, destitution, insults, persecution, and disaster.

In 1 Chronicles 29:15, the Hebrew word for hope is מִקְוֶה, which is masculine.⁵⁹ In 1 Kings 10:28, the word is transcribed as *miqveh*, *mik-vay*, or *miqvet*, and again in 2 Chronicles 1:16 as *mik-vay* to depict waiting for something, having confidence, and hope. The word refers to the capacity of one to bounce back from failure, loss, and setback. This virtue was demonstrated in the lives of David, Joseph, Mary Magdalene, and Peter. Early Christians remained resilient in the face of persecution. Resilience refers to the ability to rebound from failure, loss, or setbacks. This virtue was manifested in the lives of David, Joseph, Mary Magdalene, and Peter. The early Christians were resilient amidst persecution, and this virtue should characterize the people of the end times.

Optimism

This trait does not despair amid challenging situations in which high-level performance is required. Optimism regards setbacks as temporary. Dale and colleagues, in agreement with Arya and Lal,⁶⁰ affirmed that optimists not only persisted in the face of difficulty but also persevered through difficulty until the end.

Optimism hopes that all will turn out for the good, as seen in patients with cardiovascular health, stroke risk, cancer prognoses, physical symptoms, and pain. Optimists look forward to a better future. Under highly stressful conditions, optimists can lower

⁵⁹ “Miqveh,” Strong’s Concordance, <https://biblehub.com/hebrew/4723.htm>.

⁶⁰ Arya, Bhavana, and Divya Sarah Lal, “Grit and Sense of Coherence as Predictors of Well-Being,” in *Indian Journal of Positive Psychology* 9, no. 1 (2018), 169-172.

stress and stabilize the stress hormone, cortisol.⁶¹ Thus, optimists are motivated. Loftus and colleagues⁶² posited that surgeons who often faced seemingly inescapable challenges and failures, with unsustainable burnout rates still had optimal performance as a moral imperative.

*Elpis*⁶³ is a Greek term for optimism in the New Testament, which means “faith” and “hope.” According to the NAS Exhaustive Concordance, the word origin is *elpizó*, a feminine noun that refers to expectation and hope. Confidence and trust are the other terms. According to Strong’s Exhaustive Concordance, the term means “faith,” which is translated as “hope to anticipate with pleasure.” More expectantly, is the blessed hope in Titus 2:13.

According to the NAS Exhaustive Concordance, the Bible has plenty of gritty people. Paul is an outstanding example of courage, conscientiousness, excellence, resilience, and optimism. In 2 Corinthians 11:16–29, he showed conscientiousness when he ‘worked much harder than they (v.16) and when he worked hard, got tired, and often had sleep deprivation (v.27). He showed resilience when he was put behind bars (v.23), beaten five times each of the thirty-nine lashes with a whip by the Jews (v.24), beaten with rods, three times in the shipwrecks, once he spent a night and day in the open sea (v.25), and experienced danger from rivers and thieves. He was in danger in cities, uninhabitable places, and in the sea. Besides, he went without food and water and was exposed to cold while naked (v. 27), was cold and naked. He manifested excellence in ministry to the churches. When weak, he was optimistic that God’s grace was sufficient (v. 28; 2 Corinthians 12:9).

⁶¹ Jobin, Joelle, Carsten Wrosch, and Michael F. Scheier, “Associations between Dispositional Optimism and Diurnal Cortisol in a Community Sample: When Stress is Perceived as Higher than Normal,” in *Health psychology* 33, no. 4 (2014), 382.

⁶² Loftus, Tyler J., Amanda C. Filiberto, Martin D. Rosenthal, George J. Arnaoutakis, George A. Sarosi Jr, Justin B. Dimick, and Gilbert R. Upchurch Jr., “Performance Advantages for Grit and Optimism,” in *The American Journal of Surgery* 220, no. 1 (2020), 10-18.

⁶³ “*elpis*.” Strong’s Concordance, <https://biblehub.com/greek/1680.htm>

The Hebrew word. **הָיָה** ...**qaw-wêh**, rendered as taking courage to wait in anticipation for something good (Psalms 27: 13 – 4). This connotes waiting in anticipation of something good. In the NAS, it is translated as *wait for the Lord*; in the Bible Interlinear, it is rendered as take your heart, wait for the Lord. Elsewhere, it is found in Hosea 12:6.⁶⁴

Jesus himself was the epitome of humility and grit. He persisted in his mission to save a people for himself in the face of starvation, storms, and treachery. It was his purpose that set him apart from the world's stubborn grit. Jesus came to earth to conquer death, not to triumph in life's conflicts. Instead of striving for fame or fortune, he chose to humble himself, take on the role of a servant, and even endure a torturous death on the cross to save us. Christ ran the course of life for God's glory, not for personal gain.

Gritty Bible Characteristics are Required

According to psychologists, researchers studying non-cognitive variables that predict performance in the classroom, at work, and in other areas of life are becoming increasingly relevant. As a positive psychology trait, grit is inclined toward positive aspects in life. The Biblical Hebrew and Greek languages narrowed down to contain similar terms for the components of grit- courage, conscientiousness, excellence, resilience, and optimism. The Bible has characters that exemplify grit. True psychological theories can find roots in the Bible. In application, end-of-the-world believers would need to be gritty – the courage to say ‘no’ to worshipping the beast, be conscientious at work, manifest excellence in missions, and have resilience during end-time persecutions. It is possible to be a gritty Christian. In times of crisis, we will need courage, excellence, conscientiousness, resilience, and optimism.

⁶⁴ “Qavah,” Strong’s Concordance, <https://biblehub.com/text/psalms/27-14.htm>.

Conclusion

Biblical steadfastness is an essential characteristic. It entails being set or firm in a direction or objective, demonstrating resolve and unflinching integrity. Furthermore, it demonstrates honesty, integrity, confidence, and the capacity to collaborate. God's character and acts are fundamentally based on loving-kindness and mercy. It is demanded of God's dedicated believers.