



The Lost Weekend

Proverbs 16:3

The Grind and the Glory - Session Three

January 25th, 2026

“Commit to the Lord whatever you do, and He will establish your plans.”

Greetings to you Grinder! This take-home guide is designed to help you:

- Go deeper into Proverbs 16:3
- Revisit the powerful illustration of Walt Disney and Herb Ryman
- Explore how small, obedient decisions shape a glorious future
- Personally apply what it means to live as a faithful grinder—taking up your cross daily and following Jesus

**This is not about chasing dreams for your name.
This is about aligning daily choices with God’s purpose.**

Set aside some time and grind through the following stuff. You will want a pen, a Bible, your journal, and carve out some time – get started! Have fun!

UNDERSTANDING THE SCRIPTURE

Proverbs 16:3 — Context & Meaning

Proverbs 16 is part of Israel’s wisdom literature, written primarily to help God’s people live skillfully in everyday life —not just spiritually, but practically.

The Hebrew word translated “commit” literally means to roll something onto.

It paints a picture of:

- Rolling a burden
- Transferring weight
- Entrusting responsibility

This verse is not passive.

It does not say:

- “Wait for God to do it”
- “Pray and do nothing”
- “Dream big and hope for the best”

It says:

You do the work. You make the decisions. You roll it onto God.

And then:

He establishes what you commit.

Remember - God establishes plans, not just ideas.

Plans require steps.

Steps require discipline.

Discipline requires daily obedience.

Reflection Question:

What is the difference between asking God to bless my plans and actually committing my work to Him?

THE WALT DISNEY “LOST WEEKEND” ILLUSTRATION

Pastor Jeff loaded up this Bible Study with some Walt Disney illustrations. After all, he writes Disney novels. But the history and reality of those stories matters a great deal.

He began with the following account.

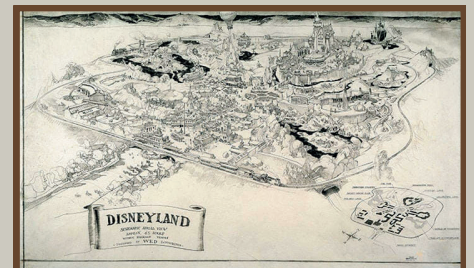
In 1953, Walt Disney had a Monday meeting with bankers who were unconvinced his idea would work. He needed more than passion—he needed clarity. So he called Herb Ryman.

For an entire weekend:

Walt talked

Herb drew

The dream took shape line by line



THE WALT DISNEY “LOST WEEKEND” ILLUSTRATION cont.

By Monday, the vision was no longer just spoken—it was seen.
That weekend never made headlines, but it became the foundation of Disneyland.

Why This Matters Spiritually- That weekend: Looked ordinary, Felt exhausting, Had no applause. Yet it changed history.

God often does His most important work in moments the world overlooks.

Journal Prompt:

Where might God be asking me to be faithful even though no one is applauding?

EXPANDING THE STUDY POINTS

POINT 1: God Gives the Vision: We Give the Obedience

God is generous with direction.
We struggle with follow-through.

Vision inspires us.
Obedience sustains us.

Jesus calls us to:

“Take up your cross daily and follow Me.”

Daily obedience doesn’t feel glamorous.
But it is how God builds lasting faith.

Life Application

Obedience often comes before understanding
Faithfulness often comes before fruitfulness
Action often comes before affirmation

Journal Questions:

- What has God already shown me that I keep delaying?
- What small act of obedience have I labeled “insignificant”?
- What would obedience look like this week—specifically?

PERSONAL “LOST WEEKEND” CHALLENGE

This Week’s Challenge

Identify one intentional act of obedience you will commit to God this week.

Write it down:

This week, I will commit

_____ to the Lord.

Then pray:

“Lord, I roll this onto You. Establish it according to Your will.”

As you continue to grind remember- No weekend surrendered to God is ever truly lost.

What feels unseen now may become the foundation of something eternal.

Closing Reflection:

- How might my life look different if I treated small decisions as sacred?
- What could God establish if I committed my daily grind to Him?

POINT 2: God Gives Details: That Really Matter

Your calendar is a confession.
It reveals what you protect, prioritize, and pursue.

Walt’s weekend showed:

Urgency

Commitment

Belief in the vision

Our weekends often reveal what we say matters versus what actually does.

Life Application

Growth happens when convenience is sacrificed
Commitment shows up when comfort clocks out
Faith is proven when it costs us something

Journal Questions:

- If someone reviewed my last weekend, what would they say I value most?
- What distractions consistently steal my best energy?
- What would it look like to “reclaim” my weekends for God’s purpose?

POINT 3: God Establishes What We Entrust — Not What We Hoard

Walt worked intensely—but he still needed others to believe.
Spiritually, we work faithfully—but we trust God for outcomes.

This is the balance of Proverbs 16:3:

We commit
God establishes

Trying to control outcomes leads to anxiety.
Entrusting outcomes leads to peace.

Life Application

Faithfulness is my responsibility
Fruitfulness is God’s assignment
Obedience is never wasted—even when results are delayed

Journal Questions:

- Where am I gripping control instead of trusting God?
- What outcome do I need to roll onto the Lord?
- How would my stress level change if I trusted God with the results?

“Grind like it’s on you. Trust like it’s on God.”

Take up your cross.

Commit your work.

And trust that God is building more than you can see.