

PERSEVERANCE

Refusing to give up when life gets hard.

WEEK
ONE



READ ISAIAH 40:31

DAY 1

This month, we're talking about perseverance. Perseverance is refusing to give up when life gets hard. Like it or not, life gets hard sometimes. Do you ever wish you could just quit when things don't go your way?

Everybody feels that way sometimes. But thankfully God is there to help. God knows that when we refuse to give up, we will see the benefits of sticking with it. God has unlimited power and strength, and He will help you run and not get tired and walk and not grow weak.

When you want to give up, remembering and repeating this verse to yourself can help you keep going. Grab two soup cans from the kitchen and a stopwatch or a phone. Put one can in each hand and hold them out away from your body to form a "T". Time yourself to see how long you can hold up the soup cans as you repeat the verse. Record the time on a piece of paper and keep it until the end of the month.

THANK God for giving you the strength you need to persevere.

READ 1 CHRONICLES 16:11

DAY 2

Check out the list below. Circle all the things that are strong. Cross out all the things that are weak.

Steel	500 pieces of paper
Toilet paper	A ton of rocks
A wet noodle	Superman
A single piece of paper	

Great job! Did you circle all the strong things? It would be easy to tear a piece of toilet paper. But could you bend a piece of steel? Or tear apart a stack of 500 pieces of paper? No way! But you know who can? God can! God is stronger than ANYTHING because EVERYTHING comes from Him.

So when you're discouraged, remember how strong God is! He promises to be with you always and to help you show perseverance when you just want to quit. Think about His strength instead of your own. When life gets hard, remember God is with you.

ASK God to help you rely on His strength to show perseverance.



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DAY 3

READ PSALM 37:24

Think about a time you tripped and fell down. What happened? Did other people see you fall? Did you hurt anything? Write down what happened in the box to the right.

It's NO fun to trip and fall. But tripping and falling doesn't just happen with your feet! You can trip and stumble in life too. Sometimes you might try something new and it doesn't work out the way you'd hoped. Sometimes you expect one outcome after working hard, but you get the opposite instead. It's easy to feel discouraged and want to give up.

This verse reminds us that, with God's help, we can keep going. He will take care of us if we choose to trust in Him. When you face a hard situation, refuse to quit and choose perseverance instead. Because God IS with you. Always.

LOOK for opportunities to trust that God is with you this week.

A large dashed-line rectangular box for writing, with a blue circle containing a minus sign to its left.

READ MATTHEW 28:20

DAY 4

Think about some things that you couldn't do as a preschooler that you can do now, like learning to read, or ride a bike without training wheels, or play a new sport, or color inside the lines. Maybe you don't remember it now, but learning to do those things took perseverance. At some point, you had to tell yourself to keep trying until you could do it! Aren't you glad you did? Now you CAN read. Now you CAN ride your bike like a boss or color beautiful masterpieces or play on the team. And if you aren't able to do those things yet, remember God can help you persevere.

There are HUGE benefits to perseverance. And God is with you when you ask for His help. He is with you always, to the very end! Use the word bank below to fill in the words of the verse.

"_____ them to _____ everything I have _____
you. And you can be _____ that I am _____ with you, to
the very _____." Matthew 28:20

WORD BANK

end, commanded,
obey, always, sure, Teach

KNOW that God is with you, ready to help you stick with it when you want to quit.

**WHEN LIFE GETS HARD,
remember God is with you.**