

PERSEVERANCE

Refusing to give up when life gets hard.

WEEK
FOUR



READ ISAIAH 40:31

DAY 1

Okay, this it is. The final week for your memory verse challenge. WITHOUT looking at the verse first, grab those soup cans. Take a deep breath and lift them up. Repeat the verse as many times as you can without lowering those cans. Come on! You can do it!

Write down the time here: _____

Write down the number of times you said the verse here: _____

If you've done this for the past few week, you can compare those numbers to how you did in previous weeks. How did you do? Are you stronger? Have you memorized the verse? Pretty awesome, right? Maybe you went from barely being able to lift those cans to now holding them up for two minutes or longer. Way to go! You refused to give up. And now, you have a very important promise hidden in your heart. When you face a challenge this week and want to give up, think about those soup cans and repeat the words of this verse to yourself.

THANK God for giving you new strength to persevere.

READ 1 TIMOTHY 6:12

DAY 2

Is fighting ever a good idea? You've probably never heard your mom or dad say, "Why don't you go and fight with your sister?" But there is a time when fighting is a good thing. We should always fight for what is right.

There is a BIG key to this kind of fighting and it's found in this verse. When it comes to doing the right thing, God never wanted for us to do it all alone. He knew we'd need each other. Friends can encourage us to keep going even when we want to give up. So when it comes to fighting for what is right, we should fight along with other believers so that we don't give up!

Write down the names of two friends who can help you fight for what is right.

ASK God to help you remember that when life gets hard, you can help each other.



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READ 1 CORINTHIANS 15:58

DAY 3

Do you ever feel like giving up when life gets hard? Take a look at this verse. God wants you to remain strong and let nothing move or discourage you. If you keep remembering your mistakes, forget them. If you're focusing on the times you've tried and given up before, remember that's in the past. Are you afraid you don't know how? Well, you'll never know until you try.

You belong to God and He will give you everything you need to keep going. When you choose to have a 'can do, won't stop attitude,' it will be worth it in the end. So the next time you're tempted to say, "I can't" or "it's too hard" or "I give up," replace those phrases with one of the phrases below instead.

I can try.

I think I can do it.

I need help.

This is a little hard for me.

I don't understand.

LOOK to God when you get discouraged and want to give up.

READ HEBREWS 10:24

DAY 4

Have you ever read "The Little Engine that Could?" In the story, the little blue engine has to pull a great big load over a mountain. He's never pulled a load that big before. But instead of saying, "I think I can't" and giving up, he decides to chug ahead and persevere. All the way over the mountain, he repeats the phrase, "I think I can, I think I can, I think I can." And just like that, he pulls that big load all the way over that mountain to the other side.

Did you know that you have the opportunity to encourage someone else to keep going? Your words could help someone else when they want to give up. The next time you see someone who is discouraged, remind them of this book and say, "I think you can. I think you can!" You have NO idea how powerful your words of encouragement could be to someone else. When life gets hard, remember you can help others.

KNOW that your words could help someone else persevere.



WHEN LIFE GETS HARD,
remember, **YOU** can
help others persevere.