



# PERSEVERANCE

REFUSING TO GIVE UP WHEN LIFE GETS HARD



**BOTTOM LINE:** Keep going because God is with you.

Read Galatians 6:9

DAY  
**1**

## To Be A Farmer

What are some things a farmer does? Set a timer for two minutes and act out some things a farmer would do. To have a successful harvest, farmers must tend to their crops every day. The same is true for us when it comes to doing the right thing. **To persevere, we need to keep doing the right thing day after day even when life gets hard.** But it's easier to keep going when you remember that God is with you. Always.

DAY  
**2**

## I Think I Can

**Perseverance is refusing to give up when life gets hard.** To have perseverance, you must keep going even when things get tough! Here's a little perseverance challenge. Grab two canned food items from the pantry (or two large books) and hold them in each hand away from your body as you repeat the words of today's verse.

Can you do it? I think you can!

DAY  
**4**

## Name It

Can you think of a time when you learned something new that was hard? Did you give up or keep going until you figured it out? Write down a new skill you learned in the space below:

**It's the same with perseverance.** When you learn something new, remember to keep going because God is with you! Talk to a trusted adult about how you felt when you did something that was hard.

DAY  
**3**

## Keep Going

Do you play a sport? Maybe you love soccer, swimming, basketball, or gymnastics. Each activity requires perseverance. **You have to keep going—even when you're tired—if you want to be successful.** Following God and living the way He wants you to live requires perseverance too. But it's easier when you remember that you can keep going because God is with you. Find a picture of you doing something that requires perseverance and hang it up as a reminder to keep going!



BRING THIS  
BACK NEXT  
WEEK!

\_\_\_\_\_ Name

\_\_\_\_\_ Parent Signature



# PERSEVERANCE

REFUSING TO GIVE UP WHEN LIFE GETS HARD



WEEK **2**  
K-1<sup>st</sup>

**BOTTOM LINE:** You can choose joy when life gets hard.

Read Romans 8:37-39

DAY **1**

## This or That?

Circle your favorite choice below:

Chocolate or vanilla

Cake or cookies

Bike or scooter

Basketball or soccer

Summer or winter

Did you have any trouble making a choice between the options above? Some choices are easy. But some aren't! Joy is a choice. We can choose joy when we remember that God loves us and that He proved it when He sent Jesus. You can choose joy even when life gets hard.

DAY **2**

## We Win!

Read **Romans 8:37** with an adult's help. Did you know that before you even try, you've won? When you put your trust in Jesus, you can be sure that no matter what, He is on your side.

Color the trophy on the other side of this page and write "WE WIN" in large block letters on the front. At the bottom of the trophy, write the reference or address for this week's verse:  
**Romans 8:37-39**

DAY **4**

## Even When...

**Have you ever had a really bad day?** Maybe you overslept, missed the bus, forgot your lunch. Maybe you got moved to a new seat in your classroom and no one at your table will talk to you. Maybe that happened today. We all have bad days. But we can make it through the bad stuff and persevere when we remember that God loves us. Even when things don't go our way, we can choose joy. Let's celebrate this by having a joy party. Grab your family, turn on some music, and celebrate that we can choose joy even when things get tough.

DAY **3**

## Highest High, Lowest Low

What is highest or tallest place you can think of: \_\_\_\_\_

What is the lowest point or smallest thing you can think of: \_\_\_\_\_

Did you say an airplane or a skyscraper? What about the deepest part of the sea? According to this verse, there isn't anywhere you can go that could separate you from God's love for you. Pretty cool, huh? You can have joy knowing for sure that God loves you and that nothing can separate you from Him.



BRING THIS  
BACK NEXT  
WEEK!

\_\_\_\_\_ Name

\_\_\_\_\_ Parent Signature



# PERSEVERANCE

REFUSING TO GIVE UP WHEN LIFE GETS HARD



**BOTTOM LINE:** God can help you let go of what is holding you back. Read Hebrews 12:1

DAY **1**

## A Great Cloud of Witnesses

Think about the people around you that follow God. Can you name some? How does their example help you follow God? **Write down their names in the space below.**

The next time you find yourself having trouble making the wise choice, think about the people on your list. Remember their example and ask God to help you persevere!

DAY **2**

## Running Fast

Stick your arms inside your shirt and try to run as fast as you can from one side of your yard to the other (or one side of your house to the other). Now take your arms out and try again. Which way was faster?

It's a lot harder to run with your arms stuck inside your shirt. When you think about the mistakes you've made, **God doesn't want you to feel guilty or let those mistakes hold you back. He loves you and He will forgive you.** Just like freeing your arms to let you run fast, God can help you let go of what is holding you back.

DAY **3**

## A Tangled Web

Grab some yarn and (with an adult's permission) run it back and forth across your living room. Make sure you wind it around table legs, across the couch, and over chairs to create huge web. Now see if you can walk from one side of the room to the other without touching the yarn! Super hard, isn't it?

**Sin, the stuff we do that's wrong, is like a big web. It will trap us every time.** But this week's verse promises that there is nothing we can do to separate us from His love, even our mess-ups. God is always willing to forgive us, no matter what.

DAY **4**

## Crossing the Finish Line

**Have you ever run in a race with a finish line?** Maybe you participated in a fun run at school or with your family. Was there a cheering crowd at the end of the race? If you'd stopped in the middle when it got tough, you'd have missed the thrill of crossing that finish line!

In life, it can be hard to keep going, to keep doing the right thing when you just want to quit. The key is to remember that God with you and you can trust Him to help you run the race and finish strong.

With an adult's permission and help, grab some toilet paper from the bathroom and ask two people to hold each side like a finish line. Countdown from three and run from across the room through the toilet paper like you are crossing the finish line.



BRING THIS  
BACK NEXT  
WEEK!

\_\_\_\_\_  
Name

\_\_\_\_\_  
Parent Signature



# PERSEVERANCE

REFUSING TO GIVE UP WHEN LIFE GETS HARD



WEEK **4**  
K-1<sup>st</sup>

**BOTTOM LINE:** Keep going because of what Jesus did for you.

Read Hebrews 12:2



## Eye on the Ball

Have you ever played t-ball or baseball? When you're up at the plate, should you keep your eyes on the bat or the ball? Yes! You always fix your eye on the ball. If you want to persevere and keep going even when things get hard, **you have to fix your eyes on Jesus.** He will help you, always. You can keep going because of Jesus did for you.



## The Cross

When you see a cross, like the one on the other side of this page, what do you think about? **Jesus!** It's hard for us to imagine just how hard it was for Jesus to face the cross because of His great love for us. But He did. And because of His perseverance, we can have a relationship with God forever.



## Perseverance Prayer

Read this weeks verse. Then, take some time to thank God for all He's done.

Pray something like this:

Dear God,  
Thank You for sending Your Son, Jesus.  
Thank You for Jesus' example of perseverance when He died on the cross for my sins. Help me to persevere when things get hard in my life.  
I love you, God, Amen.



## Practice, Practice, Practice!

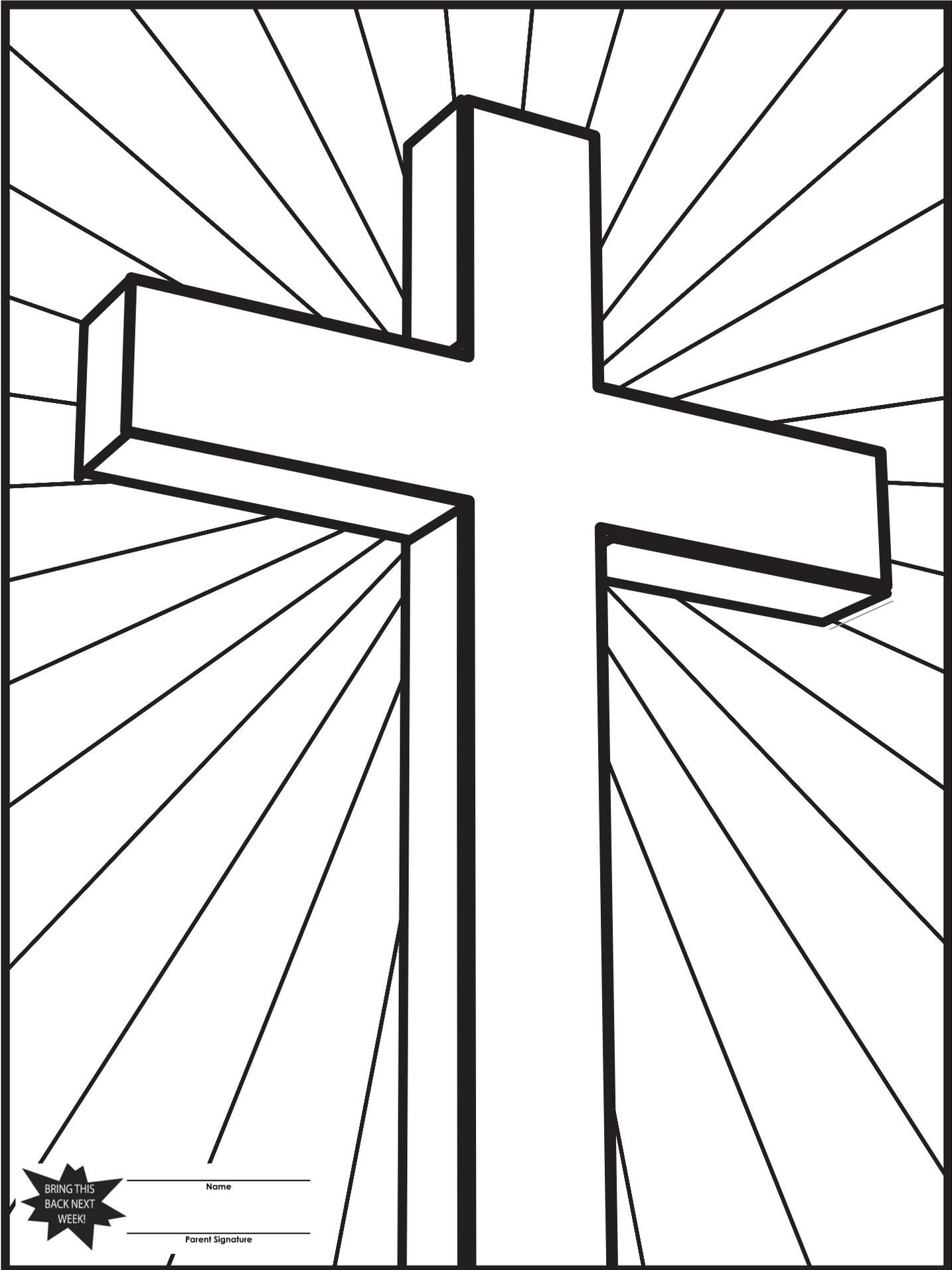
Unscramble the words to finish the phrases below:

Riding a **K B I E**

Tying your **S O E H S**

Reading a **C A P H T R E** book

What do all these things have in common? They're all tasks that require practice! Following God is like that too. It takes practice and perseverance to make wise choices, treat others the way you want to be treated, and to trust God no matter what. This week, before you brush your teeth in the morning, remember the cross and what Jesus did for you. Then, ask God to help you as you practice following Him with perseverance.



BRING THIS  
BACK NEXT  
WEEK!

\_\_\_\_\_

Name

\_\_\_\_\_

Parent Signature