



WEEK 1

**MATTHEW 28:16-20,**  
**ACTS 1-2**

Great Commission and  
Spread of the Gospel

**SAY THIS:** Keep going  
because God is with you.

WEEK 3

**HEBREWS 12:1**

Cloud of Witnesses

**SAY THIS:** God can help  
you let go of what is  
holding you back.

WEEK 2

**ACTS 16:16-40**

Paul and Silas  
in Prison

**SAY THIS:** You can choose  
joy when life gets hard.

WEEK 4

**HEBREWS 12:2-3**

Fix Your Eyes on Jesus

**SAY THIS:** Keep going  
because of what  
Jesus did for you.

REMEMBER THIS

"But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak."  
Isaiah 40:31, NIRV

LIFE  
APP

**PERSEVERANCE**—Refusing to give up  
when life gets hard



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# PERSEVERANCE

REFUSING TO GIVE UP WHEN LIFE GETS HARD

WEEK  
ONE

K-5<sup>TH</sup> GRADE

## READ PSALM 96:3

## DAY 1

If you have the game of Dominoes or something like it, get it out and set up a chain of the blocks. Then knock the first one down and watch the rest of them fall down too. It's a chain reaction, and all it takes is one block being close enough to another one to be impacted.

When you think about how big the world is, and how little you are, it may seem like Psalm 96:3 is impossible. But all you have to do is start by telling one person about the wonderful things God has done for you. Then that person can share with another person and so on. And if we all keep doing that over and over again, over time, all the nations will know!

**THANK** God for the things He has done for you, and then tell someone else about it too!



## READ 1 PETER 3:15

## DAY 2

Have you ever had someone ask you why you go to church on Sundays? Or why you always are kind, even when people are mean to you? They are noticing something different about you and want to know why you believe what you do. Do you have an answer for them?

Take a couple of minutes to write out an explanation for "the hope you have." Why do you choose to follow Jesus? How have you seen Him make a difference in your life? Think about it, and then you'll be ready to answer anyone who asks!

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**KNOW** why it is that you follow Jesus.

## READ 2 TIMOTHY 4:5

## DAY 3

On the lines below, put a star to label the following tasks according to how easy (E) or hard (H) you think they are.

(E).....(H)  
Homework

(E).....(H)  
Going to church

(E).....(H)  
Telling someone about Jesus

(E).....(H)  
Praying

(E).....(H)  
Reading your Bible

(E).....(H)  
Being nice to your brother or sister

(E).....(H)  
Sports practice

(E).....(H)  
Studying for a test

(E).....(H)  
Obeying your parents

(E).....(H)  
Doing chores

Sometimes it's easy to do the right thing. But what about when we're not really sure what God is up to or when we are tired of always being the kid that does things differently than everyone else. That's when perseverance comes into play! We have to keep working hard to spread the good news, and we can do that because God is with us! He has given us a job to do, and He promises He'll be with us as we do it. Whether it's easy or hard, He has given us all we need to do the work in front of us!

**ASK** God to help you keep going!

## READ ACTS 1:8

## DAY 4

**KEEP GOING  
BECAUSE GOD  
IS WITH YOU.**



The Holy Spirit first came to the disciples when Jesus returned to heaven after being raised from the dead. The Holy Spirit helped Jesus' friends tell everyone about Him and what He had done for the world.

When you put your trust in Jesus, you receive the Holy Spirit too! That may seem a little weird, but the best way to think about it is that you have a Helper who wants to encourage you to do the right thing and Who will give you the right words to say when you are talking to others about Jesus.

If you've never put your trust in Jesus and that's something you'd like to know more about, ask a parent, or you can ask your Small Group Leader at church to talk to you about it. They might even have a story to share with you of how the Holy Spirit has helped them as they follow Jesus!

**LISTEN** to what God is telling you to do as He guides you through the Holy Spirit.



# PERSEVERANCE

REFUSING TO GIVE UP WHEN LIFE GETS HARD

WEEK  
FOUR

K-5<sup>TH</sup> GRADE

## READ HEBREWS 12:2-3

## DAY 1



There is no greater example of perseverance than Jesus. Despite being misunderstood, threatened, arrested, beaten, and more, Jesus kept going. He carried His own cross up a hill and finished the task He came to earth to complete. He did it out of His great love for us.

Whenever you think you can't finish the good work God has given you to do, remember the example Jesus set for us. Pick one of the following activities to do to remind yourself what Jesus did.

1. Write "Jesus persevered" with a dry erase marker on your bathroom mirror.
2. Grab a note card and write out Hebrews 12:2a. Place the card by your bed or in your backpack.

**THANK** Jesus for "completing the journey of faith" for us.

## READ GALATIANS 2:20

## DAY 2

When we put our trust in Jesus, we have His strength and power inside us! But sometimes we need to be reminded of that. We can focus so much on our problems that we forget we have Christ's power to help us persevere.

There are lots of ways we can remind ourselves throughout the day of what Jesus has done. One way is by **reading from His Word**, which you've already done! You can also listen to music that reminds you of what Jesus did for you. However you **listen to music**, today try to pick songs that remind you of Jesus' power at work in your life. And before you move on with your day, take a few minutes to **pray** and ask God to strengthen you to keep going, even when it gets hard.

**KNOW** that Jesus is your source of strength to persevere.

## READ JOHN 16:33

DAY 3

In John 16:33, John writes Jesus' words: "I have told you these things, so that you can have peace because of me. In this world you will have trouble. But cheer up! I have won the battle over the world," (NirV).

Write the underlined letters here:

\_\_\_\_\_

Now, unscramble them. What does it spell?

\_\_\_\_\_

We can persevere, no matter how hard life gets, because we know that in the end, Jesus has won the battle for us!

**THANK** God for sending Jesus to win the battle so we don't have to!

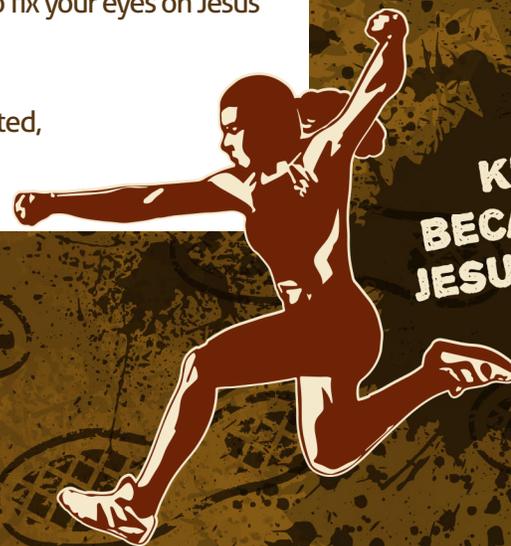
## READ PROVERBS 3:5-6

DAY 4

Ask a parent to set up a small obstacle course for you. Put something over your eyes and try to walk through it on your own. As soon as any part of your body touches one of the obstacles, your parent should lead you back to the beginning to start again. Keep going until you're ready to give up. Then, when you're tired of starting over again and again, ask your parent for help. Let them guide you through the obstacle course until the end.

The next time you hit an obstacle in your life, remember that you have access to the One who knows exactly what you're hitting and knows how to get you safely to the end. In fact, Jesus faced harder things than you or I will ever face, and He didn't give up. So fix your eyes on Jesus and keep going!

**KNOW** that Jesus finished what He started, and you can too!



**KEEP GOING  
BECAUSE OF WHAT  
JESUS DID FOR YOU.**