

# Grit is refusing to give up when life gets hard.

## DAY 1

### Read Romans 12:11-12

When was the last time you were really excited about something? Write about it in the box.

As we continue talking about grit, we need to remember why we follow God. God made us and loves us and wants what's best for us. God knows everything about every single thing. We can trust God no matter what. We can be excited to follow God, even when we face hard times, because it makes our faith stronger.

When you hope, be .....  
O Y J L F U

When you suffer, be .....  
T P N T I A E

When you suffer, be .....  
L F F T A U I H

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This week, when you face something hard and you really want to give up, remember God knows what you're going through and is ready to help.

## DAY 2

### Read Galatians 6:9

Today's verse reminds us to keep doing the right thing over and over and over again because at the right time, we will see good come from our obedience. That means we choosing to love God. But we also need to love the people around us with kindness, forgiveness, and compassion.

If we keep loving God and loving people, and if we keep showing grit even when we really want to quit, we'll see results! We'll see good from the choices we make to do good in the world around us.

### Memorize This!

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Write out the words of the verse on separate sticky notes. Stick each note up on the wall in order as high as you can. Jump and tap each word as you repeat the verse. Then stick the notes on the floor and hop from word to word as you repeat the verse. Finally, place all the sticky notes in random order on the table in front of you. See if you can slap the words of the verse as you repeat it from memory.



DAY 3

### Read 2 Corinthians 12:9

Ever heard someone brag about how weak they were? Paul knew that he didn't have any real strength on his own. He learned that when he allowed God to work in and through him, he could do big things to change the world.

When we put our trust in Jesus, the Holy Spirit helps us to be kind when we want to say something unkind, to be patient when we're super frustrated, and to forgive when we just want to stay mad! God's grace is all we need to keep going with grit, even when we're tired and want to give up!

Remember, Jesus knows what you face. You can hold on because God knows what you're going through.



#### Brag Book

Make a brag book (don't worry, no one will see it but you and God!). Find some scrap paper to staple together into a book. This week, every time you make a wise choice, write it down in your brag book. Then stop and thank God for helping you have the grit to choose wisely.

DAY 4

### Read John 1:5

Were you ever afraid of the dark? The dark can be scary because things aren't as they seem. But darkness is never stronger than light. Because even the tiniest light can make a big difference. Darkness only has power when no light is present.

Jesus came to push back the darkness of this world and make a way for us to spend forever with God in the light. Jesus is the light of the world—a light the darkness can never overcome.

Jesus came to bring light and hope and to show us the way to God. When we put our trust in Jesus, He will help us follow God and live with grit.



#### Light It Up

Write this verse on a card and tape it underneath the light switch in your room. When you turn on the light, thank God for sending Jesus, the light of the world.



Hold on because  
God knows what  
you're going through.